

## Table of Contents:

pg. 2.	Management and Control
pg. 3	Introduction
pg. 4	Athletic Department Mission and Philosophy JSASD Sports
pg. 5	Parent /Coach Relationship/Chain of Command Expressing Concerns
pg. 6	Board Policy 906 Relationships with Parent/Player/
pg. 7	officials/Spectator/ Athlete
pg. 8	Sportsmanship Expectations
pg. 9	Sportsmanship/ Acceptable Behavior Unacceptable Behavior
pg. 10	Participation on an Athletic team Cutting from a team Purpose of a JV team
pg. 11	Practices and Games Issued Equipment Activity fee Travel Rules
pg. 12	Travel rules cont. Athletic Training Rules Disciplinary Actions
pg. 13	Disciplinary Actions cont.
pg. 14	Risk of Athletic Participation Athletes Changing teams
pg. 15	Six Pillars of Character in Sports
pg. 16-17	Eligibility to participate
pg. 18-28	Severe weather and natural disaster guidelines
	<b>18-19</b> Tornado
	Thunder and Lightning
	<b>19-23</b> Cold weather
	<b>24-27</b> Hot weather
	<b>28-29</b> Air Quality
pg. 30-31	Concussions
pg. 32	Rules of Decorum
pg. 33	Team Captains
pg. 34	<b>Bulldog Team Expectations</b>

# **MANAGEMENT AND CONTROL OF ATHLETIC PROGRAMS FOR THE JERSEY SHORE AREA SCHOOL DISTRICT**

## **ORGANIZATION**

Board of School Directors

Superintendent: Dr. Brian Ulmer

Assistant Superintendent: Dr. Laura Osenbach

Business Manager: Mr. Ben Enders

Director of Maintenance/Building & Grounds: Mr. Mark Wall

High School Principal: Mr. Justin Armbruster

High School Assistant Principal: Ms. Erin Bonsell

Middle School Principal: Dr. Tara Battaglia

Middle School Assistant Principal: Mr. Jordan McGregor

Athletic Director: Mr. William H. Mincer CAA

Athletic Trainers:

Alyssa Dickey, LAT, ATC

Joanna Entz, LAT, ATC

JSASD Website: [www.jsasd.org](http://www.jsasd.org)



## ATHLETIC DEPARTMENT PARENTS' OF STUDENT ATHLETE'S HANDBOOK

### INTRODUCTION

This handbook contains athletic department procedures, regulations, and other important information to help parents and student-athletes navigate their athletic experience at Jersey Shore.

#### **EDUCATION BASED – INTERSCHOLASTIC ATHLETICS**

Education-Based Athletics is a **student-centered approach** to educating students through participation in interscholastic sports. While winning is important, it is **not the primary objective**.

Athletic competitions are designed to provide experiences that help participants grow **physically, socially, mentally, and emotionally**. It is expected that all participants will display **competitive spirit, outstanding sportsmanship, and exemplary character** throughout the year.

Education-Based Athletics should assist each participant in becoming a **contributing member of society**.

Participation in the program is a **privilege, not a right**. In many cases, the number of students trying out for a sport exceeds the number of available spots, making the selection process competitive.

The athletic program follows the rules and regulations of:

- **Pennsylvania Interscholastic Athletic Association (PIAA)**
  - **Pennsylvania Heartland Athletic Conference (PHAC)**
- **National Federation of State High School Associations (NFHS)**

**Sports are not extracurricular — they are co-curricular.**

**Practice is the last classroom of the day.**

**Supporting our Student-Athletes First, Athletics Second!**

## Athletic Mission Statement & Philosophy

The Jersey Shore Area School District Athletic Department supports the philosophy that a quality interscholastic athletic program is vital to the positive social, physical, and educational development of students. The interscholastic athletic program enhances and supports the academic mission of learning, growing, and succeeding. The district is committed to promoting the proper ideals of **sportsmanship, ethical conduct, and fair play at all athletic contests**. The district also supports high standards of good citizenship, along with regard for the rights of others.

Being a member of the interscholastic athletic programs is a privilege to be earned and maintained throughout the season. Each time participants put on the uniform or step into a school or onto the practice field and anytime in a game they are **expected** to represent themselves in a responsible, sportsmanlike manner.

It is the district's responsibility to provide challenging opportunities for district student-athletes to compete successfully at the league, district, and state levels.

### At Jersey Shore:

In addition to embracing the JSASD Athletic Department philosophy, at Jersey Shore, we will also encourage and promote:

- The concept of broad-based participation is possible by offering all the teams that we can, therefore extending the opportunity to participate to as many students as possible.
- The premise that all teams are considered vital for our student-athletes, and each is a valued part of our athletic program. No one sport is considered more important than any other.
- The approach that all teams are treated fairly.

Board Approved 9/12/2022.

### JSASD Offered Sports

Fall	Winter	Spring
<b>Varsity / JV</b>	<b>Varsity / JV</b>	<b>Varsity / JV</b>
Cheerleading	Boys Basketball	Baseball
Cross Country	Girls Basketball	Softball
Boys Golf	Competitive Cheer	Boys Tennis
Girls Golf	Swimming	Boys Track & Field
Football	Boys Wrestling	Girls Track & Field
Boys Soccer	Girls Wrestling	
Girls Soccer	Bocce	
Girls Tennis		
<b>Middle School</b>	<b>Middle School /JH</b>	<b>Middle School</b>
Cross Country	Boys Basketball	Boys Soccer
Football	Girls Basketball	Girls Soccer
Softball	Boys Wrestling	Boys Track & Field
	Girls Wrestling	Girls Track & Field

### **Athletic Department Chain of Command**

1. Athletes
2. Assistant Coach
3. Head Coach
4. Athletic Director
5. Principal
6. Superintendent

### **Parent–Coach Communication Guidelines:**

By establishing a clear understanding of the **parent–coach relationship**, we can better respect each other's roles and work together to provide the greatest benefit to the children in our programs. As parents, when your child becomes involved in a program, you have the right to know what expectations will be placed on them. This process begins with **open and consistent communication** between the coach and parents.

### **Communication you should expect from your child's coach:**

- 1) **Expectations for all team members**
  - Roles, responsibilities, and standards for participation.
- 2) **Practice and contest schedule**
  - Dates, times, and locations of all practices, games, and events.
- 3) **Team requirements**
  - Attendance expectations, necessary equipment, uniform guidelines, and any out-of-season conditioning.
- 4) **Team rules and expectations**
  - Standards of conduct on and off the field.
  - Possible disciplinary actions for violations of team rules.

### **Expressing Concerns Guidelines for Parents:**

When you have a concern regarding your child's athletic experience, please follow these steps:

1. **Encourage your child to speak directly with the coach first.**
  - Many issues can be resolved quickly at this level.
2. **Do not confront a coach before, during, or immediately after a contest or practice.**
  - These are often emotional times for both parents and coaches.
  - Meetings during these times are **not permitted** and rarely lead to positive resolution.
  - Do not show up unannounced at practice expecting an immediate meeting—**make an appointment.**
3. **Contact the coach the following day by phone or email** to request a meeting at a mutually convenient time.
4. **Discuss your concern in a calm and respectful manner.**
  - Yelling, rudeness, or foul language is unacceptable and will end the meeting.

### **During the meeting:**

- Clearly state your question or concern.
- Listen to the coach's explanation.
- Understand that perspectives may differ, but open dialogue, courtesy, and active listening are key to a productive outcome.

## **Board Policy906**

### **General Complaint Procedure**

General complaints about Board policy and district procedures, programs, operations, facilities and personnel shall be processed in accordance with the following procedure.

