

CUMBERLAND VALLEY SCHOOL DISTRICT



PARENT-ATHLETE HANDBOOK

2021-2022

Congratulations and welcome to the Cumberland Valley Athletic Program. You are entering a program that will provide you with many opportunities that stretch beyond the field of play.

Cumberland Valley Athletics has a rich history of success that stretches over 50 years. This tradition of excellence is a result of the dedication and commitment displayed by an outstanding coaching staff and inspired student athletes. We are proud of this tradition!

Please take a few moments to review this handbook and code of conduct. Remember that athletes are role models whether they like it or not. Even in school sports, student-athletes serve as role models to the general high school student population, to the elementary, middle school, and even the community at large. That's one reason practicing good sportsmanship is as important as any points you may score or records you may set this season. Your behavior on the playing surface reaches the top row of the stands and beyond. As a representative of our school and community, let your actions reflect positive on Cumberland Valley.

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

The CVSD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The CVSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

Thank you for your participation in the program. I hope that the upcoming season is a rewarding one to you.

Michael J. Craig CAA
Athletic Director
Cumberland Valley School District

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SPORTSMANSHIP

STATEMENT

The Cumberland Valley School District believes good sportsmanship is an integral component of interscholastic competition. In order for good sportsmanship to prevail, coaches, student-athletes, and fans must display respect, fairness, civility, honesty and responsibility before, during and after all athletic contests. We encourage fans to enthusiastically support their team, recognize outstanding performance of opponents, and always exhibit good sportsmanship in their words and actions.

EXPECTATIONS

*Profanity, derogatory comments, and other intimidating words or actions directed at the officials, student-athletes, coaches, team representatives, or other spectators will not be tolerated and are grounds for removal from the site of competition.

NOTE: Such comments include negative cheers targeting an individual and cheers intended to sound like an inappropriate word or expression.

*Standing in the bleachers is prohibited – standing is permitted in the designated CV student section in the south end of the gym. Visiting students may stand in the mezzanine at the north end of the gym.

*Appropriate dress is expected - clothing with profanity, derogatory comments, or other intimidating words, pictures or symbols is prohibited. Shirts must be worn and torsos must be covered.

ATHLETICS

Administration

Michael Craig..... Athletic Director
Darnell Stanford.....Assistant Athletic Director
Colette Koontz.....Secretary
Pete Rhodes Football Equipment Manager
Sheila Mueller Head Athletic Trainer
Leah RenkoAthletic Trainer
Nathan CooperAthletic Trainer

Admission to Athletic Events

Varsity Football

Adults	\$6.00
Students	\$3.00
Reserved Seats	\$7.00
Season Reserved Tickets	\$39.00
(6 Home Games)	

JV FOOTBALL – VOLLEYBALL – WATER POLO – JV/V BASKETBALL – JH/JV/V WRESTLING – SWIMMING/DIVING

Students	\$2.00
Adults	\$5.00

FIELD HOCKEY/SOCCER/LACROSSE NIGHT GAMES (JV AFTER 5:00 PM FOLLOWED BY VARSITY) IN STADIUM

Students	\$2.00
Adults	\$5.00

**IF A TEAM MAKES IT TO MID PENN, DISTRICT III, OR P.I.A.A. STATE PLAYOFFS,
THERE IS AN ADMITTANCE FEE CHARGED. IF CUMBERLAND VALLEY HOSTS ONE
OF THESE PLAYOFFS OR AN INVITATIONAL, NO CV PASSES ARE HONORED.**

HEAD COACHES

FALL SPORTS

Skip Springman	Cross Country
Ashley Hooper	Field Hockey
Josh Oswalt	Football
R. Scott Ainscough	Golf
Matt Billman	Boys' Soccer
George Gemberling	Girls' Soccer
Nick Mallos	Girls' Tennis
Caitlin Bodek	Girls' Volleyball
Corey Pelow	Boys' Water Polo
Jeremy Souder	Girls' Water Polo

WINTER SPORTS

David Vespignani	Boys' Basketball
William Wolf	Girls' Basketball
Mike Gobrecht	Swimming/Diving
William Chamberlain	Wrestling
Derek Hockenbery	Indoor Track/Field

SPRING SPORTS

Levi Mumma	Baseball
Philip Helms	Boys' Lacrosse
Emily Savini	Girls' Lacrosse
Gregg Williams	Softball
Nick Mallos	Boys' Tennis
Derek Hockenbery	Track/Field
Terry Ranck	Boys' Volleyball

ATHLETIC TRAINERS

Sheila Mueller	Head Trainer
Leah Renko	Assistant Trainer
Nathan Cooper ..	Assistant Trainer

CHEERLEADING

Kristi Shaffner	Cheerleaders
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PROGRAMS

We offer the following interscholastic activities:

BOYS	GIRLS
Baseball	Basketball
Basketball	Cheerleading
Cheerleading	Cross Country
Cross Country	Field Hockey
Football	Golf
Golf	Lacrosse
Lacrosse	Soccer
Soccer	Softball
Swimming/Diving	Swimming/Diving
Tennis	Tennis
Track/Field (Indoor & Outdoor)	Track/Field (Indoor & Outdoor)
Volleyball	Volleyball
Water Polo	Water Polo
Wrestling	

Plus: Student Trainers, Managers

Student Athletic Trainers

Student Athletic Trainers is an organization open to students who are interested in discovering the complexities of athletic training. Under the watchful eye of the high school athletic trainer, students assist in the preparation and treatment of student athletes. Students will learn about the prevention, treatment, and rehabilitation of athletic training.

ATHLETIC DEPARTMENT MISSION STATEMENT

The Athletic Department of the Cumberland Valley School District makes available to students a wide variety of opportunities to develop athletic skills and to become involved as members of interscholastic athletic teams. Cumberland Valley High School is a member in good standing of the Pennsylvania Interscholastic Athletic Association (PIAA) and is a proud member of the PIAA District III and the Mid Penn Conference.

There is a rich athletic tradition at Cumberland Valley High School. Interscholastic athletics are viewed as a unifying force within the school community, affecting not just those who take active part on teams but the entire student body. All students are invited to take part in as many athletic programs as possible. Participation in Cumberland Valley High School Athletics, however, is a privilege and not a right; and that privilege is earned by each participant through his or her adherence to the rules and policies set forth by the Cumberland Valley School District and the Pennsylvania Interscholastic Athletic Association.

The athletic program is an extension of the academic program, and all athletes are urged to strive for excellence in both the classroom and on the athletic field. Good sportsmanship, commitment to team, and the development of skills and strategies necessary for interscholastic competition are essential to a successful athletic program.

The central goal of this athletic program is to foster certain characteristics and qualities. These include respect for self and others, honesty, integrity, commitment, reliability, common sense and perseverance. The values learned through the athletic experience will help individuals become more productive members of the community.

COMMITMENT

When trying out for a team and after being selected to be a member of a team, Cumberland Valley High School students are expected to attend all practices and games of that team. In season practices will occur daily and weekend practices should be expected.

Every team member is expected to be present for all team practices and games. Because of scheduling parameters, many teams will practice and/or play during scheduled school vacations.

Students who plan to be absent for an extended period of time, due to vacation or a planned extended absence, should discuss this situation with the head coach prior to trying out for the team. Each team will establish written guidelines that will address attendance at practices and games, based on the discretion of the head coach and Athletic Director.

TRYOUTS

Due to number restraints on squad sizes, student-athletes may be required to try out for athletic teams. Coaches will conduct tryouts on the first official date of practice and any subsequent dates necessary. No time constraints will be placed on coaches in regards to tryouts, but coaches are encouraged to conduct these tryouts in a timely fashion. Squad selections may be announced or posted at the coaches' discretion. Prior to tryouts, it will be the coaches' responsibility to present expectations and performance goals and objectives to the candidates. It is the candidate's responsibility to alert the coaching staff of any possible conflicts that may arise during the course of the season.

Should a candidate not be selected, he/she is encouraged to meet with the coach to discuss any concerns he/she may have in regards to selection and areas where skill improvement can take place. Once the candidate has met with the coach to discuss these concerns, should he/she still have questions, a meeting should be arranged with the coach and parent. If a resolution does not occur after the coach/parent meeting, the parent should contact the Athletic Director to set up a meeting with all parties involved.

Athletes playing two (2) or more sports will not receive equipment for the additional sports until all equipment is returned or reimbursement received (this is for all lost/stolen equipment). Athletes are responsible for all equipment issued to them.

PLAYING TIME

One of the most emotional part of a student athlete being involved in high school athletics centers around playing time. There are many decisions made on a regular basis by the Cumberland Valley High School coaching staff. It is their responsibility to decide which athletes should start a contest, who should play what position, and how long each athlete should play. These coaching decisions, often difficult to make, are made only by the coaching staff and are approached very seriously after having observed the athlete in practice sessions, game like situations, scrimmages and games.

A Parent's Guide to Dealing with Coaches

Parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are able to accept the actions of the other and provide greater benefit to children.

As parents, when your children become involved in the Cumberland Valley athletic program, you have a right to understand what expectations are being placed on your child. It is also important for parents to understand that coaches are professionals and will need to make judgment decisions based on what they believe to be in the best interest of all students involved.

Parents must also encourage their student-athlete to communicate with the coach and their coaching staff. A vast majority of communication lapses could easily be resolved if the student-athlete would first present these concerns to the coach and coaching staff.

The following guidelines will be helpful in parent/coach communications.

Communication parents should expect from the coach:

- The coach's philosophy.
- The coach's expectations for your son or daughter, as well as other players on the team.
- Location and times of practices and contests.
- Team requirements, such as fees, special equipment needed, school and team rules, and off season expectations.
- Procedures if your child suffers an injury during participation.

Communication coaches expect from parents:

- Notification of any schedule conflicts well in advance.
- Notification of illness that may result in an absence.
- Notification of injury.

Appropriate concerns to discuss with a coach:

- The mental and physical treatment of your child.
- What your child needs to do to improve.
- Aspects of your child's behavior.

Concerns that are not appropriate for discussion and must be left to the discretion of the coach:

- How much playing time each athlete is getting.
- Team strategy.
- Play calling.
- Any situation that deals with other student-athletes.

Cumberland Valley School District

Parent Athletic Code of Conduct and Expectations

Interscholastic athletics are an integral part of the total educational program of the Cumberland Valley School District. The goal and purpose of the athletic program is to teach the student athletes the meaning and understanding of sportsmanship, commitment, fairness, sacrifice, teamwork, and hard work. Additional goals include knowing how to win and how to lose, increasing the knowledge of the sport, developing a healthy lifestyle and skill development. Our athletic fields and gymnasiums are laboratories for learning. We ask all parents to support our efforts to help teach the goals of interscholastic athletics.

Listed below are the guidelines and expectations that we expect all parents to follow to ensure that our student athletes have a positive athletic experience. Parents who are unable to meet these expectations may be unable to attend future athletic contests.

