

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/ officials/Spectator/
pg. 7	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
18-19	Tornado
	Thunder and Lightning
19-23	Cold weather
24-27	Hot weather
28-29	Air Quality
pg. 30-31	Concussions

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: Dr. Elizabeth Segraves

Athletic Director: Mr. William H. Mincer CAA

Athletic Trainers:

Jacquie George, LAT, ATC

Alyssa Dickey, LAT, ATC

Middle School Principal: Dr. Tara Battaglia

Middle School Assistant Principal: Ms. Erin Bonsell

JSASD Website: www.jsasd.org



ATHLETIC DEPARTMENT PARENTS' OF STUDENT ATHLETE'S HANDBOOK

INTRODUCTION

This handbook contains athletic department procedures, regulations, and other information that will be helpful to 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 Athletics. The concept of winning, though important, should not be the primary objective.

Athletic competitions are designed to provide experiences which will allow the participant to grow physically, socially, mentally, and emotionally. It is expected that all participants will display competitive spirit, outstanding sportsmanship, and exemplary character through the year. Education-Based Athletics should assist the individual participant in becoming a contributing member of society.

Participation in the program is a privilege, not a right. Often, the number of students trying out a sport exceeds the number of places available, making the process very competitive.

The athletic program adheres to the rules and regulations of the Pennsylvania Interscholastic Athletic Association, the Pennsylvania Heartland Athletic Conference (PHAC), and the National Federation of State High Schools.

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
Varsity / JV	Varsity / JV	Varsity / JV
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		
Middle School	Middle School /JH	Middle School
Cross Country	Boys Basketball	Boys Soccer
Football	Girls Basketball	Girls Soccer
Softball	Wrestling	Boys Track & Field
		Girls Track & Field

Athletic Department Chain of Command

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

The Parent-Coach Relationship:

By establishing an understanding of parent/coach relationships, we are better able to accept the actions of the other to provide greater benefits to the children involved in our programs. As parents, when your children become involved in a program, you have a right to understand what expectations are placed on your child. This begins with clear communication between the coach and parents

Communication you should expect from your child's coach:

1. Expectations the coach has for members of the team.
2. Locations and times of all practices and contests
3. Team requirements, practices, equipment, out-of-season conditioning, etc.
4. Team rules and expectations
 - a. Discipline may result from breaking those team rules and expectations.

Expressing Concerns Guidelines for Parents:

When expressing concerns with a coach please refer to the following guidelines:

- 1) Encourage your child to speak directly with their coach, many times the matter can be taken care of at that time.
- 2) Do not attempt to confront a coach before, after or during a contest or practice. These can be emotional times for both parent and coach. Meetings of this nature do not promote a resolution and are not permitted.
 - a. Do not just show up at practice and expect that the coach will immediately meet with you. Make an appointment.
- 3) Call or email the following day and make an appointment that is convenient for both you and the coach.
- 4) Raise your concern in a calm and civil manner. Yelling or being rude or using foul language is unacceptable and will end the meeting.

Once you have stated your question or concern, listen to the explanation. Often a parent may have a different perspective than the coach. Open dialogue, courtesy, and active listening are keys to a productive meeting.

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

- 1) Support their student athlete's effort toward success.
- 2) Work to promote a positive environment that is conducive to the development of the student athlete.
- 3) Become familiar with and review the rules and regulations of the school, team and sport with their student athlete.
- 4) Communicate any concerns in a timely manner, according to district protocol
- 5) Treat all coaching personnel with courtesy and respect, and insist that your student athletes do the same

A parent who fails to follow the established complaint process will be subject to discipline which could include removal from events

The Parent –Player:

- 1) Athletes play for the love of the game, to have fun and be with friends.
 - a. Allow your child to enjoy and grow from this valuable experience.
 - i. In national studies, it has been determined that most athletes participate for enjoyment and fun. Excessive pressure or expectations can alter this most fundamental reason for playing and can cause athletes to quit.
- 2) Talking with your child about their experience.
 - a. When you speak with your child after a contest do not dwell on his or her playing time, how many points they scored, or if they started.
 - i. Instead:
 1. How did they feel the team did?
 2. Did they play hard and give 100%?
 3. Did they have an enjoyable experience?
 - ii. **Focus on them.**

Relationship with Officials:

An unfortunate attitude in our society sees the umpire as the potential villain at scholastic athletic events. Often the officials become the target when a team loses. This attitude strains the relationship with the official, and may in fact drive good, qualified officials off. Officials agree to and follow a code of ethics. They do not care, nor do they have a personal stake in which team emerges the victor. It is important to understand that they are a very necessary part of a game. A contest cannot be played without them.