- First Level - Complaints and requests shall be addressed initially to the concerned employee, who shall discuss it with the complainant and attempt to provide a reasonable explanation or take appropriate action within the employee's authority.
  - As appropriate, the staff member shall report the matter and the resolution to the building principal or immediate supervisor.
- Second Level - If the issue cannot be resolved satisfactorily at the first level, it shall be discussed by the complainant with the building principal or the employee's immediate supervisor.
- Third Level - If a satisfactory solution is not achieved by discussion with the building principal or immediate supervisor, a conference shall be scheduled with the Superintendent or designee. The principal or supervisor shall provide the Superintendent or designee a report that includes the specific nature of the complaint, brief statement of relevant facts, how the complainant has been affected adversely, the action requested, and the reasons why such action should be taken or not taken.
- Fourth Level - Should the matter not be resolved by the Superintendent or designee or is beyond his/her authority and requires Board action, the Superintendent or designee shall provide the Board with a complete report.
- Final Level - After reviewing all information relative to the complaint, the Board shall provide the complainant with its written decision and may grant a hearing before the Board or a committee of the Board.

### **Expectations of the Parent/Guardian**

Parents and guardians play an essential role in supporting the athletic program. To ensure a positive and productive experience for all, parents/guardians are expected to:

1. **Support their student-athlete's efforts toward success.**
2. **Promote a positive environment** that fosters growth and development for the student-athlete.
3. **Review and understand** the rules and regulations of the school, team, and sport with their student-athlete.
4. **Communicate concerns in a timely manner** following district protocols and the established chain of communication.
5. **Treat all coaching personnel with courtesy and respect** and ensure that student-athletes do the same.

### **Important:**

Failure to follow the established complaint process may result in disciplinary action, including possible removal from athletic events.

## **The Parent –Player:**

### **1) Remember why athletes play.**

- Most athletes participate for the love of the game, to have fun, and to spend time with friends.
- Allow your child to enjoy and grow from this valuable experience.
- *National studies show that enjoyment is the primary reason athletes participate. Excessive pressure or unrealistic expectations can take away this joy and may even cause athletes to quit.*

### **2) Talk with your child about their experience.**

- After a contest, avoid focusing solely on playing time, points scored, or whether they started.
- Instead, ask questions like:
  1. *How do you feel the team performed?*
  2. *Did you play hard and give 100%?*
  3. *Did you enjoy the experience?*
- Keep focusing on your child's growth, effort, and enjoyment.

## **Relationship with Officials:**

An unfortunate attitude in our society often casts the umpire or official as the “villain” of scholastic athletic events. Too often, officials become the target of blame when a team loses. This mindset not only strains relationships with officials but can also drive away good, qualified individuals from the profession.

Officials agree to and follow a strict code of ethics. They have no personal interest in which team wins and no stake in the outcome. They are an essential part of every contest—without them, the game cannot be played.

While you may not agree with every call, **harassing or taunting officials is never acceptable.** Officials have complete authority over the contest and may have unruly spectators removed from the venue.

In many sports, teams will see the same officials' multiple times during a season. Coaches, athletic directors, and schools work hard to build positive relationships with officials, relationships that can be quickly damaged by the actions of overzealous spectators.

## **Spectator-Athlete:**

At no time—during or after an event—will it be tolerated for any spectator to **taunt, curse, or otherwise abuse** an athlete from our school or from an opposing team.

Any individual observed engaging in such behavior by a school official will be **immediately asked to leave the event.** In addition, their privilege to attend future athletic competitions at the school **may be suspended or permanently revoked.**

# Sportsmanship

## Sportsmanship for the Fan:

High school athletics is **educational in nature**. All parents, fans, and coaches are expected to demonstrate **good sportsmanship** and serve as positive role models for our athletes and students.

### **Definition of Sportsmanship:**

*Sportsmanship is an overt display of respect for the rules of the sport, and for all others—players, coaches, officials, and fans.* (National Federation News, March 1995, p. 10). It involves a commitment to **fair play, ethical behavior, and integrity**.

### **This means:**

1. No vulgar, profane, or inappropriate language from coaches, players, fans, or spectators.
2. No taunting, trash-talking, or disrespect toward opponents or their cheerleaders.
3. Spectators may not leave the bleachers or enter the court/field of play during a contest for any reason.
4. Cheering should be **positive and supportive**—for our teams, not against our opponents.
5. Understand that a ticket is a **privilege** to observe and support high school activities, not a license to verbally assault others or behave inappropriately.
6. Respect all decisions made by coaches and contest officials.
7. Be an exemplary role model by supporting the team in every way possible including the tone of cheers, chants, and signs.
8. Show respect to fans, coaches, participants, cheerleaders, officials, and bands from **both** schools.

## **BE A FAN...NOT A FANATIC...**

### **Responsibilities of an Athlete:**

All athletes are expected to adhere to the following standards:

1. **Team First** – The goals, welfare, and success of the team must come before individual goals.
2. **Attendance** – Athletes must consistently attend all practices, including those scheduled on Saturdays and holidays.
3. **Pre-Season Participation** – Athletes must complete the PIAA-mandated pre-season period (typically two weeks, depending on the sport) prior to competing.
4. **Respect for All** – Athletes must show respect to coaches, coaching staff, teammates, officials, opposing coaches, athletes, and fans always.
5. **Team Rules** – Athletes must agree to and follow all team rules, remembering that they represent themselves, their coaches, school, parents, and community.
6. **Injury Reporting** – All injuries must be reported immediately to both the coach and the athletic trainer.
7. **Respect for Opponents** – Treat opponents with respect; shake hands before and after contests. They are competitors, not enemies.
8. **Officials' Decisions** – Respect the judgment of contest officials, abide by the rules, and refrain from any behavior that could incite fans or other players.
9. **Cooperation** – Work with officials, coaches, and fellow participants to ensure fair play.
10. **Representation** – Accept the responsibility and privilege of representing your school and community; always display positive behavior in public.
11. **Substance-Free** – Students will not use or possess drugs, alcohol, or tobacco products at any time while enrolled in the Jersey Shore Area School District or as a member of an athletic team.



12. **Language** – Profanity directed toward teammates, coaches, teachers, officials, opponents, or school staff is strictly prohibited.
13. **Electronic Devices** – The use of electronic devices in locker rooms, bathrooms, swimming pool areas, dressing rooms, or other changing areas is prohibited. Devices may only be used with permission from the supervising adult.

## **Sportsmanship Expectations:**

### **Acceptable Behavior**

All spectators, athletes, and coaches are expected to model the following positive behaviors:

1. Applaud during introductions of players, coaches, and officials.
2. Players should seek out and congratulate opposing teams and coaches after contests.
3. Accept all decisions of officials as final.
4. Cheerleaders should lead fans in **positive school cheers** in a respectful manner.
5. Exchange handshakes between contestants and coaches before and after games, regardless of the outcome.
6. Treat competition as a game—not a war.
7. Applaud at the end of the contest for all participants, regardless of the result.
8. Show concern if a player is injured, **regardless of the team**.
9. Encourage only sportsmanlike conduct at all times.

### **Unacceptable Behavior**

The following actions will not be tolerated from spectators, athletes, coaches, or any individual in attendance at athletic events:

1. Making disrespectful or derogatory remarks, chants, yells, songs, or gestures.
2. Booing or heckling officials or opponents.
3. Criticizing officials in any way or displaying temper over an official's call.
4. Yelling comments intended to antagonize opponents or targeting specific players, coaches, or cheerleaders.
5. Refusing to shake hands or acknowledge a good performance by an opponent.
6. Blaming a loss on an official, coach, or participant.
7. Using profanity or displaying anger in a way that draws attention away from the game.
8. Posting harassing, disparaging, or demeaning comments on social media about a team, coach, or opponent.

### **Participation on an Athletic Team:**

- Participation on an athletic team at Jersey Shore is a **privilege**, not a right. Being a member of a team means accepting all the responsibilities and expectations of an athlete.
- Unlike recreation or intramural programs, **equal or guaranteed playing time at the varsity level does not exist**. Coaches will make decisions based on what they believe is in the best interest of the team and will use the players best suited to the conditions or demands of the contest at that time.
- At the **Junior High/Middle School level**, and to a lesser extent at the **Junior Varsity level**, playing time for all participants is encouraged. However, **equal playing time is not guaranteed** at any level.