1. Support your child by being a positive listener, especially after a tough loss.
2. Avoid putting pressure on your child to start, score, or be the star of the team.
Do not force an unwilling child to participate in sports. Children take part in organized sports for their own enjoyment, not yours.
3. Support the coach and administration in public around the other parents and fans.
4. Avoid speaking negatively about the coach in front of your child. It may create a major barrier in the child's hope for improvement in the sport.
5. Understand the ultimate purpose of athletics; it exists as an integral part of the total educational mission of the school and participation in athletics is a privilege and not a right.
6. Serve as a good role model for the students, athletes, and other fans. Children learn best by imitation and good example.
7. Contribute to the booster clubs by volunteering to help with projects and committees.
8. Appreciate the educational opportunity that your athlete is receiving in the athletic program. This includes the enormous time and effort provided by the coaches.
9. Display excellent sportsmanship at all times. Teach your child to always play by the rules and be fair and honest with you and their abilities.
10. Show respect to everyone involved in the athletic programs – the coaches, athletes, fans, other parents, officials, security and administrators. Do not publicly question an official's judgment or integrity. Don't complain or argue about an official's calls or decisions during or after an athletic event.
11. Follow the chain of command when you have a concern. Your athlete should speak to the coach first. The next step would be for you to contact the coach to set up a meeting at a mutually convenient time. If you are not satisfied after meeting the coach, please contact the Athletic Director to request a meeting to discuss your concerns.
12. Express your concerns and questions in a courteous and civil manner and please do it at the right time and proper setting.
13. Avoid constant and chronic complaining.
14. Abide by the Cumberland Valley School District Code of Conduct, eligibility requirements and team rules.
15. Understand that the goals of the team and the athletic program are more important than the hopes and dreams you may have for your child.
16. Teach your child that hard work and honest effort are more important than winning.
17. Be loyal to the school and team; put the best interests of the team above your child's personal glory.

18. Teach your child to live and play with class and to be a good sport. An athlete should be gracious in victory and accept defeat with dignity.
19. Support the concept of “being a student first.” Commit your child to getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing sports on the professional level. Reinforce that college and universities will not recruit student athletes who do not have a serious commitment to their education.
20. Keep athletics in perspective – family, faith, fun and education are far more important.
21. PIAA by-laws dealing with athletic courtesy provide that any spectator who continually evidences poor sportsmanship should be requested not to attend future contests.

Failure to follow these expectations and abide by this Code of Conduct may result in forfeiting the opportunity to attend future athletic contests.

PARENT CONSENT

A pupil shall be eligible for practice or participation in each sport only when there is on file with the principal a certificate of consent and the random drug testing form which is signed by his/her parent or guardian.

All athletes participating from junior high through high school will be required to participate in random drug testing. This includes all ninth (9th) graders, as well as, any eighth (8th) grader participating on a junior high team.

IMPACT TESTING

Dear Parents:

We will no longer be administering a baseline test for each athlete.
We will only be mandating post-injury testing.

We will be continuing with IMPACT testing of our athletes in grades 7-12 again this year.

IMPACT is a computer based neuropsychological assessment which provides various objective measures to assist the sports medicine staff in making “athlete return to play” decisions.

If you have any questions, please contact me at smueller@cvschools.org
or
717-422-4737.

Sheila Mueller, LAT, ATC

A Fact Sheet for **ATHLETES**

HEADS UP CONCUSSION

WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?



REPORT IT. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. It's up to you to report your symptoms. Your coach and team are relying on you. Plus, you won't play your best if you are not feeling well.



GET CHECKED OUT. If you think you have a concussion, do not return to play on the day of the injury. Only a health care provider can tell if you have a concussion and when it is OK to return to school and play. The sooner you get checked out, the sooner you may be able to safely return to play.



GIVE YOUR BRAIN TIME TO HEAL.

A concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.

WHY SHOULD I TELL MY COACH AND PARENT ABOUT MY SYMPTOMS?



- Playing or practicing with a concussion is dangerous and can lead to a longer recovery.
- While your brain is still healing, you are much more likely to have another concussion. This can put you at risk for a more serious injury to your brain and can even be fatal.



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GOOD TEAMMATES KNOW:

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

HOW CAN I TELL IF I HAVE A CONCUSSION?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:

-  **Get a headache**
-  **Feel dizzy, sluggish or foggy**
-  **Be bothered by light or noise**
-  **Have double or blurry vision**
-  **Vomit or feel sick to your stomach**
-  **Have trouble focusing or problems remembering**
-  **Feel more emotional or "down"**
-  **Feel confused**
-  **Have problems with sleep**

Concussion symptoms usually show up right away, but you might not notice that something "isn't right" for hours or days. A concussion feels different to each person, so it is important to tell your parents and doctor how you are feeling.

HOW CAN I HELP MY TEAM?



PROTECT YOUR BRAIN.

Avoid hits to the head and follow the rules for safe and fair play to lower your chances of getting a concussion. Ask your coaches for more tips.



BE A TEAM PLAYER. You play an important role as part of a team. Encourage your teammates to report their symptoms and help them feel comfortable taking the time they need to get better.

The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.



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To learn more, go to www.cdc.gov/HEADSUP

A Fact Sheet for HIGH SCHOOL PARENTS



This sheet has information to help protect your teens from concussion or other serious brain injury.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Teens Safe?

Sports are a great way for teens to stay healthy and can help them do well in school. To help lower your teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - › Work with their coach to teach ways to lower the chances of getting a concussion.
 - › Emphasize the importance of reporting concussions and taking time to recover from one.
 - › Ensure that they follow their coach's rules for safety and the rules of the sport.
 - › Tell your teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for teens to avoid hits to the head.

How Can I Spot a Possible Concussion?

Teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can't recall events prior to or after a hit or fall.

Symptoms Reported by Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

Talk with your teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*



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GOOD TEAMMATES KNOW:

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

Concussions affect each teen differently. While most teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



Plan ahead.

What do you want your teen to know about concussion?

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.



You can also download the CDC HEADS UP app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

What Should I Do If My Teen Has a Possible Concussion?

As a parent, if you think your teen may have a concussion, you should:

1. Remove your teen from play.
2. Keep your teen out of play the day of the injury. Your teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your teen's health care provider for written instructions on helping your teen return to school. You can give the instructions to your teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

➤ **Teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a teen for a lifetime. It can even be fatal.**

Revised 12/2015



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To learn more, go to www.cdc.gov/HEADSUP

PHYSICAL EXAMINATION

Effective June 1, 2007, the Cumberland Valley School District and the PIAA will accept only a yearly comprehensive physical (see appendix A); the initial pre-participation physical evaluation performed by an Authorized Medical Examiner **AFTER May 31, 2021**.

A re-certification is required, for each subsequent sports season, if the student:

- a. Suffers an illness or injury which renders the student unable to participate in 25% or more of the regular season contests in the immediately preceding sports season; and/or
- b. Suffers an illness or injury which resulted in absence from school for ten (10) or more days and/or which requires surgery.

Athletes must have a completed physical form and drug testing forms signed and turned into the Athletic Office or Athletic Training Room before they will be able to tryout for a team.

See appendix B for comprehensive physical form

CUMBERLAND VALLEY GUIDELINES TO MINIMIZE/REDUCE COMMUNICABLE SKIN CONDITIONS AND INFECTIOUS DISEASES

The following guidelines are adopted from Position Statements by the National Athletic Trainers Association and the National Federation of State High School Associations. Cumberland Valley Athletic Department strongly recommends the following guidelines are carried out by all those involved with athletics and our athletes. Following these guidelines will help reduce the occurrences and outbreaks of infectious diseases. This will take an active participation of the coaches, parents, athletes, as well as the school district. After each statement are initials indicating who the primary responsibility falls upon. Although this is a collaborative effort by all those involved, each statement has a specific responsibility more applicable to some.

A – Athlete
AT – Athletic Trainer
C – Coach
D – School District
P – Parent

GENERAL

1. Wash hands thoroughly with soap and water or use an alcohol-based hand sanitizer routinely. Hands should be washed every time after using the bathroom (A, AT, C, D, P)
2. Immediately shower after practice/competition. (A, P, C)
3. Use your own soap (preferably liquid), towel and wash cloth. (A, P)
4. Do not share personal hygiene products (bar soap, razors, etc.) with others. (A, P)
5. Wash towels, wash cloths, and all athletic clothing worn during practice/competition daily. Make sure gym bags are washed and/or disinfected each time dirty workout clothes are transported in them. (A, P)
6. Don't perform cosmetic shaving of chest, legs or genital areas. (A)
7. Seek proper first aid. (A, AT, C)
8. Don't let abrasions or open sores go without evaluation by the Athletic Trainer. Be sure to keep them clean and covered with proper dressings. (A, AT, C)

9. Inform the Athletic Trainer about any suspicious lesions at the beginning of practice. Only skin infections that have been properly diagnosed and treated may be covered and allowed to participate. (A, AT, C)
10. Playing fields should be inspected by coaches, athletic trainers, and field maintenance personnel for animal droppings that could cause bacterial infections of cuts or abrasions. (AT, C, D)

EQUIPMENT

1. It is recommended that athletes do not share sports equipment, but if necessary shared sports equipment (helmets, pads, etc.) and wrestling headgear should be disinfected on a daily basis. (A, C)
2. Wash athletic gear (such as knee pads, elbow pads, wrestling shoes) on a regular basis (weekly minimum) and dry thoroughly. (A, P)
3. Clean/disinfect protective equipment such as helmets, shoulder pads, and hockey goalie equipment on a regular basis (weekly minimum). (A, P)
4. Weight room equipment, including benches, bars and handles should be disinfected before and after each weight room session. Weight room floors should be disinfected each night. (C, D)
5. Replace/repair torn and worn out padding on weight machines. (D)
6. Avoid common tubs with any open wounds, scrapes or cuts. Any athlete with an open wound must have the wound covered and sealed (such as with a plastic bag) or must have a tub to themselves. (A, C)
7. Athletes should shower or use hand sanitizer before and after using common tubs. (A, C)
8. Tubs must be disinfected after each use. (A, AT, C)
9. Athletes should not share water bottles or sweat towels, and are strongly encouraged to be responsible for their own water bottle and sweat towel. (A, AT, C, P)
10. As stated earlier, all athletic clothing worn during practice/competition, towels and wash cloths should be washed daily. (A, P)

LOCKER ROOMS/SHOWER ROOMS

1. All items should be kept off the floors so the locker room floors can be disinfected each night. (A, C)
2. Athletic gear should not be stored in the lockers that do not have adequate ventilation. Team rooms should be kept locked if equipment can't be put in lockers. (A, C)
3. If a locker room has poor ventilation, fans should be placed in the room to increase air circulation. (D)
4. Athletic lockers should be sanitized between seasons. (D)
5. Rather than carpeting, locker or dressing rooms should have tile floors that may be cleaned and sanitized. (D)

ATHLETIC TRAINING ROOM (ALL IN THIS CATEGORY IS AT)

1. Disinfect treatment/taping tables daily.
2. Athletes with open wounds, scrapes, or cuts must use an individual whirlpool or tub.
3. Whirlpools and tubs must be disinfected after each use. If a whirlpool is used, disinfectant must be run through the turbine.
4. Ice scoops should be disinfected regularly.
5. Coolers and bottles that are used must be sanitized each night.