While we may not agree with all their calls we cannot harass and taunt them. They oversee the contest and have complete authority to have unruly spectators removed. In many sports, a team will see the official several times during a season. Coaches, Athletic Directors, and schools often work hard to establish a rapport and a good working relationship with officials, which can be easily damaged by overzealous spectators.

Spectator-Athlete:

At no time during or after an event will it be tolerated for a spectator to taunt, curse, or otherwise abuse an athlete from our school or an opposing team. Any person caught doing this, by a school official, will be asked to leave the event and their privileges to attend further athletic competitions at the school may be suspended or revoked indefinitely.

Sportsmanship

Sportsmanship for the Fan:

High School athletics is educational in nature. It is important that all parents and coaches demonstrate good sportsmanship and serve as role models for our athletes and students.

- **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 pg. 10).**
- It also involves a commitment to fair play, ethical behavior, and integrity.

This means:

- 1) There can be no vulgar language or inappropriate language from our coaches, players, fans, or spectators.
- 2) Taunting or trash talking of our opponents and their cheerleaders will not be tolerated.
- 3) Spectators cannot leave the bleachers or enter the court or field of play during a contest under any circumstances.
- 4) Fans should be supportive and positive. Cheering should be done for our teams not against our opponents.
- 5) Realize that a ticket is a privilege to observe a contest and support high school activities, not a license to verbally assault others or be obnoxious.
- 6) Respect decisions made by the coach, and contest officials.
- 7) Be an exemplary role model by positively supporting the team in every manner possible, including content of cheers and signs.
- 8) Respect fans, coaches, participants, cheerleaders, officials, and the band of both schools.

BE A FAN.....NOT A FANATIC....

Responsibilities of an Athlete:

Athletes should adhere to the following guidelines:

- 1) The team's goals, welfare, and success must come before any individual's goals.
- 2) An athlete needs to consistently attend practices. This also includes Saturdays and holidays.
- 3) Players should participate in the PIAA mandatory pre-season prior to playing (meaning if you come out, you must practice 2 weeks (depending on sport) prior to competing).
- 4) Players must be respectful of the coach and his staff, as well as other teammates, officials, opposing coaches, athletes, and fans.
- 5) As a member of a team, an athlete must agree to and follow all team rules. Athletes must remember that they are ambassadors and represent not only themselves, but also their coaches, school, parents, and communities.
- 6) If injured, an athlete must report all injuries to the coach and to the athletic trainer.
- 7) Treat opponents with respect; shake hands prior to and after contests. They are not your enemies.
- 8) Respect the judgment of contest officials, abide by rules of the contest, and display no behavior that could incite fans and other players.
- 9) Cooperate with officials, coaches, and fellow participants to conduct a fair contest.

- 10) Accept seriously the responsibility and privilege of representing your school and community, always display positive public action.
- 11) Students will not use or possess any drugs, alcohol, or tobacco products at anytime while enrolled in the Jersey Shore Area School District or a member of one of its athletic teams.
- 12) Will not use profanity towards any teammates, coaches, teachers, officials, opponents, and other school staff at any time.
- 13) The use of electronic devices by students while in locker rooms, bathrooms, swimming pool areas, dressing rooms and other changing areas at any time is prohibited. Electronic devices may only be used with permission from the adult in charge.
- 14) All students must be present in school at the start of each day and be in school at the end of the day. Students arriving to school late or leaving before the end of the day without providing a Dr.'s excuse will not be permitted to participate in contests or practice for that day. **No Exceptions.**

Sportsmanship Expectations:

Acceptable Behavior

- 1) Applause during introductions of players, coaches, and officials
- 2) Players search out and congratulate opposing teams and coaches.
- 3) Accept all decisions of officials as final.
- 4) Cheerleaders lead fans in positive school cheers in a positive manner
- 5) Handshakes between contestants and coaches before and after a game, regardless of outcomes
- 6) Treat competition as a game not a war
- 7) Applause at the end of contest for all performances by all participants
- 8) Everyone shows concern if a player is injured, regardless of the team.
- 9) Encourage only sportsmanlike conduct.