### **Cutting from the Team:**

Our goal is to promote the **highest level of athletic participation possible**. However, in some sports, it may be necessary to conduct tryouts and make cuts due to limitations of facilities, regulations, sport-specific requirements, travel restrictions, or other factors.

#### **Team Selection Responsibilities**

1. Each coach has the **responsibility and authority** to select his or her team.
  - a. The **criteria for selection** are developed by the coach.
  - b. A copy of the **written criteria** must be distributed to athletes **before tryouts**.
  - c. A copy of the **written criteria** should also be shared with parents at a **pre-season meeting** with the coach.

#### **Important Notes**

- There are **no guarantees** of team placement.
- Participation on a previous year's JV or Varsity team does **not automatically secure a spot** for the following year.
- Being a returning team member or a senior does **not ensure selection**.

#### **Tryout Basics**

1. Every candidate will be treated **fairly** and given **thoughtful attention**.
2. Coaches will be **sensitive to athletes' feelings of disappointment** and will manage the process positively. They will also be available to **answer questions** from athletes.
3. Being cut can be **disappointing** for both athletes and parents.
4. Athletes who are cut are **encouraged to try out the next season** or explore other sports opportunities.

### **Purpose of a JV Team:**

JV teams are vital and important. They exist to provide an opportunity:

- 1) To play
- 2) Enhance skills and knowledge.
- 3) Develop skills.
- 4) Gaining experience.
- 5) Development of athletes is the goal and purpose of a JV.
- 6) In addition, acknowledging the value of winning, learning, and enjoying being a part of a team.

Important note: There is an **expectation** that underclassman comprise the JV team.

Exceptions will be made if there are small numbers or for safety, however, Juniors and Seniors who play considerable time at the varsity level should not play JV.

### **Practice Sessions and Games**

- 1) Practice sessions are normally closed to spectators.
  - a. These sessions are the equivalent of a teachers' classroom and there is real quality instruction taking place.
  - b. Interruptions and interference to an athlete's concentration and focus on practice cannot be allowed.
    - i. Education in any setting cannot be compromised.

At Jersey Shore, practice sessions:

- 1) May start and end at various times due to schedules of the coach or of our facilities.  
Check with the coach for specific times.
- 2) Will not be held when school is let out early due to inclement weather.
- 3) Will not be held when school is not in session due to inclement weather.
- 4) May be held on Saturdays, and Holiday breaks, but not on Sundays without permission from Principal, Athletic Director, and Superintendent and then only as a last result.

### **Issued Equipment:**

- 1) Each Student Athlete and Parent has signed a form stating that the student athlete will be responsible for and will return all equipment at the end of the season.
- 2) Each Student Athlete will be responsible for checking his or her own equipment out and returning it to the athletic office him/herself unless other arrangements with your coach have been made.
- 3) Each Athlete will fill out an issuance card, on which all equipment he/she has signed out will be recorded.
- 4) At the conclusion of the season, the student must return all equipment within (2) two weeks to the Athletic Office unless other arrangements have been made.
- 5) Upon turning in their equipment students will have all equipment checked off their card, as it is turned in. There will be no dropping off equipment and leaving before it is checked in.
- 6) Any student not turning in their equipment within that (2) two-week period will have a letter sent home to his/her parents and they will be billed for the equipment. Principals will also be made aware of equipment not returned, so that they may add in the process of retrieval of equipment.
  - a. **Students will not be able to participate in an additional sport until all equipment is returned or reimbursed.**

### **Activity Fee:**

- 1) The activity fee is due no later than the end of the first week of practice.
- 2) Students who do not pay their activity fee by the end of the first week of practice will not be allowed to participate in practice or events until the activity fee is paid.

### **Travel Rules:**

- Athletes must travel on the bus or van with the team. If athletes wish to return home with their parents, they must have permission from the appropriate coach. Athletes will only be released to their parents or guardians. (Use travel form: Jersey Shore Travel Form...All Sports and Cheer)
- The bus leaves on time. If athletes are not there on time they will not travel or play.
- COED buses, Boys sit in the back of the bus, girls in front, coaches and advisors sit in between.
- Athletes must follow the team dress code established by their coach.
- Seating preference is set by the coach.
- All team members remain together while at our opponent's school.
- Only team members on the eligibility list, student managers, approved coaches, and approved support staff may ride the team bus.
- Transportation home from practice and games should have arrived, and students should be leaving the building approximately **30 minutes after the conclusion** of a contest or practice session.

- Athletes will not leave the field or gym for any reason without the permission of the staff.

### **Athletic Training Rules:**

- Players will follow the advice and direction of the Athletic Trainer.
- Parents will support the advice and direction of the Athletic Trainer.
- Players will get the proper amount of rest and follow a diet, which will facilitate their good health.
- Notify the coach and athletic trainer of all injuries that happen to you while at practice or in a game.
- Players will not be allowed to return to practice or play until released back to play from the trainer and/or doctor.

### **Disciplinary Actions:**

- 1) We will follow Policy 222 (Tobacco Use), Policy 227 (Drugs/Alcohol) and Policy 247 (Hazing) as approved by the Jersey Shore Area School Board. Violation of Policy 222, 227 or 247 could result in removal from all extracurricular activities and/or may result in a student's outright dismissal from the team.
- 2) Violations of the "ACADEMIC RULES" are interpreted and enforced by the building principal. Any students who participated in interscholastic athletics must adhere to PIAA rules. Academically a student must:
  - a. Pass weekly at least six (6) credit subjects or the equivalent. Failure to do so will result in a loss of eligibility for the following week.
  - b. Pass four (4) full credits the preceding marking period or the equivalent for the first marking period based on the final grades of the preceding school year.
  - c. Failure to meet these requirements will result in a loss of eligibility for the first fifteen (15) school days of the next grading period. This is a PIAA rule.
- 3) Violations of the "RULES OF DECORUM" although important are much more general and enforcement must be more subjective in nature. The building principal, athletic director, and coach will be the people to enforce this area.
- 4) Any athlete who is ejected from a game for unsportsmanlike conduct or flagrant foul will not be allowed to participate in the next game potentially two games and be subject to taking a sportsmanship training class. (PIAA RULE)
  - a. Depending on the seriousness of the event and if this kind of ejection has happened before, they may face removal from the team.
  - b. Yellow cards or technical fouls for misconduct that is under the athlete's control (talking back to officials, using foul language etc.) Will result in the loss of playing time and may result in suspension or expulsion from the team.
  - c. Any player who is ejected or disqualified from an event for unsportsmanlike conduct or a flagrant foul will not be permitted to attend the next contest. That includes riding the bus, sitting on the bench, in the stands, or anywhere on the contest site.
  - d. Any athlete on the team who physically assaults an official, player, coach, or fan will be dismissed from the team. This may also affect them playing another sport for that school year.
  - e. Once a player has been disqualified from an event or dismissed from the team for any of the above reasons, if an appeal is not filed within the allotted time after an ejection, no appeal will be heard, and suspension or dismissal will be conducted.

Please note that in the Jersey Shore Area School District Athletic Department we strive to maintain a level of sportsmanship that is unmatched in the area.

- 1) If an athlete is ejected from an athletic contest for unsportsmanlike conduct by a PIAA official on 2 occasions in 1 season they will be dismissed from the team.
- 2) Any athlete ejected for unsportsmanlike conduct will not only sit one to two games for the PIAA and take the sportsmanship class but may sit another game for Jersey Shore.
  - a. A protest for an ejection may be filed with the athletic director (in writing with coach's signature) if an official made a mistake, overreacted, and/or ejected the wrong student.
  - b. Athletes should make that protest no later than 2 days after the ejection.
    - i. It will not change the PIAA sanctions of sitting out the next contest but may erase an ejection from the athlete's record at the school.
  - c. **All athletes ejected from a game for unsportsmanlike conduct will write a letter of apology to the officials prior to and the opposing school before participating in the next game.**
  - d. Students appealing for a second ejection will be reinstated to practice until their appeal is heard. They may not participate in athletic contests or travel to games until a positive ruling is given on their appeal.