WRESTLING ROOM/WRESTLERS

1. Coaches/Athletic Trainer should visit with wrestlers, and their parents/guardians to discuss how to recognize and prevent the most common communicable skin conditions. (AT, C)
2. Wrestling mats are to be cleaned with disinfectant before and after each individual team (school, youth, and matches). Allow mats to air dry before using. (C, D)
3. Use "designated" mops to clean the wrestling mats. Mop heads should be washed after each use. Mop heads and disinfectant should be changed after each cleaning. (D)

4. Use mat tape to cover small holes and tears on top and bottom surfaces of mats. (C, D)
5. Wipe down the padding along walls daily after practices are finished. (D)
6. **No street shoes are allowed on the wrestling mats. (EVERYONE)**
7. Wrestlers should keep fingernails trimmed short to avoid scratching others or themselves, as any opening in the skin increases the risk of infection. (A)
8. Wrestlers should have daily skin checks performed. (A, AT)

MINIMAL STANDARDS

The following minimal standards should be helpful in guiding our student-athletes and will appear in the student handbook. Additionally, each coach will develop reasonable regulations or standards that are deemed necessary in a particular sport.

In addition to “The Code of Conduct for Cumberland Valley Extra Curricular Programs” the Coach will give a written “Code” to every interscholastic athlete...this “Code” must clearly define:

1. Board Policy No. 122 “Code of Conduct” for Cumberland Valley High School students participating in co-curricular programs.
2. Practice and game philosophy.
3. What is expected of team members at practice, games, in school, on bus trips, etc.
4. Training rules.
5. Personal appearance code.
6. Locker room and equipment rules.
7. Philosophy pertaining to discipline...a consistent progression of measures which will lead to suspension and/or expulsion. Consult the Athletic Director before permanently expelling an athlete from the squad...keep us informed on all measures of discipline.
8. The written code must be presented to and gone over with the Director of Athletics before being presented to your athletes.

EXPECTATIONS

The Cumberland Valley School District takes great pride in fielding first class athletic teams. Your appearance and behavior as a member of an Eagle Team is expected to be of Championship quality. You are a representative of your team, your school and your community when you compete in an interscholastic athletic contest.

Our tradition is not a mistake. Remember:

First Impressions are lasting; it is essential to look like a “Champion.”
Personal pride starts with appearance and living habits.

PARTICIPATION IN SPORTS

P.I.A.A. SEASON AND OUT OF SEASON RULES AND REGULATIONS

Section 1. Guidelines

Consistent with the concept that interscholastic athletics are a part of the educational system, and consistent with the established goals of health, safety, and sportsmanship, the following guidelines for out-of-season regulations are set forth:

1. The basic responsibility of all administrators and athletic Coaches is to provide students who are participating in interscholastic athletics with a worthwhile, educational experience.
2. All sports have a defined-season, and no sport shall operate to the detriment of any other sport.
3. All students should have the opportunity to participate in as many interscholastic athletic experiences as is reasonably possible.

Section 2. Rules and Regulations.

Each sport has a defined-season which includes the first Practice day, the first Inter-School Practice or Scrimmage day, the first Regular Season Contest day, the last Regular Season Contest day, the District Deadline, the dates for PIAA Championships, the maximum number of Regular Season Contests and the maximum number of Regular Season Inter-School Practices or Scrimmages. All PIAA member schools must comply with the defined-season established for each sport.

Within each defined-season, PIAA member schools may sponsor sports Teams which compete against other PIAA member schools or schools that follow all PIAA Policies and Procedures and Rules and Regulations.

A. Out-of-Season Activities

Outside of the defined-season for sports.

1. PIAA member schools may not sponsor Teams in that sport.
2. 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 is voluntary as described below.
3. Coaches and/or students acting as private citizens, and on a voluntary basis, may participate on Teams that are not affiliated with PIAA member schools during the out-of-season period. Coaches and other PIAA member school personnel may not require a student to participate in a sport or a training program for a sport outside of the PIAA-defined sports season. The participation of students in any sports activity that occurs outside of its defined season must be voluntary.

4. The school's name, nickname, interscholastic athletic uniform, interscholastic athletic equipment, and interscholastic athletic health/first-aid supplies may not be used by community organizations and groups. The school's name, nickname and interscholastic athletic uniforms may not be used by students; however, the Principal, with the exception of football equipment, may permit students to use the school's interscholastic athletic equipment and the school's interscholastic athletic health/first –aid supplies.

B. Conclusion of Regular Season.

Except as provided below, all activity in a sport, including Practice, shall terminate by the last Regular Season Contest day in that sport unless the Team is entered into District or Inter-District Championship Contests. If the Team is entered into those Championship Contests, all activity in the sport must terminate on the day of elimination from such Championship Contests.

With the approval of the District Committee, Regular Season Contests which have been postponed may be rescheduled and played between the last Regular Season Contest day in that sport and the District Deadline in that sport. For purposes of the immediately preceding sentence, the date of playing of the last such postponed Regular Season Contest shall constitute the last Regular Season Contest day in that sport.

C. Football.

The following sport-specific rules modify the provisions otherwise set forth in this ARTICLE. To the extent any other provision in this ARTICLE is inconsistent with this Section, this Sections controls.

1. For purposes of this Section, "Physical Contact" shall mean blocking and/or tackling. "Physical Contact" does not include contact with blocking and/or tackling dummies, shields, and/or sleds; and/or minimum risk "form" blocking or tackling.
2. Students who engage in Physical Contact at football camps and/or during clinics and/or drills, or similar or comparable functions or activities, and/or during Practices, Inter-School Practices, Scrimmages, and/or Contests, outside the PIAA-defined football season, shall be ineligible to participate in interscholastic football for a period of up to one year from the date of such participation. Coaches assisting and/or supervising in Physical Contact by students from PIAA member schools, outside the PIAA-defined football season, shall be ineligible to Coach interscholastic football at any PIAA member school for a period of up to one year from the date of such conduct.
3. Outside the PIAA-defined football season, the Principal may permit students of the Principal's school to use the school's helmets, shoulder pads, and shoes for non-Physical Contact skill related instruction supervised by school-approved adults or at instructional camps. This provision is to promote student safety in football-related activities that do not include Physical Contact.

4. In recognition of the unique circumstances within those PIAA member schools that are absent of any junior high/middle school interscholastic football program, students enrolled in and attending those member schools in grades 7 and 8 may annually participate in the out-of-season interscholastic football program organized and operated as National Football League (NFL) Junior Player Development. A student's participation shall be limited to a maximum of two week per year.
5. Nothing in this Section shall prevent any student from participating up through the completion of 8th grade, on a community based non-school affiliated youth fall football programs through December 31st of the same calendar year.

PERSONAL APPEARANCE CODE/GENERAL RULES

CUMBERLAND VALLEY STUDENT/ATHLETE

APPEARANCE

1. Dress for home and away games:
 - a. Apparel must be neat and clean; not extreme in design or fashion (jeans that are frayed, patched, faded or have holes will not be permitted. No T-shirts of the undershirt type or shirts with slogans)

GENERAL RULES FOR STUDENT/ATHLETE

- a. YOU must demonstrate an interest in ACADEMIC ACHIEVEMENT. Do not use ATHLETICS as an excuse for not studying.
- b. PROMPTNESS at all practice sessions, meetings, and trips.
- c. Positively NO ALCOHOLIC BEVERAGES, TOBACCO OR DRUGS under any circumstances.
- d. Plan your study program – get plenty of rest.
- e. YOU must attend every practice session. The Coach is the only one who grants permission to miss a practice.
- f. You are responsible for all equipment and its maintenance.
- g. Personal valuables should be given to the designated manager or locked in your locker.
- h. Do not bring friends into the locker room.
- i. All that takes place at practice or in the locker rooms is confidential. Treat it so. Be a booster of your teammates.
- j. If you quit or are dropped from the team, you will turn in all equipment within 24 hours.

Violations to the “CODE OF CONDUCT” will be treated on an individual basis. Each case will be weighed by the coaching staff and/or administration and could lead to suspension and/or expulsion from a squad.

**SCHOOL BOARD POLICIES FOR
CUMBERLAND VALLEY HIGH SCHOOL STUDENTS
PARTICIPATING IN EXTRA CURRICULAR PROGRAMS**

**See Appendix A
For copies of School Board
Policies**

Board Policy No. 122

Board Policy No. 123

Board Policy No. 227

Board Policy No. 247

Board Policy No. 249

SCHOLARSHIP HIGH SCHOOL AND MIDDLE SCHOOL

ACADEMIC PERFORMANCE

A. Academically eligible student-athletes

1. A student athlete is deemed academically eligible as long as the student athlete is passing four credits for grades 7 through 11.
2. Coaches will receive email notification from the athletic office of student athletes that are failing any classes so that the coaches can help the athletes get any necessary academic help. The athletic department will check grades via Skyward every Wednesday at 12:00 PM and any make up work or changes must be finalized by Friday at 12:00 PM.

B. Guidelines for an Ineligible Student Athlete

1. A student athlete is deemed academically eligible as long as the student athlete is passing four credits for grades 7 through 11.
2. Eligibility shall be cumulative from the beginning of the grading period, shall be reported on a weekly basis, and shall be filed in the Principal's office. In cases where a student athlete's cumulative work from the beginning of the grading period does not, as of any Friday meet the standard, the student athlete shall be ineligible the following Sunday through Saturday.
3. Students who do not meet eligibility requirement on their report cards will be declared ineligible for fifteen (15) school days beginning the date report cards are issued. (PIAA Article X, Section 3)
4. Academically ineligible student athletes may not be dismissed early from school to attend any games or meets and cannot be dressed for competition or sit with the team during competition.
5. The **THIRD** time student athletes are declared ineligible during the same season, the student athlete will be removed from the team.

C. New Pupils Must Meet Eligibility Requirements on Curriculum

Pupils, who are enrolled for the first time, must comply with the requirements of the curriculum rules. The standing required for the preceding week, the preceding grading period or the preceding year shall be obtained from the records of the last school, which the pupil has attended.

D. Use of Final Credits at End of School Year

At the end of the school year, the student's final credits in his/her subjects rather than his/her credits for the last grading period shall be used to determine his/her eligibility for the next grading period or next school year.

STEPS TO REGISTER WITH THE NCAA CLEARINGHOUSE

STEP 1: It is recommended that the student athlete registers in his/her junior year, beginning in the month of May. To register, the student athlete needs to apply online at: www.eligibilitycenter.org.

STEP 2: After the student registration is complete, you must request your high school transcripts be sent to the NCAA Clearinghouse. One will be sent as a final junior transcript and one will be sent as a final senior transcript.

(If the student has attended more than one high school, each high school must receive a copy of the completed Student Release form. A transcript must be sent from each high school attended.)

STEP 3: All prospective student-athletes intending to enroll in an NCAA Division I or II institution for the first time must complete the NCAA Amateurism Certification questionnaire.

STEP 4: Test scores must be reported directly from either ACT or SAT. They will no longer be accepted from the high school transcript. When registering to take the SAT's or ACT's you should include the NCAA as one of your free choices to where to send your scores. The code for the NCAA is 9999. If you did not do this, go online for SAT scores to www.collegeboard.org or for ACT scores to www.act.org and send your score directly to the NCAA Clearinghouse.

STEP 5: Upon completion of the junior year, the final junior year transcript will be sent to the Clearinghouse. The student will receive an initial clearing statement from the Clearinghouse in the fall of the student's senior year.