Unacceptable Behavior

- 1) Disrespectful or derogatory remarks, chants, yells, songs, or gestures
- 2) Booming or heckling the official and opponents
- 3) Criticizing the officials in any way; displays of temper with officials call.
- 4) Yells that antagonize opponents and call out specific players/coaches/cheerleaders.
- 5) Refusing to shake hands or give recognition to a good performance.
- 6) Blaming a loss on an official, coach or participant
- 7) Use of profanity or displays of anger that draw attention away from the game.
- 8) Harassing, disparaging, or demeaning posts on social media about team, coaches, or opponents

Participation on an Athletic Team:

Participation on an athletic team at Jersey Shore is a privilege. Being on and maintaining one's membership on the team means accepting all the responsibilities of an athlete. However, unlike recreation or intramural teams, **equal or guaranteed playing time on the varsity level does not exist.** To win, a coach will use players he/she feels are 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 the Junior Varsity Level, playing time for all participants is encouraged, but equal playing time is not guaranteed.

Cutting from the Team:

Our goal is to promote the greatest level of athletic participation possible; it may be necessary in some sports to have a try out and cutting period. This may be due to limitations of our facilities, regulations, and specifics to sport, travel restrictions, and other factors.

- 1) Every coach has the responsibility and authority for selecting his or her team.
 - a. The criteria for selecting the team are developed by the coach.
 - b. A copy of written criteria should be distributed to the athletes prior to the tryouts.
 - c. A copy of written criteria should be distributed to parents at a pre-season meeting with the coach.

It is important to remember that there are no guarantees.

- 1) Players from the previous year's JV team do not automatically make either the JV or Varsity team the following year.
- 2) Having been a member of the team the previous year or even being a senior does not ensure that an athlete will make the team.

Basics for Tryouts:

- 1) Every candidate is treated fairly and given thoughtful attention.
- 2) Coaches are sensitive to feelings of disappointment.
 - a. They will manage the task as positively as possible and be available to answer the athletes' questions.
- 3) Being cut is disappointing for many athletes and even some parents.
- 4) Anyone cut from a team is welcome to try out the next season or to try another sport.

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:

- 1) 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)
- 2) The bus leaves on time. If athletes are not there on time they will not travel or play.

- 3) COED buses, Boys sit in the back of the bus, girls in front, coaches and advisors sit in between.
- 4) Athletes must follow the team dress code established by their coach.
- 5) Seating preference is set by the coach.
- 6) All team members remain together while at our opponent's school.
- 7) Only team members on the eligibility list, student managers, approved coaches, and approved support staff may ride the team bus.
- 8) 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.
- 9) Athletes will not leave the field or gym for any reason without the permission of the staff.

Athletic Training Rules:

- 1) Players will follow the advice and direction of the Athletic Trainer.
- 2) Parents will support the advice and direction of the Athletic Trainer.
- 3) Players will get the proper amount of rest and follow a diet, which will facilitate their good health.
- 4) Notify the coach and athletic trainer of all injuries that happen to you while at practice or in a game.
- 5) 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 personal, 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 19th birthday by June 30 immediately preceding the school year. (16th birthday where interscholastic competition is limited to grades 7 through 9, and 15th 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:
 - a. First Offense - suspension from school athletics for the remainder of the season.
 - b. Second Offense - suspension from school athletics for the remainder of the season and for the following season.
 - c. 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)																	
Wind (mph)	60	-45	-40	-35	-30	-25	-20	-15	-10	-5	0	5	10	15	20	25	30	35	40
	55	-98	-91	-84	-76	-69	-62	-55	-48	-40	-33	-26	-19	-11	-4	3	10	17	25
	50	-97	-89	-82	-75	-68	-61	-54	-46	-39	-32	-25	-18	-11	-3	4	11	18	25
	45	-95	-88	-81	-74	-67	-60	-52	-45	-38	-31	-24	-17	-10	-3	4	12	19	26
	40	-93	-86	-79	-72	-65	-58	-51	-44	-37	-30	-23	-16	-9	-2	5	12	19	26
	35	-91	-84	-78	-71	-64	-57	-50	-43	-36	-29	-22	-15	-8	-1	6	13	20	27
	30	-89	-82	-76	-69	-62	-55	-48	-41	-34	-27	-21	-14	-7	0	7	14	21	28
	25	-87	-80	-73	-67	-60	-53	-46	-39	-33	-26	-19	-12	-5	1	8	15	22	28
	20	-84	-78	-71	-64	-58	-51	-44	-37	-31	-24	-17	-11	-4	3	9	16	23	29
	15	-81	-74	-69	-61	-55	-48	-42	-35	-29	-22	-15	-9	-2	4	11	17	24	30
10	-77	-71	-64	-58	-51	-45	-39	-32	-26	-19	-13	-7	0	6	13	19	25	32	
5	-72	-66	-59	-53	-47	-41	-35	-28	-22	-16	-10	-4	3	9	15	21	27	34	
	-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.