#### **Sequence of disciplinary measures for rules of decorum/and Unacceptable behavior Sportsmanship expectations for student athletes:**

Depending on the severity of the rules violation as perceived by the building principal, athletic director, coach, or advisor, the following actions will be taken:

1. Talk with the student-athlete or cheerleader involved in the infraction.
2. Extra conditioning or practice.
3. Loss of playing time.
4. Suspension from the team for a period.
5. Dismissal from the team.

The above measures are not set to be considered a sequence of action but will be applied to each individual situation on a case-by-case evaluation. Players and parents may seek an explanation of any of these measures if arrangements are made prior to the meeting with the coach. These matters will not be discussed in public or in the presence of other players, parents or during scheduled practice times.

#### ***Risks of Athletic Participation:***

Despite protective equipment, supervision, and sound instruction by our coaches, there are some risks associated when someone participates in athletics. Injuries in some of our activities can and do occur. In extremely rare cases, death could result. All athletes and parents need to be aware and understand that possibility. At Jersey Shore we will do what we can to ensure a safe and healthy environment. Each coach should supply you with a cautionary statement for your sport.

### ***Athlete Changing Teams:***

Whether being cut, by quitting or being dismissed, an athlete's membership on a team can be altered. At Jersey Shore we would like to promote participation, we also want to safeguard fairness and an ethical approach regarding all coaches and teams. To achieve all the above objectives, the following guidelines will be used.

- 1) Any player cut from a squad during tryouts is free to immediately try out or join another team.
- 2) Any player quitting a team must get the approval of the original coach before joining a second team. All obligations such as returning uniforms and equipment must also be completed prior to joining another team.
- 3) Any player dismissed from a squad must get the written permission of the original coach, the Athletic Director, and principal prior to participating with another team.

The Athletic Director will mediate all problems when an athlete changes teams and with the building principal, will have the final decision.

### The **Six** Pillars of Character in Sports:

#### ***Trustworthiness***

- Always **pursue victory with Honor.**
- Demonstrate and demand integrity.
- Observe and enforce the spirit and the letter of the rule.
- Do not compromise education and character-development goals.

- Do not engage in or tolerate dishonesty, cheating, or dishonorable conduct.

### ***Respect***

- Treat the traditions of the sport and other participants with respect.
- Do not engage in or tolerate disrespectful conduct including verbal abuse of opponents, officials, coaches, school personnel, profane or belligerent “Trash Talking,” taunting or unseemly celebration.
- Realize you are not the only one on the team, and that it is an honor and a privilege to be part of that team.
- **Win with grace and lose with Dignity.**

### ***Responsibility***

- Be a positive role model on and off the field and require the same of your fellow athletes, coaches, and parents.
- Further, your mental, social, and moral development and learn life skills that can help you enhance your personal success and social responsibility.
- Maintain a basic knowledge and strive to know the most you can about your sport.

### ***Fairness***

- Adhere to high standards of fair play.
- Treat others fairly and according to their ability.
- Never take unfair advantage
- Be open-minded.

### ***Caring***

- Help your teammates and fellow students out when you can. A caring person is a successful person.

### ***Citizenship***

- Avoid Gamesmanship and promote sportsmanship by honoring the rules and goals of the sport.
- Follow all CODES of conduct from your school and your coaches, and parents.
- Safeguard your health and your eligibility do not use drugs, alcohol, and tobacco.
- Comply with all the laws and regulations, from team to your school, to the PIAA to the NHFS

## **Eligibility to participate:**

### PIAA Eligibility for Interscholastic Sports

High school interscholastic sports programs in Pennsylvania are governed by the Pennsylvania Interscholastic Athletic Association (PIAA). As a member district we must follow the policies and regulations formulated by the association. Regulations include:

1. **AGE:** You may not have reached your 19<sup>th</sup> birthday by June 30 immediately preceding the school year. (16<sup>th</sup> birthday where interscholastic competition is limited to grades 7

through 9, and 15<sup>th</sup> birthday where interscholastic competition is limited to grades 7 and 8.)

2. **AMATEUR STATUS and AWARDS:** To be eligible to participate in an Inter-School Practice, Scrimmage, and/or Contest, a student must be an amateur in the sport involved. An amateur student is one who engages in athletic competition solely for the educational, physical, mental, social, and pleasure benefits derived thereof and does not receive monetary or similar or equivalent compensation or remuneration for such participation. For NIL questions please see the athletic director with your specific questions.
3. **ATTENDANCE:** A student must be regularly enrolled in a secondary school in full-time attendance. A student who has been absent from school for a total of twenty or more days in a semester shall not be eligible to participate in any athletic contest until he/she has attended school for a total of forty-five school days following the twenty days of absence. An exception may be considered by a district committee where there is an extended absence of five or more consecutive days due to illness or injury. ***At Jersey Shore, Students must be in school at the start of the school day, or they will not participate in a game or practice, without a valid doctor's excuse.***
4. **PARTICIPATION AND GRADE REPITION:** You will lose your eligibility when you have been in attendance more than eight consecutive semesters beyond the eighth grade. If you repeat a grade after eight, you will be ineligible as a senior. You may participate in only one season in each sport during each school year.
5. **ALL-STAR CONTESTS:** Students who have exhausted their eligibility and completed their final season of a PIAA sport, may participate in All-Star Contests in that sport on an unlimited basis.
  - a. Students in grades 7-11 and students in grade 12 who have not exhausted their eligibility in a sport, may participate in All-Star Contests in that sport subject to the following:
    - a. Participation by students is as private citizens and not as a representative of their school.
    - b. The school's interscholastic athletic uniform may not be used by students.
    - c. Participation must be consistent with the requirements of Article XVI: Season and Out-of-Season Rules and Regulations, Sections 2, A, B and C. (Please contact the athletic director prior to participating in any of these events)
6. All-Star Contests in the sport of football are prohibited for students in grades 7-11 and students in grade 12 who have not exhausted their eligibility subject to Section 2, C. Football of Article XVI.
7. **OUT-OF SEASON PARTICIPATION:**
  - a. PIAA member schools may not sponsor Teams in that sport:
  - b. PIAA member schools, Coaches and/or students of PIAA member schools may be involved with sports activities such as training programs, recreational activities, Open Gyms, clinics, and camps provided that any participation by Coaches and/or students is as private citizens and must be voluntary.
8. **CONSENT OF PARENT OR GUARDIAN:** A student shall be eligible for participation in each sport only when there is on file with the principal a certificate of consent signed by a parent or guardian. (Sections 2, 3 &4 of the CIPPE Form).



9. **HEALTH:** No student shall be eligible to represent the school in any interscholastic contest unless he/she has been examined by an Authorized Medical Examiner (AME) before you begin to practice for your first sport season of the academic year. Before each subsequent sports season, a student must have on file Section 7 Recertification of Parent/Guardian, or Section 8 Recertification by Licensed Physician of Medicine or Osteopathic Medicine of the CIPPE Form, if appropriate, before you begin to practice in the sport.
10. **CURRICULUM:** A student must pursue a curriculum defined and approved by the principal as a full-time curriculum. This curriculum must be approved and conform to the regulations of the State Board of Education, the Pennsylvania School Code, and any places established by the local school board. The student must be passing at least four full-credit subjects, or the equivalent. Eligibility is cumulative from the beginning of a grading period, must be reported on a weekly basis, and must be filed in the principal's office. Where a student's cumulative work from the beginning of the grading period does not as of any Friday meet the standards provided for in this Section, the student is ineligible from the immediately following Sunday through the Saturday. ***The Jersey Shore Area School District requires our students to pass 6 credits to be eligible for participating in athletic events.***

A student declared ineligible due to grades in the preceding grading period shall be ineligible to participate for the first 15 school days of the next grading period. Eligibility for the first grading period is based on your final grades for the preceding school year.