STEP 6: Before the end of the senior year, you must request the **Final Amateurism Certification** for each sport that you will participate in. Log back into your account at www.eligibilitycenter.org. Click on MY PLANNER. Then select the red "Request Final Amateurism" button and follow the instructions.

STEP 7: After graduation, the student's final senior transcript with the exact date of graduation must be sent to the Clearinghouse from the high school. The student will then receive a final clearing statement from the Clearinghouse.

In completing the registration forms, the high school CEEB code is required.

CV High School CEEB CODE is 392-545.

Clearinghouse Customer Services:

NCAA Eligibility Center

Certification Processing

P.O. Box 7136

Indianapolis, IN 46207

Service Hours: 8 a.m. – 5 p.m. Central Time

Toll Free: 877-262-1492 FAX: 317-968-1500

ATTENDANCE

On the date of a PIAA athletic event or practice, the student-athlete must attend school, or he/she will be ineligible to participate on that specific date. If for some reason the student-athlete is not present by the time attendance is taken in homeroom, the **student-athlete must report to school no later than 10:30 AM**. The only exception is an excuse from the doctor's office (original copy), family death, or prior approval from the Athletic Director or Principal.

If the student/athlete does not report by **10:30 AM** he/she will be ineligible on that specific day for games or practice.

If a student-athlete is sent home sick, it is important that he/she not participate in a game or practice because of their own health and the health of the other players/opponents. Therefore, if a student/athlete is sent home sick, he/she is to remain at home. This will not be held against the student/athlete in any manner.

To compete in a scheduled Saturday (or vacation day) game or practice, a student/athlete must have attended school the previous day OR produce a written excuse verifying legal absence signed by parent or guardian. Legal excused absences include illness, family emergencies, prearranged doctor or dental appointments, authorized school activities and approved educational trips.

ANY STUDENT SERVING AN IN-SCHOOL SUSPENSION IS NOT ELIGIBLE TO PARTICIPATE IN ANY INTERSCHOLASTIC CONTEST OR PRACTICE.

GUIDELINES AWARDS FOR INTERSCHOLSTIC ATHLETICS

The criteria for awarding a letter will be an evaluation by the coach or coaches concerning the amount of games or meet time played by the athlete along with the following guidelines:

40% of Total Innings/Quarters	50% of Total Quarters
Baseball	Football
Basketball	Lacrosse
Field Hockey	
Soccer	
Softball	
Water Polo	

Based on Averaging 1 Point per Meet	Participate in 40% of Matches/Games
Cross Country	Golf
Swimming	Tennis
Track/Field	Volleyball
	Wrestling

Letters will be awarded in each sport the first time an athlete meets the requirements. In succeeding years when a varsity letter is earned, a pin will be issued in lieu of a varsity letter. An athlete must finish the season in good standing to earn an athletic award.

Letters will be awarded on the recommendation of the coach for the following:

Cheerleaders
Managers
Student Trainers

Seniors not meeting the requirements:

- The awards for seniors, who do not meet the above criteria, will be based on the recommendation of the coach.
- The Coaches' recommendation will supersede any or all of the above criteria in evaluating game time.

Areas a coach can use to recommend a letter include:

- Attitude of athlete
- Attendance of athlete
- Self-discipline of athlete
- Character of athlete
- Skill development of athlete
- Leadership qualities of athlete
- Loyalty qualities of athlete

EMERGENCY ACTION PLAN/LIGHTNING POLICY

The following plan is the course of action to be taken by those affiliated with the Cumberland Valley athletic program in the event of an athletic injury.

If an athlete is injured and an athletic trainer(s) is present at the site of injury, the athletic trainers will evaluate the injury and make the determination of how to care for the injury, possibly with the assistance of student athletic trainer and/or the coaching staff. **Until the school district makes it mandatory, it is strongly advised that the coaching staff have current certification in first aid and CPR/AED. (In 2016 the PIAA mandated that all coaches complete the fundamentals of coaching course along with first aid, health and safety courses).**

***If an injury occurs in the pool that requires a water rescue, the designated lifeguard or a certified lifeguard will perform the rescue with the Athletic Trainer assisting (if the ATC is not on site, the rescue will be performed by the lifeguard and the ATC will be notified by phone or radio). Once the athlete is removed from the water, the Athletic Trainer becomes the primary caregiver.

If an athlete is injured on the field/court and the athletic trainer(s) is not present at the site:

- The athletic trainer(s) should be notified via the two-way radio that there is an injury. If the radio is not working or not available, the coach should have a cell phone as backup. (see ATC's phone numbers on last page). If a cell phone is not available or does not have reception, the coach should send an assistant to the nearest landline phone (see landline phone locations) **with emergency phone numbers and keys to access the building/rooms** to contact the necessary personnel. In the case of **Winter Sports**, the coaches may choose to send someone to the athletic training room, because of the close proximity (excluding Eagle View), to notify the Athletic Trainer. At this time the coach should advise the athletic trainer whether or not to bring the AED. There is an AED available in each athletic training room location: High School, DSF, Eagle View Turf and the Mountain View Turf unless the ATC(s) are located at practice/game sites, then they will usually carry the AED with them. There are also AEDs located in the pool office, outside the Performing Arts Center, outside the Eagle View Nurse's office, in the gym at Mountain View and outside the Nurse's office at Mountain View. If the AED must be used, the policies and procedures outlined by the Cumberland Valley School District will be followed.
- The coach and/or the student athletic trainer (if present) must determine whether to call an ambulance or wait for the athletic trainer(s) to arrive. Their decision may be assisted by the athletic trainer through communication over the radios/cell phones.
- The person who is notifying the ambulance should follow the following procedure:
 - ◆ Dial 911 (9-911 if calling from an on-campus phone)
 - ◆ Give your full name and title
 - ◆ Give the location of the athlete
 - ◆ Number of victims
 - ◆ Victim's level of consciousness
 - ◆ Give a brief description of the injury
 - ◆ Arrange to have somebody meet the ambulance at the designated entrance (CVHS either the main entrance off of the Carlisle Pike or Dapp Road; MV the main entrance off of Bali Hai Road) to the school if possible.
 - ◆ ***Don't hang up until the operator hangs up or tells you to do so*** An ambulance has been dispatched even though you are still on the phone. A team of at least eight dispatchers are working to get all the necessary information.

- While waiting for the ambulance appropriate applicable medical care (first aid/CPR) should be given to the athlete and his/her medical forms should be checked. These forms are located in the athletic training room and/or with the coach. The form contains emergency phone numbers and pertinent medical history of the athlete.
- The parents should be notified (numbers are on the forms) for additional information including what hospital they prefer to transport their child if the need be.
- Someone on the coaching staff or school personnel should accompany the athlete if there is no parent/guardian present.

If an athletic trainer is not on the school campus or designated “home event” site at the time of injury:

A medical emergency requiring immediate medical attention:

- The head coach calls on a cell phone or sends someone (preferable an assistant) to call for an ambulance (911) if needed. The coach also designated someone to go meet the ambulance at the appropriate entrance.
- The coaching staff initiates CPR/First Aid until the ambulance arrives.
- The parents are contacted and pertinent medical information is taken from medical history forms.
- The athletic trainers are contacted and notified of the incident.
- Someone on the coaching staff or school personnel should accompany the athlete if there is no parent/guardian present.

An injury that requires medical attention, but not immediately:

- The coach will evaluate the injury’s seriousness.
- Administer appropriate first aid.
- Try reaching an athletic trainer by telephone.
- Follow the advice of the athletic trainer if contacted.
- Call parents if you have doubts.

When traveling to another school it is important to have an emergency plan:

- Before the contest the coach should check with the host athletic trainer/coach as to their procedure for handling an emergency.
- If no plan is in effect the coach should apply the plan mentioned above “if an athletic trainer is not on the school campus.”
- Have access to a cell phone or find out where the nearest phone is located.
- Emergency forms are located in the medical kits.
- The athletic trainer(s) should be notified regarding the injury as soon as possible.

Landline Phone Locations

Coaches should familiarize themselves with the landline phone in closest proximity to their practice/game areas. The following are suggested locations:

- High School: Athletic Training Room, Weight Room, PE Offices, Pool Office, and classrooms.
- DSF: Athletic Training Room, Weight Room, and the Coaches’ office.
- Eagle View: PE Office, Custodial room (near docks), and Nurse’s Office.
- Mountain View: Athletic Training Room

Remember to send emergency numbers and building keys with the person going to make the call.

LIGHTNING POLICY

This plan was taken from the Journal of Athletic Training, Volume 48, Number 2, April 2013. With the suggestions from this article, the coaches from each sport should use the information to know when to leave their location, where to seek safe location, and when to return to their location.

During traditional practice times the certified athletic trainer(s) will be the final authority as when to cancel or suspend practice due to thunder and/or lightning by calling each practice site, or driving out to the practice and speaking with the head coach. If at any time the coach suspects danger, and the athletic trainer(s) has not yet communicated with him/her in the process of clearing the practice fields, he/she should remove all personnel to a designated safe location. The responsibility of removing a team or individuals from an athletic site in the event of dangerous and imminent thunder and/or lightning activity lies on the coach supervising the activity. During a contest the certified athletic trainer(s) and athletic director or game administrator will confer and come to an agreement as to suspending the play of the game due to thunder and/or lightning. At this point both head coaches will be notified as well as the officials.

The athletic training staff should be aware of thunderstorm development. As a preventative measure, the athletic trainer(s) will check the weather each day before practices by using an internet weather monitoring service. This service can give live weather reports and flash an alarm if the National Weather Service issues a severe thunderstorm watch or warning for the surrounding area. Since thunderstorms can become threatening in as little as half an hour, the coaching and athletic training staff should know safe locations closest to the athletic site and how long it takes to reach the designated location.

Safe locations are defined as fully enclosed buildings and vehicles (eg, schools, homes, cars, vans and buses).

Unsafe locations are defined as places termed *shelters*, that can be also be open, or enclosed pools and locker rooms that are not grounded (eg, dugouts, storage sheds, tents, concession stands, trees, press boxes).

The Cumberland Valley Athletic Trainers promote the following policy guidelines on lightning safety for all outdoor activities as well as swimming and water polo.

1. If thunder can be heard, lightning is close enough to be a hazard. All persons must immediately leave the athletic site or swimming pool and seek a safe location
2. Stay away from tall or individual trees, lone objects (light or flag poles) metal objects (fences and bleachers), standing pools of water, and open fields.
3. Allow 30 minutes to pass after the last strike of lightning is seen (at least 10 miles away) and after the last sound of thunder. This 30-minute clock restarts for each lightning flash within 10 miles and each time thunder is heard.
4. Lightning strike victims do not carry an electrical charge. CPR is safe for the responder; however, this is at the responder's own risk under the assumption there is still thunder/lightning.
5. If athletes cannot reach a safe location during a thunderstorm they should at least avoid the riskiest locations. This includes elevated places, open areas, tall isolated objects, or near large bodies of water. Athletes should never seek shelter near or under a tree to keep dry.

DESIGNATED SAFE LOCATIONS

DO NOT ALLOW YOUR ATHLETES TO BE OUTSIDE DURING THUNDER/LIGHTNING ACTIVITY-SEEK YOUR DESIGNATED SAFE LOCATION OR CLOSEST SAFE LOCATION.