Heat Exhaustion Symptoms:	Heat Stroke Symptoms:
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



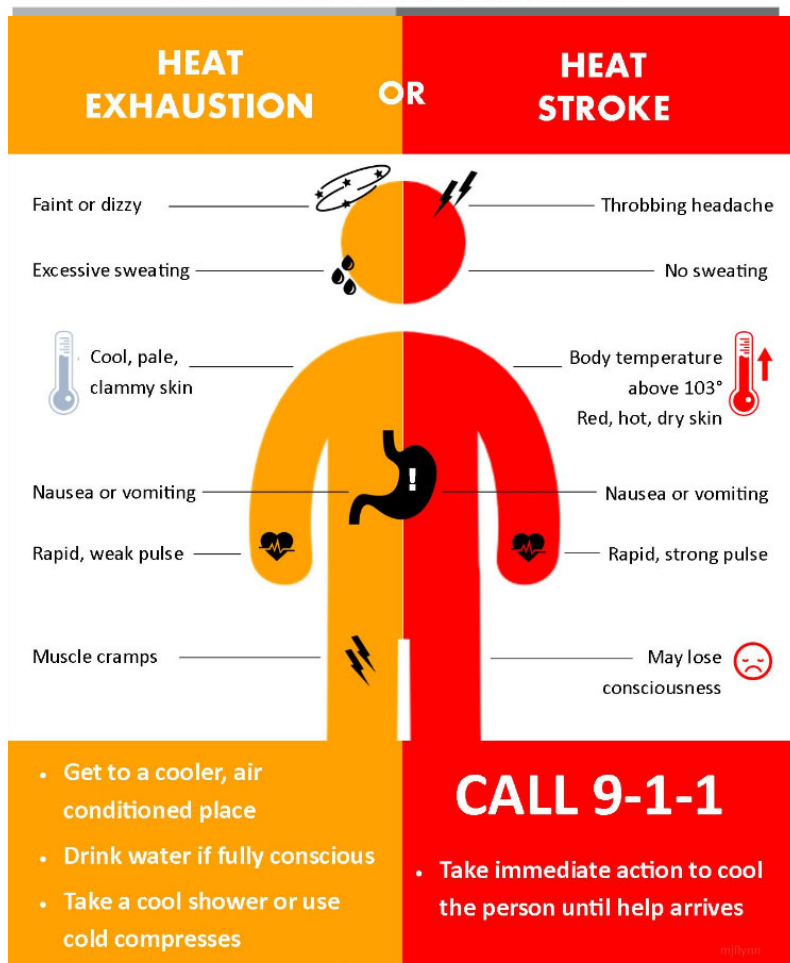
WHO IS AT RISK



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: dehydration is likely if athlete fails to drink adequate fluids	Outdoor practices with water breaks
91* to 103*	Exercise extreme caution: Heat Cramps or Heat Exhaustion possible	Morning & Evening Practice times. Frequent water breaks and designated shaded areas
104* to 124*	Danger: Exertional Heat Cramps or Heat Exhaustion Heatstroke possible	All practices indoors
125* and up	Extreme Danger Exertional Heat Stroke 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
Green	Outdoor practices as normal
Good	
0 to 50	
Yellow	Outdoor practices as normal. Supervise athletes who are sensitive to air pollution for possible symptoms.*
Moderate	
51 to 100	
Orange	Reduce outdoor practices to one hour and less intense activities. Supervise athletes for symptoms.*
Sensitive Groups	
101 to 150	
Red	ALL Practices/Competitions move indoor or reschedule.
Unhealthy	
151 to 200	
Purple	ALL Practices/Competitions move indoor or reschedule.
Very Unhealthy	
201 and higher	
* 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](#)¹ 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](#)² for recent air quality data from statewide air monitors.
- Check local air quality on the [AirNow](#)³ 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](#)⁴ (EDDIE) by county. The data come from the [Bureau of Air Quality](#)⁵ within the Department of Environmental Protection.

- Ground-level Ozone (O₃) 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_{2.5}, 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

October 2022

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

² http://www.ahs.dep.pa.gov/air_apps/aadata/

³ <http://www.airnow.gov/>

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

⁵ <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.