11. Anabolic Steroids (Policy #227) The Board prohibits the use of anabolic steroids by students involved in school-related athletics, except for a valid medical purpose. Body building and muscle enhancement of athletic ability are not valid medical purposes. Human Growth Hormone (HGH) shall not be included as an anabolic steroid. Students should be made aware of the dangers of steroid use; that anabolic steroids are classified as controlled substances; and that their use, unauthorized possession, purchase, or sale could subject students to suspension, expulsion, and/or criminal prosecution. The following minimum penalties are prescribed for any student athlete found in violation of the prohibited use of anabolic steroids:
- First Offense - suspension from school athletics for the remainder of the season.
  - Second Offense - suspension from school athletics for the remainder of the season and for the following season.
  - Third Offense - permanent suspension from school athletics. No student shall be eligible to resume participation in school athletics unless a medical determination has been submitted, verifying that no residual evidence of steroids exists.



## **Severe weather and natural disaster guidelines**

The Athletic trainer and/or Athletic Director will monitor and advise coaches of weather conditions and shelter locations.

## **TORNADO**

### Definitions:

**Tornado Watch:** Conditions are favorable for tornadoes or severe weather. Make staff aware but take no action.

**Tornado Warning:** Tornado has been sighted; take shelter immediately.

### Steps of Action:

When a warning is issued, seek shelter indoors.

Stay away from outside walls and windows.

Use your arms to protect your head and neck.

Remain sheltered until the tornado threat is over.

### Team Shelter Locations:

**HS Auditorium or HS Gym:** Soccer / Track / Cross Country / Tennis

**MS Auditorium:** Football / Track / Baseball / Softball

## **THUNDER AND/OR LIGHTENING**

All Jersey Shore athletic programs will use the recommendations set forth by the National Federation of High Schools (NFHS) as a guide in the execution of related tasks in the event of lightning. Jersey Shore Athletics utilizes the Weather Bug App that permits us to monitor weather conditions in real time on our computers and digital devices. In addition, we also consistently monitor the National Oceanic and Atmospheric Administration's (NOAA) National Weather Service (NWS): State College for keeping current with related postings, such as lightning warnings, heat advisories and extreme heat warnings.

The Athletic Health Care staff, in conjunction with the Athletic Director, will be determining the appropriate management of lightning issues as they arise during related events. The Athletic Director will assume responsibility for putting into motion the professional recommendations made by the Athletic Training staff for enforcing the lightning safety policy. In the event the Athletic Director is not accessible for any reason, the Athletic Training Staff will execute the necessary processes to enforce the lightning safety policy.

### **Shelter:**

- Safe areas include:
  - enclosed buildings
  - fully enclosed metal vehicles with a hard metal roof and windows up
  - low ground areas as a last resort (ditches, bottom of hill) – assume a crouched position – minimize your body area – do not lie flat.
- Unsafe areas include:
  - open fields
  - metal bleachers (on or under)
  - fences
  - umbrellas, flag poles, light poles
  - tall trees
  - pools of standing water

The resumption of outdoor events or the relocation of camp participants from venues will be permitted only after there has been a 30-minute span of time since the last lightning strike within 10 miles per Weather Bug, as determined and communicated by the Athletic Training Staff and the Athletic Director

- **Lightning within 15 miles** – All Coaches will be warned that a storm is imminent, and they should consider moving indoors or canceling the remaining practice.
- **Lightning within 10 miles** – Practices and events will be immediately suspended, and all staff, student athletes and visitors must seek shelter immediately.

**\*\*It is important to note that blue skies and no rain are not protection from lightning. Lightning can strike from a distance of as far as 10 miles. \*\***

Team Shelter Locations:

**Middle School:** Football / Track / Baseball

**Middle School:** Softball

**High School:** Soccer / Track / Cross Country / Tennis



### **Jersey Shore Athletic Department Guidelines for Athletic Participation in the COLD**

#### **STEPS FOR MONITORING COLD WEATHER:**

- Weather will be monitored by designated Athletic Director or Athletic Training staff using a Wind Chill Index Chart as a measurement for impending weather situations, and an advisory should be issued to school coaching staff when applicable.
- Temperature, wind speed, and wind chill will be monitored.
- The Wind Chill Index considers effects of temperature and wind speed (see below)
- Based on information from the National Weather Service, local weather stations and local/on-site Cold Index measurements, determine the risk of potential danger to participants. Issue a warning and implement the practice or game plan for that day to be distributed to all coaches.
- **Reminder: Windy & Wet conditions reduce body temperature 3-5 times quicker**
- **Frostbite can occur in 30 minutes. See attached Windchill chart.**

RISK	Temp/Windchill	MODIFICATIONS
Low	40°F & above	Outside participation allowed w/appropriate clothing
Moderate	39°F – 30°F	Mandate additional protective clothing (hat, gloves). Re-warming facilities provided
High	29°F – 20°F	Outside participation is limited to 45 minutes. All participants must have appropriate clothing. Re-warming facilities provided
Extreme	19°F or below	Termination of all outside activities.

- Rewarming facilities: High School, Middle School, and JSE.
- Athletes without appropriate clothing will not be permitted to participate outside.

Wind Chill is the temperature your body feels when the air temperature is combined with the wind speed. It is based on the rate of heat loss from exposed skin caused by the effects of wind and cold. As the speed of the wind increases, it can carry heat away from your body much more quickly, causing skin temperature to drop. The Wind Chill Chart shows the difference between actual air temperature and perceived temperature, and amount of time until frostbite occurs.

### Wind Chill Chart

		Temperature (°F)																	
		-45	-40	-35	-30	-25	-20	-15	-10	-5	0	5	10	15	20	25	30	35	40
Wind (mph)	60	-98	-91	-84	-76	-69	-62	-55	-48	-40	-33	-26	-19	-11	-4	3	10	17	25
	55	-97	-89	-82	-75	-68	-61	-54	-46	-39	-32	-25	-18	-11	-3	4	11	18	25
	50	-95	-88	-81	-74	-67	-60	-52	-45	-38	-31	-24	-17	-10	-3	4	12	19	26
	45	-93	-86	-79	-72	-65	-58	-51	-44	-37	-30	-23	-16	-9	-2	5	12	19	26
	40	-91	-84	-78	-71	-64	-57	-50	-43	-36	-29	-22	-15	-8	-1	6	13	20	27
	35	-89	-82	-76	-69	-62	-55	-48	-41	-34	-27	-21	-14	-7	0	7	14	21	28
	30	-87	-80	-73	-67	-60	-53	-46	-39	-33	-26	-19	-12	-5	1	8	15	22	28
	25	-84	-78	-71	-64	-58	-51	-44	-37	-31	-24	-17	-11	-4	3	9	16	23	29
	20	-81	-74	-69	-61	-55	-48	-42	-35	-29	-22	-15	-9	-2	4	11	17	24	30
	15	-77	-71	-64	-58	-51	-45	-39	-32	-26	-19	-13	-7	0	6	13	19	25	32
10	-72	-66	-59	-53	-47	-41	-35	-28	-22	-16	-10	-4	3	9	15	21	27	34	
5	-63	-57	-52	-46	-40	-34	-28	-22	-16	-11	-5	1	7	13	19	25	31	36	
Frostbite Times:																			
5 Minutes					10 Minutes					30 Minutes									

### Recommended Preventative Strategies:

### **Competition/Practice Modifications**

- Extended half-times to allow for rewarming.
- Provide access to a warm building.
- Abbreviated introductions.
- Ensuring/mandate proper clothing (hats, gloves, pants).
- Consider a “EZ” up tent for players/officials for protection from the elements.
- Coaches should be vigilant and monitor the player’s physical condition and mental status.