- The designated safe location for all outdoor events occurring on the fields, stadium, and track by Eagle View mainly used by field hockey, cross country, softball, football, soccer, and lacrosse will be the **Eagle View Lobby and/or Gym area**. The storage sheds and trailers are NOT considered a designated safe location.
- The designated safe location for all outdoor events occurring on the fields, stadium, and track by Mountain View mainly used by field hockey, track and field, soccer, and lacrosse will be the **Mountain View Gym area**. The storage sheds and trailers are NOT considered a designated safe location.
- The designated safe location for all outdoor events using tennis courts, football practice fields, JV baseball field, and the stadium is the **District Support Facility (DSF)**. Athletes will meet inside the DSF using the locker rooms (avoid shower rooms) and weight room.
- The designated safe location for all outdoor events using tennis courts, baseball, softball, field hockey fields will be **Eagle Lobby (lobby by Performing Arts Center)**.
- The designated safe location for events held on the Eagle Foundation soccer fields will be the high school. The closest entrance to the fields is the **school's main entrance (door #1)** and the entrance by the **Athletic Director's office (door #2)**.
- Any events held in the pool must exit the pool, pool deck, and shower facilities and seek a safe area such as the **hallway, spectator gym, or Eagle Lobby**.
- Any team that is running off campus refer to [guideline #5](#)
- The designated safe location for events occurring at Creek View Park (such as baseball and softball) is **the bus**. If the buses are not available, the teams should seek safety in parent/guardian **cars**.

Spectators attending the event should be cleared from bleacher areas and advised to seek a safe location **in cars**, or in **the school** if possible.

Coaches – If you are at an away event and the opposing team does not have a designated safe location, seek safety on the bus, or in the school if possible.

All events will be postponed until notified by the athletic trainer or athletic directors when it is safe to continue.

With the information on lightning presented in this policy, the coach and/or athletic trainer can make an intelligent and safe decision regarding the removal of a team or individuals from an athletic site or the stopping of play during dangerous thunderstorm activity. In addition, any individuals who feel they are in danger of any lightning activity have the right to leave a field or event site to seek a safe location.

EXERTIONAL HEAT ILLNESS MANAGEMENT FLUID REPLACEMENT/REHYDRATION PROTOCOL

INTRODUCTION:

The following policy on fluid replacement, rehydration, and exertional heat illnesses has been developed in accordance with the NATA Fluid Replacement Position Statement, and the NATA Exertional Heat Illnesses Position Statement. These policies are to help provide quality healthcare services and assure the well-being of each student-athlete in the Cumberland Valley School District.

DEFINITION OF HEAT ILLNESS:

Heat illness is closely associated with physical activity and its occurrence increases with a rise in temperature and relative humidity. It is usually classified in three categories: heat cramps, heat exhaustion, and heat stroke. Although most often occurring in hot, humid weather, heat illness can also occur with the absence of both heat and/or humidity.

Exercise-Associated Muscle (Heat) Cramps:

- Occurs during or after intense exercise as an acute, painful, and involuntary muscle contraction.
- Causes may include dehydration, electrolyte imbalances, neuromuscular fatigue, or a combination of factors.
- *Signs and Symptoms:* dehydration, thirst, sweating, transient muscle cramps, fatigue.

Exercise (Heat) Exhaustion:

- Occurs most frequently in hot, humid conditions and causes an inability to continue to exercise
- May be caused by dehydration, heavy sweating, sodium loss, and energy depletion
- *Signs and Symptoms:* pallor, persistent muscle cramps, urge to defecate, weakness, fainting, nausea, decreased urine output, cool and clammy skin, anorexia, diarrhea, body temperature between 97-104 degrees.

Exertional Heat Stroke:

- Occurs when core temperature is elevated (usually greater than 104 degrees) with associated signs of organ system failure due to hyperthermia and physical activity.
- Caused by an overwhelmed temperature regulation system due to excessive endogenous heat production or inhibited heat loss due to environmental conditions.
- *Signs and Symptoms:* tachycardia, hypotension, sweating (although skin may be wet or dry), hyperventilation, altered mental status, vomiting, diarrhea, seizures, coma, and CNS changes.
- Life threatening condition that can be fatal unless promptly recognized and treated.

PREVENTION OF HEAT ILLNESS GUIDELINES:

- All pre-participation examinations will identify student-athletes who may be predisposed to heat illness or have a history of heat illness.
- The Athletic Training Staff will be onsite at most practices and competitions to assist in providing hydration and access to further cooling supplies. The staff will be aware of the signs and symptoms of heat illness to properly recognize and intervene on behalf of the student-athlete.
- The Certified Athletic Training Staff will help educate athletes and coaches regarding the necessary time needed to have student-athletes adapt to their environment. Acclimatization should be a gradual progression. Well-acclimatized athletes should be able to train 1 to 2 hours under the same heat conditions that will be present for their event.
- In addition, the certified athletic trainer should know how to use a wet-bulb globe temperature (WGBT) and/or a sling psychrometer, decipher the corresponding temperature graphs for these instruments, and base the level of physical activity upon the gathered information. This will be used as one of the factors in determining any risk of heat illness associated with relevant environmental conditions.

TREATMENT OF HEAT ILLNESS:

The Athletic Training Staff will treat heat illness by recognizing its signs and symptoms, understanding the causes of heat illness, and taking the necessary measures to ensure an efficient and safe recovery for the student-athlete.

Exercise-Associated Muscle (Heat) Cramps

- The student-athlete should stop activity, replace lost fluids (containing electrolytes), and begin mild stretching and massage of the muscle spasm.
- Instruct the student-athlete to lie down, as this may allow blood flow to be distributed more rapidly to cramping leg muscles.

Exercise Heat Exhaustion

- Assess cognitive function and vital signs.
- Transport the student-athlete to a cool and/or shaded environment, remove excess clothing, start fluid replacement, and cool the student-athlete with fans, ice towels, or ice bags (placed in armpits, neck and groin).
- The student-athlete should be referred to the team physician and/or the emergency room of the closest hospital if in the judgment of the attending certified athletic trainer symptoms warrant further immediate attention

Exertional Heat Stroke

- Activate the emergency medical system immediately.
- Assess cognitive function and vital signs.
- Lower the body-core temperature as quickly as possible by removing excess clothing and immersing the body into a tub of cold water (35-59 degrees) while checking temperature every 5-10 minutes (if rectal thermometer available). Remove student-athlete from water if temperature reaches 101-102 degrees to prevent overcooling.





- Continue using cooling methods mentioned for heat exhaustion while transporting to decrease body-core temperature.
- Maintain and monitor airway for breathing and circulation.

RECOVERY OF HEAT ILLNESS:

Student-athletes who experience a heat stroke may have impaired thermoregulation, persistent CNS dysfunction, and hepatic or renal insufficiency following recovery. Decreased heat tolerance has been shown to affect 15% to 20% of athletes experiencing a heat stroke-related collapse. Following recovery, the student-athlete's activity should be restricted with a gradual return regulated by a doctor.

Cumberland Valley School District's Athletic Department will use the Marine Corps Heat Index and Physical Exercise Chart for guidelines in regards to physical activity and/or practices conducted outside:

WBGT As A Guide In Regulating Intensity Of Physical Exertion In Hot Weather

Flag Color	WBGT Index (F)	Intensity of Physical Exercise
	≤ 81.9	No flag condition.
	82 – 84.9	Discretion required in planning heavy exercise for unseasoned personnel. This is a marginal heat stress limit for all personnel.
	85 – 87.9	Strenuous exercise and activity (e.g. close order drill) should be curtailed for new and unacclimated personnel during the first 3 weeks of heat exposure.
	88 – 89.9	Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather.
	90 and Above	Physical training and strenuous exercise suspended for <i>all personnel</i> (excluding operational commitment not for training purposes).

RATIONALE OF FLUID REPLACEMENT

Student-athletes who are exposed to prolonged practices and competitions in an excessively hot and humid environment may be deprived of essential fluids, carbohydrates, and electrolytes that ultimately lead to dehydration and potential heat illness.

It has been demonstrated that dehydration of just 1-2% of body weight can alter physiological function and negatively influence a student-athlete's performance. Student-athletes who are not properly hydrated prior to the start of practice or competition can begin to notice the signs of dehydration in just one hour or sooner of exercise. Dehydration has been identified as an increased risk factor for student-athletes developing heat-related illness such as heat cramps, heat exhaustion, and potentially life-threatening heat stroke.

REHYDRATION GUIDELINES

The Athletic Training Staff of Cumberland Valley School District has developed the following rehydration guidelines based on nationally accepted criteria. The Athletic Training Staff will assist in promoting the consumption of beverages.

PRIOR TO EXERCISE:

- All student-athletes should be encouraged to drink 17-20 fluid ounces of water or sports beverage 2-3 hours before exercise.
- 10 to 20 minutes before the beginning of practice or competition, student-athletes should be encouraged to drink an additional 7-10 ounces of water or sports beverage.

DURING EXERCISE:

- Encourage student-athletes to drink early and often.
- Drink 7-10 fluid ounces of water or sports drink every 10-20 minutes.
- It is important to stress to the student-athletes to drink prior to becoming thirsty. A student-athlete who is thirsty may already be in the early stages of dehydration.

AFTER EXERCISE:

- Encourage student-athletes to replace any fluid loss due to sweating within 2 hours from the end of exercise. This rehydration should include water, carbohydrates, and electrolytes to allow the immediate return of physiological function.
- Encourage them to drink 20-24 fluid ounces for every pound of weight lost.

****Sports beverages should ideally contain a carbohydrate level of no more than 8%. A higher carbohydrate level can slow fluid absorption and cause stomach problems.**
****Fruit juices, carbohydrate gels, and carbonated beverages should not be recommended as the sole rehydration beverage of choice. Beverages containing caffeine, alcohol, or carbonation should be limited due to their diuretic effects and decreased fluid retention.**

WEIGHT LOSS/GAIN GUIDELINES

It is recommended that all student-athletes exercising in hot and humid environments be weighed in prior to and after practices or competition. By weighing in, a determination can be made of the percentage body weight lost due to sweating and the amount of rehydration that must occur prior to the next practice session. Furthermore, student-athletes should be weighed preferably wearing the same amount of clothing pre-and post-practice. The percentage of weight lost between practice sessions will be used as one factor to determine if a student-athlete can safely continue to practice. Student-athletes should ideally have their pre-exercise body weight remain relatively consistent.

- 2% body weight difference should be noted and that student-athlete should be closely monitored for any signs or symptoms of dehydration.
- A student-athlete with greater than 2% body weight loss should not be allowed to return to practice until proper fluid replacement has taken place.

COLD WEATHER POLICY

In accordance with the recommendations by the National Athletic Trainers' Association and the guidelines set forth by the NCAA, the Cold Weather Policy for outdoor practices and competition has been established to protect the Cumberland Valley School District student-athletes and staff from cold injuries associated with decreased environmental temperatures.

Injuries associated with a decrease in environmental temperatures include hypothermia, frostbite, chilblain, and trench foot. Worst-case scenarios for all of these conditions include tissue necrosis, neuraplexia, limb loss, and death.

The CVSD Athletic Department Cold Weather Policy is designed to limit exposure to environmental cold by altering outdoor practices and competition as needed based on two factors, the wind chill temperature and precipitation. The National Weather Service has calculated the wind chill temperature by using the ambient temperature and the velocity of air speed. As an individual loses body temperature more quickly in windy conditions due to the process of convection, special consideration must be given to the wind chill temperature as opposed to ambient air temperature. Additionally, moisture increases the rate at which body temperature is lost.

With a decrease in temperature and/or precipitation, student-athletes and Athletics staff should take steps to properly cloth themselves. Proper clothing includes moisture wicking fabrics, cotton layers (avoid cotton on first layer if possible), water and/or wind proof layer on top, moisture wicking socks, proper footwear, gloves, and hat.

To limit exposure, practices and competition will be altered by the following guidelines. Please note the following temperatures ranges account for wind chill. Air temperature information is available on www.weather.com (note the temperature corresponding to 'Feels like').

Wind Chill Temperature	Guidelines/adjustments
25-30 Degrees F	-Be aware and ready for possible cold injures -Total exposure time: maximum of 2 hours
15-25 Degrees F	-Cover all exposed skin as possible -Rewarm: ever 20 min for at least 10 min -Total exposure time: maximum 60 min
0-15 Degrees F	-Considering limiting or modifying activity to limit exposure - Rewarm: every 15 min for at least 10 min -Total exposure time: maximum 30 minutes
<0 Degrees F	-Cancel all practices/competitions

FIELD/BUILDING USAGE GUIDELINES

The Cumberland Valley School District provides a variety of athletic facilities that are maintained by the school district maintenance staff. These facilities accommodate our student-athletes and allows them to compete on the highest levels. The Cumberland Valley School District makes District Facilities available for community purposes, provided they do not interfere with the educational program of the schools. The Use of School Facilities is covered in Policy 707 of the Cumberland Valley School District Board Policy.

All building and field usage must be approved by the Cumberland Valley Board of School Directors. All building and field usage must be supervised by a coach, club advisor or person granted usage by the Board of School Directors.

When using School District athletic facilities, individuals are asked to adhere to the following guidelines:

General Field Usage

- Do not park on the grass or along the curbs.
- Do not move bleachers or benches.
- Clean up all trash and refuse.

Soccer/Field Hockey/Lacrosse Field Usage

- Use of the “goal mouths” should be limited to games. The CV maintenance staff reserves the right to move field boundary lines to aid in the restoration of “heavy usage” areas.

Baseball/Softball Field Usage

- Batting practice should take place in batting cages.
- Pitchers throwing “live” batting practice must throw off a portable mound or a rubber mat.
- Pitchers mound, home plate and all bases should be raked and tamped at the conclusion of practices and games.
- Clean up all trash and refuse in the dugouts.

General Building Usage

- No cleats will be worn in the building.
- Cleats should be removed and cleaned (in the grass) prior to entering the building.
- Balls should not be used in the hallways.

Gym Usage

- **No** food or drink in the gymnasiums.
- Players are only to use water while on the bench or in the gym, **no sport drinks**.
- No tape on the gym floors.
- Arrangements must be made with the custodial staff to use bleachers and scorers table.
- Arrangements must be made with the Athletic Department to use scoreboards and PA system.
- Doors must be locked at all times when facility is not in use.
- No black soled shoes.

Wrestling Room Usage

- Wrestling shoes only.
- Mats must be rolled and placed in pre-selected areas at the end of each session.
- Mats must be sanitized at the end of each session.

Locker Room Usage

- No horseplay in the locker rooms.
- Items must be locked, in a locker, at all times
- Over night use of lockers is only permitted in designated team rooms.
- Showers must be turned off.
- Clean up all trash and refuse.
- Locks in teams rooms must be removed within five (5) days of the completion of the season.

Weight Room Usage

- Direct supervision is required at all times.
- Wipe down all equipment
- Place all weights back on the rack.
- Return all equipment to its proper location.
- Music must be kept to an “acceptable” level.
- Do not rest on machines.
- **No** food or drink in the weight room.

Turf Stadium/Indoor Turf Facility

- Coach must be present at all times.
- Water only on turf
- **No** food or sports drinks allowed on the turf.
- Please pick up all trash from turf after practice and games.
- **No** gum or plastic/glass bottles on the turf.
- **NO SUNFLOWER SEEDS AT ANY TIME.**

APPENDIX A



**CUMBERLAND VALLEY
SCHOOL DISTRICT**

Soaring to Greatness, Committed to Excellence

Book	Policy Manual
Section	100 Programs
Title	Extracurricular Activities
Code	122
Status	Active
Adopted	March 1, 2021

Purpose

The Board recognizes the educational values inherent in student participation in extracurricular activities and supports the concept of student organizations for such purposes as building social relationships, developing interests in a specific area, and gaining an understanding of the elements and responsibilities of good citizenship.

Definitions

For purposes of this policy, **extracurricular activities** shall be those programs that are sponsored or approved by the Board and are conducted wholly or partly outside the regular school day; are marked by student participation in the processes of initiation, planning, organizing, and execution; and are equally available to all students who voluntarily elect to participate.[1]

For purposes of this policy, an **athletic activity** shall mean all of the following:[2][3]

1. An athletic contest or competition, other than interscholastic athletics, that is sponsored by or associated with the school, including cheerleading, club-sponsored sports activities and sports activities sponsored by school-affiliated organizations.
2. Noncompetitive cheerleading that is sponsored by or associated with the school.
3. Practices, interschool practices and scrimmages for all athletic activities.

Authority

The Board shall make school facilities, supplies and equipment available and shall assign staff members for the support of extracurricular activities for students. Such availability and assignment shall be in accordance with the Equal Access Act.[4][5][6][7]

The Board encourages secondary level students to pursue clubs and interests that may not be related directly to any of the curriculum programs offered in the District. In pursuit of such goal and in compliance with law, the Board maintains a limited open forum in which secondary students may meet for voluntary student-initiated activities unrelated directly to the curriculum, regardless of the religious, political, philosophical or other content of the speech related to such

activities.

Any extracurricular activity shall be considered under the sponsorship of this Board when it has been approved by the Superintendent upon recommendation of the building principal.

The Board shall maintain the program of extracurricular activities at no cost to participating students, except that:

1. The Board's responsibility for provision of supplies shall carry the same exemptions as listed in the Board's policy on regular school supplies.[8]
2. Students may assume all or part of the costs for travel and attendance at extracurricular events and trips.

Off-Campus Activities

This policy shall also apply to student conduct prohibited by the Code of Student Conduct which occurs off school property if any of the following circumstances exist:[9]

1. The conduct occurs during the time the student is traveling to or from school or traveling to or from a school-sponsored activity, whether or not via school District furnished transportation.
2. Student expression (e.g. social media) or conduct materially and substantially disrupts the educational environment of the school.
3. The conduct has a direct nexus to attendance at school or a school-sponsored activity, for example, a transaction conducted outside of school pursuant to an agreement made in school, that would violate the Code of Student Conduct if conducted in school.
4. The conduct involves the theft or vandalism of school property.

Any student who engages in any conduct prohibited by the Code of Student Conduct while off-campus, under circumstances other than those listed above, may be suspended or prohibited from participating in extra-curricular activities for a period of time in accordance with Board Policy 122.

Delegation of Responsibility

Each school year, prior to participation in an athletic activity, every student athlete and their parent/guardian shall sign and return the acknowledgement of receipt and review of the following:[3][10][11][12]

1. Concussion and Traumatic Brain Injury Information Sheet.
2. Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet.

The Superintendent or designee shall develop administrative regulations to implement the extracurricular activities program. All student groups shall adhere to Board policy and administrative regulations.

Guidelines

Guidelines shall ensure that the program of extracurricular activities:

1. Assesses the needs and interests of and is responsive to District students.
2. Involves students in developing and planning extracurricular activities.

3. Ensures provision of competent guidance and supervision by staff.
4. Guards against exploitation of students.
5. Provides for continuing evaluation of the program and its components.
6. Ensures that all extracurricular activities are open to all students and that all students are fully informed of the opportunities available to them.^[1]^[13]

Equal Access Act

The District shall provide secondary students the opportunity for noncurriculum-related student groups to meet on the school premises during noninstructional time for the purpose of conducting a meeting within the limited open forum on the basis of religious, political, philosophical, or other content of the speech at such meetings. Such meetings must be voluntary, student-initiated, and not sponsored in any way by the school, its agents or employees.^[4]

Noninstructional time is the time set aside by the school before actual classroom instruction begins, after actual classroom instruction ends, or during the lunch hour.

The meetings of student groups cannot materially and substantially interfere with the orderly conduct of the educational activities in the school.

The Superintendent or designee shall establish the length of sessions, number per week, and other limitations deemed reasonably necessary.

The District retains the authority to maintain order and discipline on school premises in order to protect the well-being of students and employees and to ensure that student attendance at such meetings is voluntary.

Legal

1. 22 PA Code 12.1
2. 24 P.S. 5322
3. 24 P.S. 1425
4. 20 U.S.C. 4071 et seq
5. 24 P.S. 511
6. Pol. 103
7. Pol. 103.1
8. Pol. 110
9. Pol. 218
10. 24 P.S. 5323
11. Pol. 123.1
12. Pol. 123.2
13. 22 PA Code 12.4
- 24 P.S. 5321 et seq



Book	Policy Manual
Section	100 Programs
Title	Interscholastic Athletics
Code	123
Status	Active
Adopted	March 1, 2021

Purpose

The Board recognizes the value of a program of interscholastic athletics as an integral part of the total school experience for all District students and as a conduit for community involvement.

The game activities and practice sessions provide opportunities to teach the values of competition, sportsmanship, and teamwork.

Definition

For purposes of this policy, the program of **interscholastic athletics** shall include all activities relating to competitive or exhibition sport contests, games or events involving individual students or teams of students when such events occur between schools within this District or outside this District.

Authority

It shall be the policy of the Board to offer opportunities for participation in interscholastic athletic programs to male and female students on as equal a basis as is practicable and without discrimination, in accordance with law and regulations.[1][2][3][4][5]

The Board shall approve a program of interscholastic athletics and require that all facilities utilized in that program, whether or not the property of this Board, properly safeguard both players and spectators and are kept free from hazardous conditions.[6]

The Board shall determine the standards of eligibility to be met by all students participating in an interscholastic program. Such standards shall require that each student, before participating in any interscholastic activity, be covered by student accident insurance; be free of injury; and undergo a physical examination by a licensed physician.[6]

The Board further adopts those eligibility standards set by the Constitution of the Pennsylvania Interscholastic Athletic Association (P.I.A.A.).

The Board directs that no student may participate in interscholastic athletics who has not:[6]

1. Met the requirements for academic eligibility.

2. Complied with the requirements of the Athletic Handbook.
3. Complied with the requirements of the Code of Conduct for Interscholastic Athletics and Board policies and administrative regulations related to student discipline.
4. Attended school regularly.[7]
5. Returned all school athletic equipment previously used.