### **Clothing:**

In cold weather conditions appropriate clothing must be worn to prevent cold exposure. Both the Athletic Trainer(s) and coaches will require the student-athletes to implement the following:

- Wear several layers around the core of the body (especially those who are not highly active).
  - The first layer should wick moisture away from the body (DryTech, underarmor)
  - The top layers should trap heat, block the wind (fleece, windblock)
  - No cotton inside layer.
  - Outside layer should be water resistant/waterproof
- Long pants designed to insulate.
  - Sweatpants are an excellent choice.
  - On cold/and or windy days windpants or a nylon shell should be worn on the surface layer to break the wind.
- Long sleeved garment that will break the wind.
- Gloves
- Hat or helmet to protect the ears.
- Face protection
- Moisture wicking socks (preferably wool blend)

**It is important that athletes avoid wearing multiple layers of cotton. When the body sweats the cotton will become dense and permeated with sweat**

### **Factors Affecting Body Temperature Regulation in Cold:**

- Wind and moisture (rain) *dramatically* increase heat loss from the body.
- Cold exposure/activity requires more energy from the body. Additional calorie intake may be required.
- Cold exposure/activity requires similar hydration to room temperature; however, the thirst reflex is not activated. Conscious efforts before and after practice to hydrate should be initiated.
- Never train alone. A simple ankle sprain in cold weather may become life threatening.
- Appropriate clothing must be closely monitored and mandated (see above)

### **COLD INJURY**

- *Cold weather is defined as any temperature that can negatively affect the body’s regulatory system.*
- *It is important to remember that temperatures do not have to be freezing to have this effect.*

- *Individuals engaged in sports activities in cold, wet, or windy conditions are at risk for cold environmentally cold injuries.*

## **COLD INJURY DEFINITIONS:**

**Hypothermia:** Body Core Temperature below 95°F

Symptoms include:

Shivering

Lethargy

Amnesia

Impaired motor control

Pale, cold face and extremities.

Decreased heart rate.

Slurred speech

Impaired mental function

*Treatment:* remove wet clothing, warm with dry insulating blankets, cover the head, get to a warm environment. Provide warm beverages, avoid friction, avoid warming extremities initially.

**Frostbite:** Frostbite is the actual freezing of body tissues. Most susceptible are fingers, toes, earlobes, nose.

Symptoms include:

- Dry, waxy skin
- Swelling
- Burning
- Tingling
- Limited movement
- White/blue/gray patches
- Aching, throbbing, shooting pain.

*Treatment:* rewarm slowly in warm water (not hot); avoid friction/rubbing tissue

**Chilblain:** an exaggerated or uncharacteristic inflammatory response to cold exposure

- Symptoms include:
- Red or blue lesions
- Increased temperature
- Swelling
- Tenderness
- Itching, numbness, burning.

*Treatment:* wash, dry area, elevate, cover with loose clothing/blankets, avoid friction, lotion

### **General Signs/ Symptoms of Cold Stress:**

- Uncontrollable shivering
- Fatigue Swollen Extremities
- Confusion Blurred Vision
- Slurred Speech Headache, dizziness
- Red or Painful extremities Numbness/tingling of skin

|



## Jersey Shore Athletic Department Guidelines For Athletic Participation in the HEAT

### Heat Illness

There are three categories of heat illness, and the athlete may not sustain all three in order.

#### Heat Cramp

##### Symptoms

The body and muscles will cramp due to the loss of fluid and electrolytes. This is a warning sign of further illness. The muscles most often affected are the quadriceps, gastrocnemius (calf), and abdominals.

##### What to do?

- Ice and stretch.
- Give water or fluids.
- Improve cardiovascular condition (if early in season).
- If persistent, check into the diet.

**Heat Exhaustion:** There is an excessive loss of water and electrolytes.

##### Symptoms

- Sweating profusely
- Cool skin may be pale.
- Syncope (dizziness or confusion)
- Possible rapid pulse
- Internal temperature increases to 102 - 104.9 degrees (normal 98.6)

##### What to do?

- Find a cool shaded place.
- Cool the individual with cold water, ice towels, or tap water from a hose.
- Have the athlete drink fluids. The thirst mechanism will shut down.
- He/she will only be able to take small sips. Have the athlete suck on ice.
- Get the extra equipment off - shoulder pads, helmet, any extra clothing, shoes, and socks.

**Heat Stroke: MEDICAL EMERGENCY!** The body's thermoregulatory system has totally shut down and the core body temperature is continuing to rise.

##### Symptoms

- Body temperature is more than 105 degrees.
- Skin is dry, warm, or hot, red (total absence of sweat).
- Behavior may be disoriented, acutely aggressive.
- Athletes may be conscious or unconscious.

##### What to do?

- Activate emergencies and call 911 immediately.
- Cool the athlete as efficiently as you can, using heat exhaustion techniques.
- Monitor vital signs (heart rate, blood pressure, and breathing) until an ambulance arrives.



<b>Heat Exhaustion Symptoms:</b>	<b>Heat Stroke Symptoms:</b>
Cool and Clammy	Hot and Dry
Sweating	No Sweating
Body Temperature 98.6 – 104.9*	Body Temperature 105* and higher
Pulse – Slow	Plus – Rapid or Fast
Confusion	Aggressiveness
Conscious	May be Unconscious

### **Ways to Prevent Heat Illness**

Be aware of the athlete's conditioning level. A better conditioning level will mean a greater toleration of the heat.

Anticipate the need for athletes to be acclimated. It will take seven to ten days to be well acclimated to a heat environment. Use a gradual increase in work at practice.

In the sport of football, practices will be held without full equipment for the first two practices. Helmets and shoulder pads are optional.

Know the temperature and the humidity level at practice time. Refer to the heat index chart in the Coaches Handbook.

Make modifications during practice sessions with more water breaks, rest breaks, and change dress for practice.

Push fluids! Cool water before, during, and after practice (hydrating). Hydrate on a regular basis whether the athlete is thirsty. Sport drinks can supplement but should NOT replace water as the primary fluid.

Encourage a proper diet, especially fruit, vegetables, and leafy greens. An athlete can avoid a bloating feeling by eating before drinking a large amount of fluid.

Athletes should wear proper and proper clothing. Nylon is ideal, cotton breathes very well.

If you choose to practice a two-day schedule, make your morning more strenuous than your afternoon. You may want to monitor the athlete's weight. Athletes should lose no more than 3% of their body weight after a practice session.

**Talk to your team about heat illness! It is a serious matter.**

## Modified for JSASD Athletics from NATA Position Statement

On Exertional Heat illness

### WBGT Reading Activity Guidelines and Rest-Break Guidelines:

**80.0 - 81.9 degrees:** Increase frequency and length of rest breaks - one break at least every 20 minutes. Breaks should be a minimum of 4 minutes duration or longer to allow all participants to hydrate. Remove helmets during breaks.

**82.0 - 86.9 degrees:** Continue increased water breaks - one break at least every 15 minutes. Max camp session outdoors=2 hours. Watch at risk athletes carefully. All helmeted athletes must remove helmets during breaks. Consider drills that allow sports equipment to be removed safely.

**87.0 - 89.9 degrees:** Athletic staff can demonstrate skills, but **NO** athletes physically participate, just observing. No equipment on. Max session outdoors= 1 hour. Continue increased water breaks- one break at least every 15 minutes.

**90+ degrees:** **NO** outdoor sessions until cooler WBGT reading occurs.

**\*\*** These readings also apply to indoor facilities that are **NOT** climate controlled.

## Excessive Heat



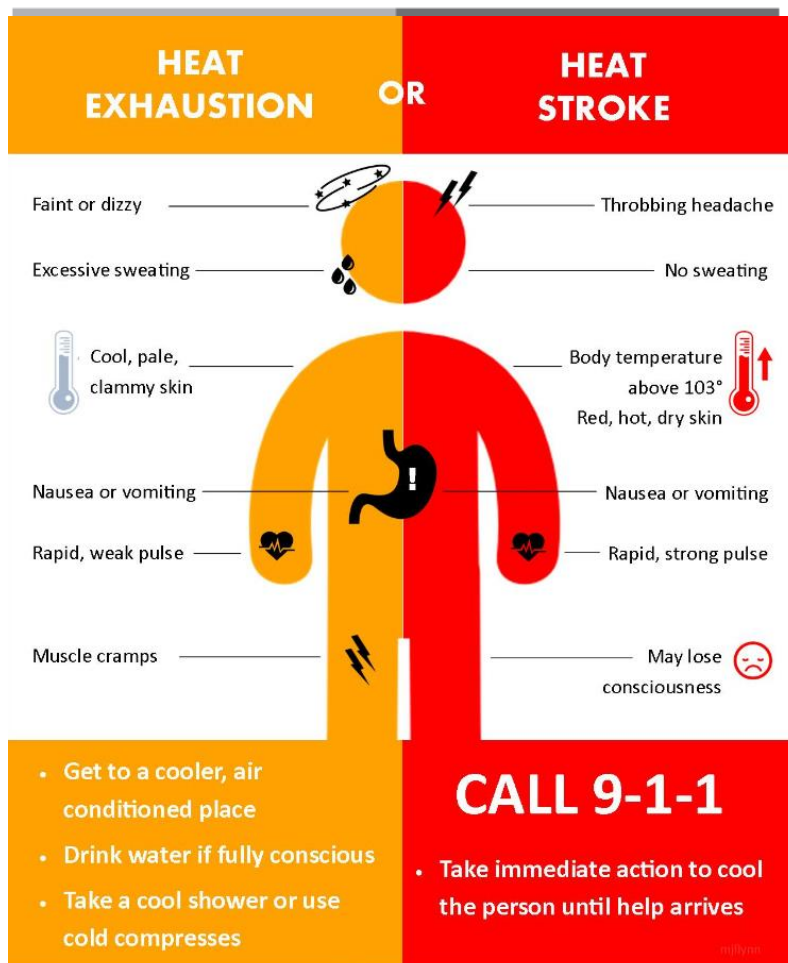
### WHO IS AT RISK



### PREVENTION



Too much heat? What does it look like?



Weather.gov/socialmedia  
Weather.gov/heat



@SacramentoOES  
SacramentoReady.org

National Oceanic and Atmospheric Administration  
("NOAA") Heat Index

### How to use Heat Index:

1. Locate on Heat Index Chart the current Air Temperature.
2. Locate the current Relative Humidity.
3. Follow across and down to find the Apparent Temperature (what it feels like to the body)
4. Determine heat stress risk on the Heat Illness Risk Chart

The Athletic Director and/or Athletic Trainer will monitor and advise of weather conditions.

Air Temperature	Relative Humidity													
	40	45	50	55	60	65	70	75	80	85	90	95	100	
80°	80	80	81	81	82	82	83	84	84	85	86	86	87	
82°	81	82	83	84	84	85	86	88	89	90	91	93	95	
84°	83	84	85	86	88	89	90	92	94	96	98	100	103	
86°	85	87	88	89	91	93	95	97	100	102	105	108	112	
88°	88	89	91	93	95	98	100	103	106	110	113	117	121	
90°	91	93	95	97	100	103	105	109	113	117	122	127	132	
92°	94	96	99	101	105	108	112	116	121	126	131			
94°	97	100	103	106	110	114	119	124	129	135				
96°	101	104	108	112	116	121	126	132						
98°	105	109	113	117	123	128	134							
100°	109	114	118	124	129	136								
102°	114	119	124	130	137									
104°	119	124	131	137										
106°	124	130	137											
108°	130	137												
110°	136													

Apparent Temperature	Heat Stress Risk with Physical Activity and/or Prolonged Exposure	Action
80* to 90*	Exercise caution: <b>dehydration</b> is likely if athlete fails to drink <b>adequate fluids</b>	Outdoor practices with water breaks
91* to 103*	Exercise extreme caution: <b>Heat Cramps</b> or <b>Heat Exhaustion</b> possible	Morning & Evening Practice times. Frequent water breaks and designated shaded areas
104* to 124*	Danger: <b>Exertional Heat Cramps</b> or <b>Heat Exhaustion</b> Heatstroke possible	All practices indoors
125* and up	Extreme Danger <b>Exertional Heat Stoke</b> Highly Likely	All practices indoors



## Jersey Shore Athletic Department Guidelines For Athletic Participation with poor Air Quality

### Air Quality

The Air Quality Index (AQI) is an index for reporting air quality.

Air Quality will be monitored by the Athletic Director and Athletic Trainers using the AirNow calculator. Air quality guidelines will be reported to coaches prior to practices and competitions as necessary if elevated levels are outside the normal range.

Air Quality Index	Jersey Shore Athletic Department Guidelines
<b>Green</b>	Outdoor practices as normal
<b>Good</b>	
<b>0 to 50</b>	
<b>Yellow</b>	Outdoor practices as normal. Supervise athletes who are sensitive to air pollution for possible symptoms.*
<b>Moderate</b>	
<b>51 to 100</b>	
<b>Orange</b>	Reduce outdoor practices to one hour and less intense activities. Supervise athletes for symptoms.*
<b>Sensitive Groups</b>	
<b>101 to 150</b>	
<b>Red</b>	ALL Practices/Competitions move indoor or reschedule.
<b>Unhealthy</b>	
<b>151 to 200</b>	
<b>Purple</b>	ALL Practices/Competitions move indoor or reschedule.
<b>Very Unhealthy</b>	
<b>201 and higher</b>	

*\* Symptoms: Air pollution can make asthma symptoms worse and trigger attacks. Symptoms include coughing, wheezing, difficulty breathing, and chest tightness.*

**Airnow.gov**

Air is essential to life. Everyone needs to breathe air, which makes air quality a pressing environmental public health issue. Air may become polluted by natural and manmade sources. Natural pollution sources come from wildfires, volcanoes, windblown dust, and pollen. Manmade sources are things like power plants, factories, vehicles, emissions from farming and mining operations, and second-hand smoke. Pennsylvania has unique geographical features that can affect air quality. In 1948, a weather event in Donora, PA trapped air pollution in the town, resulting in deaths and sparking the creation of air pollution laws across the nation.

### HOW AIR QUALITY AFFECTS HEALTH

Poor air quality is linked with health problems, such as heart disease, asthma, and other breathing problems. Air pollution is also associated with reproductive problems and reduced fetal growth and preterm birth. The risk of developing a specific disease from breathing polluted air depends on many factors such as the contaminating substance, the level and potency of the substance, and how sensitive to pollution a person is. Children, pregnant women, the elderly, and people with chronic lung diseases are highly sensitive groups. They are vulnerable to air pollution-related health problems and exacerbations.



### LEARN MORE ABOUT AIR QUALITY & HEALTH

- Read the [National Ambient Air Quality Standards](#)<sup>1</sup> for six outdoor air pollutants set by the Environmental Protection Agency (EPA). The six regulated air pollutants are ozone, particulate matter, carbon monoxide, lead, sulfur dioxide, and nitrogen dioxide.
- Explore the [Ambient Air Monitoring Data Reports](#)<sup>2</sup> for recent air quality data from statewide air monitors.
- Check local air quality on the [AirNow](#)<sup>3</sup> website.
- Limit outdoor activities and keep windows closed when air quality is poor.
- Avoid using wood stoves or switch to a clean-burning wood stove.
- Discuss air quality with a health care provider.

### MONITORING AIR QUALITY IN PENNSYLVANIA

Pennsylvania tracks air quality based on two air pollutants (which can adversely affect health) regulated in outdoor air by the EPA. Data are on the [Enterprise Data Dissemination Informatics Exchange](#)<sup>4</sup> (EDDIE) by county. The data come from the [Bureau of Air Quality](#)<sup>5</sup> within the Department of Environmental Protection.