Off-Campus Activities

This policy shall also apply to student conduct prohibited by the Code of Student Conduct which occurs off school property if any of the following circumstances exist:[8]

1. The conduct occurs during the time the student is traveling to or from school or traveling to or from a school-sponsored activity, whether or not via School District furnished transportation.
2. Student expression (e.g. social media) or conduct materially and substantially disrupts the educational environment of the school.
3. The conduct has a direct nexus to attendance at school or a school-sponsored activity, for example, a transaction conducted outside of school pursuant to an agreement made in school, that would violate the Code of Student Conduct if conducted in school.
4. The conduct involves the theft or vandalism of school property.

Any student who engages in any conduct prohibited by the Code of Student Conduct while off-campus, under circumstances other than those listed above, may be suspended or prohibited from participating in extra-curricular activities for a period of time in accordance with Board Policy 122.

Delegation of Responsibility

Each school year, prior to participation in an interscholastic athletic activity, every student athlete and their parent/guardian shall sign and return the acknowledgement of receipt and review of the following:[9][10][11][12]

1. Concussion and Traumatic Brain Injury Information Sheet.
2. Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet.

The Superintendent or designee shall annually prepare, approve and present to the Board for its consideration a program of interscholastic athletics, which shall include a complete schedule of events.

The Superintendent or designee shall disseminate rules for the conduct of students participating in interscholastic athletics. Such rules shall be in conformity with regulations of the State Board of Education, the P.I.A.A. and the School District.

Guidelines

Male/Female Athletic Opportunities Report

By October 15 of each year, on the designated disclosure form, the Superintendent or designee shall report to the PA Department of Education the interscholastic athletic opportunities and

treatment for male and female secondary school students for the preceding school year.[15]

By November 1 of each year, the completed disclosure form shall be made available for public inspection during regular business hours and posted on the District's website.[15]

The availability of the completed disclosure form shall be announced by posting a notice on school bulletin boards, in the school newspaper, on any electronic mailing list or list serve, and by any other reasonable means.[15]

Legal

1. 22 PA Code 4.27
2. 24 P.S. 1601-C et seq
3. 34 CFR 106.41
4. Pol. 103
5. Pol. 103.1
6. 24 P.S. 511
7. Pol. 204
8. Pol. 218
9. 24 P.S. 5323
10. 24 P.S. 1425
11. Pol. 123.1
12. Pol. 123.2
13. 22 PA Code 12.1
14. 22 PA Code 12.4
15. 24 P.S. 1603-C
- 24 P.S. 5321 et seq



Book	Policy Manual
Section	200 Pupils
Title	Drug and Alcohol Testing/Awareness
Code	227
Status	Active
Adopted	June 19, 1997
Last Revised	June 3, 2013

Purpose

The Board recognizes that the misuse of drugs and alcohol is a serious problem with legal, physical and social implications for the whole school community. This policy and its associated guidelines are intended to protect the health, safety and welfare of all students.

In keeping with the mission of the district, the role of this drug and alcohol abuse prevention policy and programs is to build partnerships between faculty, administrators, coaches, parents/guardians and students in order to reduce alcohol and other drug-related barriers to academic, athletic and personal development. Cumberland Valley School District provides a multifaceted approach to drug and alcohol prevention. This approach focuses on the establishment of strong partnerships between faculty, administrators, coaches, parents/guardians, students and the community. Therefore, it is the Board's intent to promote nonuse behavior and provide policies that emphasize that the use of alcohol and drugs will not be tolerated.

In the "Communities That Care" Cumberland Valley School District Youth Survey Report administered to a sampling of Cumberland Valley High School students in May 2005, the following results were highlighted:

- Cumberland Valley High School students recorded the highest prevalence-of-use rates for alcohol (70.7%), cigarettes (35.3%), and marijuana (30.8%), while 13.7% of students surveyed reported using illicit drugs other than marijuana at least once in their lifetime.
- Cumberland Valley High School students reported the highest past-30-day prevalence-of-use rates for alcohol (40.7%), marijuana (16.1%), and cigarettes (14.4%), while overall 4.5% of students surveyed reported the use of any illicit drug other than marijuana at least once in the past 30 days.

Furthermore, Cumberland Valley School District in recent years has experienced an upsurge of incidents involving students using, possessing, or being under the influence of drugs or alcohol in violation of Policy Nos. 122 and 227. For example, during the 2004-05 school year, there were 25 reported violations of Policy No. 227, of which 16 cases involved students using, possessing, or being under the influence of drugs or alcohol while at school. The following year, during the

2005-06 school year, there were 41 reported violations of Policy No. 227, of which 28 cases involved students using, possessing, or being under the influence of drugs or alcohol while at school. In addition, during the 2005-06 school year, there were 45 reported violations of Policy No. 122, of which 31 cases involved students using, possessing, or being under the influence of drugs or alcohol either while at school or off of school property.[1]

The increase in violations of Policy Nos. 122 and 227 is commensurate with the reported increase of students being referred for drug and alcohol assessments through the Student Assistance Program. For example, during the 2004-05 school year, 120 students were referred to the Student Assistance Program, of which 54 students were referred for drug and alcohol assessments. The following year, during the 2005-06 school year, 152 students were referred to the Student Assistance Program, of which 89 students were referred for drug and alcohol assessments.[1]

Based upon the results of the "Communities That Care" Cumberland Valley School District Youth Survey Report, student discipline statistics, as well as statistics from the Student Assistance Program, it is evident that drug and alcohol use at Cumberland Valley School District exists across the entire student body. It is in the best interest of our students, and the community at large, to take appropriate steps to deter and prevent drug and alcohol use by students.

Through the use of curriculum and classroom activities, community resources, administrative and faculty efforts, rehabilitative and disciplinary procedures, the district will work to educate and prevent the use and abuse of all drugs and alcohol by students.

The purpose of this policy is to establish rules and regulations intended to prevent the use of drugs and alcohol as follows:

1. To prevent student participants in athletics, extracurricular and/or cocurricular activities, and students receiving driving privileges to and from school from using drugs or alcohol.
2. To protect the health and safety of all students.
3. To prevent accidents and injuries resulting from the use of drugs or alcohol.
4. To provide an effective Student Assistance Program for students who are using drugs or alcohol.
5. To empower students to make responsible choices relating to the use of drugs or alcohol.

Definitions

For purposes of this policy, the following terms shall be defined as follows:[8][9][10]

Alcohol - Alcoholic beverages including, but not limited to, beer, wine, liquor and any beverage subject to the control and jurisdiction of the Pennsylvania Liquor Control Board and any substance containing ethyl alcohol to the extent that it can impair judgment or function if taken in sufficient quantities.

Drugs - shall include all of the following:

1. Controlled substances as defined in the Controlled Substance, Drug, Device and Cosmetic Act, as otherwise prohibited by federal and state law.
2. Prescription or patent drugs (over-the-counter drugs), except those for which permission for use or possession in school has been granted pursuant to Board policy.

3. Anabolic and nonanabolic steroids.
4. Look-alike drugs.
5. Drug paraphernalia.
6. Any solvents or inhalants, such as but not limited to glue and aerosol products.

Examples of the above include, but are not limited to, anabolic steroids, nonanabolic steroids, marijuana, hashish, cocaine, chemical solvents, glue, look-alike substances, and any capsules or pills not registered with the nurse, annotated within the student's health record, and/or taken in accordance with Board policy for the administration of medication to students in school.

Drug Paraphernalia - Any utensil, device or item that in the school's judgment can be associated with the use of drugs. Examples may include, but are not limited to, cigarette-rolling papers, roach clips, pipes, and bowls.

Look-Alike Drugs - Any noncontrolled substance that in its overall finished dosage appears substantially similar in size, shape, color, marking or packaging to a specific drug.

Student Assistance Program ("SAP") Team - A multidisciplinary team composed of a building administrator, a guidance counselor, a school nurse, and at least one (1) teacher. A central office administrator, school psychologist, alternative education teacher, and student assistance coordinator may act as consultants to the team. This team has been trained to understand and work on the issues of adolescent chemical use, abuse, and dependency and will play a primary role in the identification and referral process of students coming to its attention through the procedures outlined in this policy and its guidelines. A drug and alcohol specialist from the Cumberland/ Perry Drug and Alcohol Commission and a TeenLine counselor from Holy Spirit Hospital will assist the Student Assistance Teams.

Student Assistance Coordinator - The coordinator is responsible for the development, implementation and administration of all policies and procedures related to the Student Assistance Program.

Outside Referral - Referral to an education or treatment agency not operated by the school district wherein students are evaluated in an effort to determine the extent of the drug/alcohol problem and appropriate intervention techniques to be applied. (Examples: Cumberland Perry Drug and Alcohol Services)

Student Athlete - This term shall include any student who is participating in, or may reasonably be expected to participate in, an interscholastic sport. The term also includes cheerleaders. For the purposes of this policy, students participating in any of the preceding activities shall be referred to as "athlete."

Cocurricular Activities - Those activities that are sponsored by the Board, are offered for credit toward graduation, and have required components of their programs that require attendance at and participation in activities scheduled during nonschool hours. A list of cocurricular activities is included in the student handbook and may be supplemented during the year as approved by the Superintendent and reported to the Board.

Extracurricular Activities - Those activities that are sponsored by the Board but are not offered for credit toward graduation. An activity shall be considered sponsored by the Board when it has been approved by the Superintendent and reported to the Board for their information. A list of extracurricular activities is included in the student handbook and may be supplemented during the year as approved by the Superintendent and reported to the Board.

School District Property - Buildings, facilities and grounds on any school or vocational-technical campus, school bus, school bus stop, school parking area, and any facility being used for a school function or school-sponsored trip. In addition, students shall be considered under the control of this policy while they are traveling to and from school.

Parking Privileges - The privilege of driving to and from school and parking a motor vehicle on school district property granted to students, after having been issued a parking permit from the building administration.

Medical Review Officer - An accredited physician selected by the district who receives the results of the drug tests, interprets the findings, notifies the student athlete, the student athlete's parents/guardians, and authorized school district personnel of positive findings, and makes the determination of whether the findings could have been altered by medical reasons.

Sports Season - During any single school year, the period of time established by the coach of any sport within the parameters established by the school and, as appropriate, by the Pennsylvania Interscholastic Athletic Association (P.I.A.A.), from the first scheduled practice date of that sport and the completion of the last competition scheduled for that sport, including playoff contests.

Authority

Section I. Conduct Prohibited - All Students

The Board prohibits any student from possessing, distributing, selling, using or being under the influence of any drug or alcohol while on school district property, while in school vehicles or vehicles leased by the district, including school district contracted or chartered buses, and while at school activities or at any school-sponsored function.[4][5][6]

REASONABLE SUSPICION DRUG AND ALCOHOL TESTING

If, based on observable behavior or symptoms, a school employee has a reasonable suspicion that a student is under the influence of a drug or alcohol, as defined herein, the employee shall report the matter to the building principal and the student shall be escorted to the school nurse's office for an examination that may include checking the student for abnormal vital signs.

If, based on the student's observable behavior, medical symptoms, vital signs or other factors, school administrators have a reasonable suspicion that the student is under the influence of a drug or alcohol, and if after being questioned by the school administrators the student denies using or consuming a drug or alcohol, the student shall be required to submit to drug or alcohol testing. The testing may include but is not limited to the analysis of blood, urine, saliva, or the administration of a "breathalyzer" test.