- Ground-level Ozone (O<sub>3</sub>) is called “bad ozone.” It is created by chemical reactions between nitrogen oxides and volatile organic compounds (VOCs) in the presence of sunlight. Major sources of nitrogen oxides and VOCs include emissions from industrial facilities and electric utilities, motor vehicle exhaust, gasoline vapors, and chemical solvents.
- Particulate Matter (PM) is a mixture of very small particles and liquid droplets. Pennsylvania specifically tracks PM<sub>2.5</sub>, fine particles that have a diameter of 2.5 micrometers or smaller. When inhaled, the particles can enter small areas of the lungs and pass into the bloodstream. These particles are directly emitted from forest fires, power plants, factories, and cars.

**If you have any  
questions, contact us**  
**Phone: 717.787.3350**  
**Fax: 717.772.6975**  
**Email:**  
[env.health.concern@pa.gov](mailto:env.health.concern@pa.gov)

October 2022

<sup>1</sup> <https://www.epa.gov/criteria-air-pollutants>

<sup>2</sup> [http://www.ahs.dep.pa.gov/air\\_apps/aadata/](http://www.ahs.dep.pa.gov/air_apps/aadata/)

<sup>3</sup> <http://www.airnow.gov/>

<sup>4</sup> <https://www.health.pa.gov/topics/HealthStatistics/EDDIE/Pages/EDDIE.aspx>

<sup>5</sup> <https://www.dep.pa.gov/Business/Air/BAQ/Pages/default.aspx>

# Concussions

Concussions are a type of injury caused by a blow or bump to the head that disrupts the way the cells in the brain normally work. They are one of the most reported injuries in children and adolescents who participate in sports and recreation activities. Most sports-and recreation-related concussions seen in emergency departments each year (65%) occur among youth ages 5–18. While many of these injuries may be considered mild, they can result in health consequences such as impaired thinking, memory problems, and emotional or behavioral changes.

More than 38 million boys and girls, ages 5–18, participate in organized youth sports in the United States. Although sports provide physical activity that offers important exercise and team building opportunities to young people, there is also a risk of getting injured. Concussions can occur in any organized or unorganized sport or recreational activity; however, the risk is greatest in athletic environments where collisions are common.

## What is a concussion?

A Concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way your brain normally works.
- Can occur during practices or games in any sport or recreational activity.
- It can happen even if you have not been knocked out.
- Can be serious even if you have just been “dinged” or “had your bell rung.”

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with concussions get better, but it is important to give your brain time to heal.

## Signs and Symptoms

### **Signs of Symptoms observed by coach, parent, or medical staff.**

- Appears dazed or stunned.
- Is confused about assignment or position.
- Forget an instruction.
- Is unsure of game, score, or opponent.
- Moves clumsily.
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes.
- Cannot recall events prior to hit or fall.
- I cannot recall events after hit or fall.



### **Signs or symptoms observed by students.**

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Difficulty paying attention.
- Concentration or memory problems.
- Confusion.
- Just not “feeling right” or is “feeling down.”

### **What should I do if I think I have a concussion?**

- Tell your coaches, certified athletic trainers, and your parents. Never ignore a bump or blow to the head even if you feel fine.
  - Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.
- You must go to the doctor so they can tell if you have a concussion and when it is OK to return to play.
- **In the state of Pennsylvania, a doctor must sign a return to play paperwork after a suspected concussion.**
  - **There will be a mandatory 5 day return to play with the athletic trainers after doctor’s release.**

#### **Tips:**

- Give yourself time to get better. If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion.
- Repeating concussions can increase the time it takes for you to recover and may cause more damage to your brain.

# Rules of Decorum

## PRACTICE RULES:

- Be alert, ready to participate.
- When the coach is speaking, all eyes must be on the coach. When a player is speaking all eyes must be on the player.
- No player should offer an excuse to any criticism during practice or games.
- When the coach's whistle blows, action is stopped immediately.
- Each player must make a great effort to appear enthusiastic. Do not express negative attitudes on the field or court at any time.
- Accept and understand the seriousness of responsibility, and the privilege of representing your school and your community.
- Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students and this will give a better understanding and appreciation of the sport.
- Treat the opposing team and cheerleaders the way you would like to be treated, as a guest or friend. When going to another school you are a guest behave that way.
- Always promote good sportsmanship both as a player, cheerleader, or a fan in the stands at other events.

## TRAVEL RULES:

- You must travel on the bus or van with the team or cheerleading squad. If you wish to return home with your parents, you must receive written permission from the appropriate coach or advisor in advance. You will only be released to your parent or guardian.
- The bus leaves on time...If you are not there you don't travel or play.
- You must follow the team dress code established by the advisor and coaches for your sport.
- All team members remain together while at our opponent's school.
- Only team players on the eligibility list, student managers, approved coaches, and approved support staff may ride the team bus.
- Arranging transportation for after practices and games in advance
- Transportation should have arrived and students should be leaving building approximately 30 minutes after the conclusion of a contest or practice session.

**Do not travel by yourself at away games or events.**

**Do not leave the field or gym for any reason.**

## TRAINING RULES:

- Players will follow the advice and direction of the Athletic Trainer.
- Players will get the proper amount of rest and follow a diet, which will facilitate their good health.
- Notify the coach, advisor and athletic trainer of all injuries that happen to you while at practice or in a game.



## **Team Captain**

Team captains serve an essential leadership role within the athletic program. Captains are expected to model the highest standards of conduct, support their teammates, and assist coaches in promoting a positive and productive team environment. The responsibilities of a team captain include, but are not limited to, the following:

### **1. Leadership and Motivation**

- Demonstrate exemplary behavior, attitude, and sportsmanship at all times.
- Motivate teammates and contribute to a positive, cohesive team culture.
- Listen to teammates' concerns and help promote mutual respect within the group.
- Encourage teamwork and ensure that all athletes feel included and valued.

### **2. Communication and Coordination**

- Serve as a liaison between coaches and teammates by communicating information clearly and promptly.
- Reinforce team goals, expectations, and standards.
- Help guide teammates toward positive choices and constructive actions.

### **3. Team Support and Organization**

- Assist coaches in planning and leading team activities such as warmups, drills, and pre-game preparation.
- Support all teammates, including those who are injured, not playing, or experiencing personal challenges.
- Help maintain organization and contribute to efficient team operations.

### **4. Performance and Accountability**

- Set a high standard for personal effort, preparation, and accountability.
- Maintain composure and provide steady leadership during challenging or high-pressure situations.
- Hold themselves and teammates accountable for meeting team expectations and representing the program with integrity.

Captains must uphold these responsibilities consistently throughout the season. Failure to meet these expectations may result in removal of captaincy at the discretion of the coaching staff and/or athletic administration.

### **Bulldog Team Expectations**

If you're part of Jersey Shore Athletics, we expect you to treat every teammate with respect. Do not single anyone out, tease or hurt others, or create rifts within the team. Treat people the way you want to be treated. If you can't show kindness, empathy, and respect—or if you damage the team culture—you may lose your spot on the team. Being a great athlete begins with being a great teammate

Thank you for choosing to be part of Jersey Shore Athletics. When you join a team, you gain a lot, but you also take on important responsibilities.

Think about why you joined your team and what you contribute. Everyone brings something valuable, no matter their role. Your job is to work toward your personal goals while supporting the team's success.

A true team player puts the team first. They know that personal success comes from helping the whole group succeed. Team players are loyal, flexible, kind, dependable, and supportive. They don't judge teammates or tear down anyone's role on the team.

### **Traits of a Team Player**

- 1. Open-minded – You listen to new perspectives and can admit when you're wrong.**
- 2. Positive – Your attitude lifts the team.**
- 3. Accountable – You own your mistakes and work to improve.**
- 4. Eager to Learn – You build new skills and help others do the same.**
- 5. Motivated – You push yourself and inspire your teammates.**
- 6. Empathetic – You notice when someone is struggling and show respect.**
- 7. A Good Listener – You pay attention and listen with purpose.**
- 8. Adaptable – You step into whatever role the team needs.**
- 9. Team-Aware – You understand your teammates' strengths and how they contribute.**
- 10. Responsible – You honor your commitment and follow through.**