If the student is required to submit to drug or alcohol testing, the testing will be done in the following manner:

1. The administration will attempt to contact the student's parent/guardian before the student is tested.
2. In the case of suspected drug use, testing will be done by a medical professional or clinic with appropriate testing facilities approved by the district, or in the case of suspected alcohol consumption, breathalyzer testing will be performed by any medical professional, law enforcement officer, or district employee certified to administer such test. Testing shall be completed within a one (1) hour time limit (or as soon as possible, if not practicable within the one (1) hour time limit). The parent/guardian of the student may exercise the

right to choose a different qualified medical professional or clinic capable of administering the test within the one (1) hour time limit. If the parent/guardian exercises the right to choose another medical professional or clinic, the parent/guardian will pay for the cost of the testing. In addition, the parent/guardian shall consent to allowing the medical professional or clinic to disclose the results of the test to the administration.

3. The testing will be conducted in a reasonable manner using a method that takes into account the factors of the student's age, sex, and the degree of intrusiveness involved in collecting a sample for testing.
4. Disclosure of drug or alcohol testing results will be limited to the student, the student's parent/guardian, and appropriate district administrators for the purpose of providing counseling or taking appropriate disciplinary action.

The Board may require participation in drug and alcohol counseling, rehabilitation, testing or other programs as a condition of reinstatement into the school's educational, extracurricular or athletic programs resulting from violations of this policy.

PENALTIES FOR VIOLATIONS OF SECTION I

Any student who violates this Section I shall be subject to disciplinary action in accordance with the procedures set forth in Policy No. 218.

Section II. Conduct Prohibited - Student Athletes, Students Involved in Extracurricular and Cocurricular Activities, and Students With Parking Privileges

The Board recognizes that drug and alcohol use by students poses a substantial and significant threat to the health, safety, and welfare of all students, teachers, and members of the community. In addition, the inherent risks associated with drug and alcohol use are heightened in many cases when students are playing, participating in, or engaging in their respective activities while under the influence of or experiencing the effects of certain drugs or alcohol. The Board desires to create and maintain a school environment which is free of the presence and effects of drugs and alcohol, and where student athletes, students involved in extracurricular and cocurricular activities, and students with parking privileges, can serve as role models to other students and participate in their respective activities free from peer pressure to use drugs and alcohol.

In furtherance of these goals, the Board prohibits any student athlete, whether in-season or out-of-season, any student participating in extracurricular or cocurricular activities, or any student with parking privileges from possessing, using, distributing or selling any drug or alcohol. This conduct is prohibited at any time and at any place; whether during or after school hours, and whether on or off school property. Any student subject to this Section II who tests positive for illicit drug use through random drug testing shall be subject to the penalties set forth herein.

RANDOM DRUG TESTING

The Cumberland Valley School District considers participation in athletics, extracurricular and cocurricular activities, and driving to and from school to be a privilege and a voluntary activity available to every student. Students volunteering to participate are expected to accept the responsibilities granted to them by this privilege.

As a representative of the school district, students become role models for young children and their peers, and are viewed as special representatives of the community. The student athletes, those participating in extracurricular and cocurricular activities, and those having parking privileges have chosen to accept this role and, with it, the responsibility of a drug and alcohol free lifestyle.

Administrators, teachers, and coaches recognize that drugs and alcohol have a damaging effect on motivation, memory, judgment, reaction time, coordination, and performance. These concerns, in conjunction with the health and safety concerns for our student participants, and the recognition that drug and alcohol use and abuse exists throughout all facets of our student population, have compelled the development of this policy. To this degree, this policy is viewed as a viable drug and alcohol prevention program.

Requirements and Procedures

Every student participating in a Cumberland Valley School District athletic team (including managers and statisticians), those participating in extracurricular and cocurricular activities, and those with parking privileges must consent to random drug testing.

At the beginning of each school year and prior to engaging in any such activity, every student athlete, every student participating in an extracurricular or cocurricular activity, and every student granted parking privileges, and each student's parent/guardian will be required to sign a contract agreeing that the student shall submit to random drug testing at any time and without prior warning. Drug testing shall be performed by analyzing urine samples produced by randomly selected students. Samples will be collected by trained personnel in a manner that balances the values of privacy and confidentiality with the accuracy of the tests. In order to ensure the accuracy of the tests, samples will be collected in a designated area. Techniques will be adopted to prevent tampering. A certified laboratory will be used for the testing of the collected samples. All costs associated with the testing will be paid by the school district.

Students subject to random drug testing under this Section II shall be eligible for random selection for drug testing throughout the entire school year. In addition, students participating in an athletic program or extracurricular or cocurricular activity which engages in practice or competition before or after the school year (e.g. summer football practice or summer band camp) shall be eligible for random drug testing during that period as well. Individual students will be randomly selected to participate in the drug test. In addition, athletic teams, extracurricular and cocurricular groups, and the entire group of students with parking privileges, shall be subject to team-wide or group-wide, as the case may be, drug testing during the athletic season or while the extracurricular or cocurricular group is in session, whereby an athletic team, extracurricular group or cocurricular group (including the group of students with parking privileges) may be randomly selected, thereby requiring all students who are members of that team or group to submit to drug testing as set forth herein.

Should a student athlete, a student participating in an extracurricular or cocurricular activity, or a student granted parking privileges at any time refuse to produce a sample for testing or give an altered sample for testing, this action will be treated as a violation of this Section II, and shall be considered a first, second or third offense, as set forth below, depending upon whether prior violations have occurred. Student samples will be screened for the illegal use of drugs. The results of the tests will be disclosed only to the student, the student's parents/guardians, and of the following school personnel: the Athletic Director, the principal, the Student Assistance Team, the coach or activity director, and any other school district officials or employees who have a legitimate need to know. It is the responsibility of the school representatives to protect the confidentiality of the test results.

If the student tests positive for drugs, the following responses will be activated:

1. A confirmation test (second test) will be conducted utilizing the original sample. If the result of the confirmation test (second test) is negative, no further action will be taken. If the results of the confirmation test (second test) are positive, the Medical Review Officer will contact the student's parent/guardian to discuss the results seeking to determine if

there is a valid medical reason why the detected drug should be present. After considering the information obtained, the Medical Review Officer will issue a final report to the district.

2. The laboratory performing the drug screening services and the Medical Review Officer will report the results of the drug screen to the student, the student's parent/guardian, and the district in accordance with the provisions set forth herein.
3. The administration will provide the student and parent/guardian with written confirmation of the positive results. Said correspondence will outline the imposed penalties and the effective beginning and end dates of the penalties.
4. The student should participate in a drug assessment program through one (1) of the following programs:
 - a. A Prevention/Intervention Specialist from Cumberland/Perry Drug and Alcohol Commission or TeenLine Counselor assigned to the Cumberland Valley School District through the Student Assistance Team. This service is free to the student and to his/her family.
 - b. A licensed Drug and Alcohol Treatment facility to be evaluated by a Licensed Treatment Specialist or a Certified Addictions Counselor (CAC). This service is not free. All fees are the responsibility of the parent/guardian of the student.

Failure to participate in one (1) of these programs will result in dismissal from all athletic, extracurricular and/or cocurricular participation. Student drivers will have their driving privileges revoked for failure to participate.

5. The student will be assigned a mentor from the Student Assistance Team. The student must meet with this mentor at least weekly to discuss the student's progress toward fulfilling his/her responsibilities to the school.
6. A positive drug test, i.e. a drug test indicating the presence of drugs in the student's body, resulting from a random drug test administered under this Section II will not result in suspension or expulsion from school.
7. No student will be penalized academically for testing positive to the illegal use of drugs. This includes students who are suspended from participation in the nonschool hour components of cocurricular activities. The results of positive drug tests will not be disclosed to criminal or juvenile authorities absent legal compulsion by valid and binding subpoena or other legal process, which the district will not solicit.

PENALTIES FOR VIOLATION OF SECTION II

The Board prohibits any student athlete, whether in-season or out-of-season, any student participating in extracurricular or cocurricular activities, or any student with parking privileges from possessing, using, distributing or selling any drug or alcohol. This conduct is prohibited at any time and at any place – whether during or after school hours, and whether on or off school property. Any student athlete, any student participating in extracurricular or cocurricular activities, or any student with parking privileges who tests positive for illicit drug use pursuant to the random drug testing policy set forth herein, shall not be subject to student discipline under the Code of Student Conduct in Policy 218, but shall be subject to the following penalties:[1][7]

1. **First Violation** - For a first offense of this Section II, the principal shall suspend the student from all extracurricular activities, cocurricular activities, athletic competition, and parking privileges for a period of sixty (60) calendar days beginning with the date the Medical Review Officer notifies the School District. The sixty (60) day suspension may be

reduced to a thirty (30) day suspension beginning with the date the Medical Review Officer notifies the School District if the student immediately begins and continues through the Student Assistance Program. During this suspension period, the student may not attend or participate in any athletic events, extracurricular activities, and cocurricular activities, including performances and competitions.

2. **Second Violation** - For a second offense of this Section II, the principal shall suspend the student from attending and participating in all athletic, extracurricular, and cocurricular activities, and shall rescind parking privileges for a period of one (1) year (365 days) beginning with the date the Medical Officer notifies the School District.
3. **Third Violation** - For a third offense of this Section II, the principal shall permanently suspend the student from attending and participating in all athletic, extracurricular, and cocurricular activities, and shall rescind parking privileges for the remainder of the student's years while attending Cumberland Valley School District beginning with the date the Medical Officer notifies the School District.

Section III. Conduct Prohibited - All Students Attending School-Related Functions

As previously discussed in this policy, the Board recognizes that drug and alcohol use by students poses a substantial and significant threat to the health, safety, and welfare of all students, teachers and members of the community. Consistent with state and national reports of an increase in the use of drugs and alcohol among high school students, the Cumberland Valley School District has experienced substantial documented cases of students possessing, consuming, or being under the influence of drugs or alcohol, particularly with respect to students attending school dances, including but not limited to the homecoming dance, "Winter Gala," the prom, etc., after having consumed or being under the influence of alcohol.

The Cumberland Valley School District considers student attendance at and participation in school dances to be a privilege and a voluntary activity available to every student. Students electing to participate in such school dances are expected to accept the responsibilities granted to them by this privilege, including the responsibility of refraining from possessing, consuming, or being under the influence of alcohol.

Random Breathalyzer Testing

As yet another tool in the district's overall program to educate students on the harms of substance abuse and to deter and prevent alcohol abuse by its students, the Board has approved the implementation of random breathalyzer testing of students attending school dances, which includes: the homecoming dance, "Winter Gala", "Spring Fling", the prom, and any other student dance approved by the high school administration (hereinafter referred to collectively as "school dances" or individually as "school dance"). The Board authorizes the district administration to conduct random breathalyzer testing of students attending school dances, on such occasions and at such times as deemed appropriate by the Superintendent. Random breathalyzer testing shall occur only at school dances and may not be expanded to apply to other school-related activities beyond school dances, unless first approved by the Board. Random breathalyzer testing is not intended to replace, nor does it replace, breathalyzer testing which may be administered based upon reasonable suspicion pursuant to Section I above.

Every student attending any school dance must consent in advance to participate in random breathalyzer testing. At the beginning of each school year, every student and his/her parent/guardian will be asked to sign a consent form, to be developed by the administration, agreeing to submit to breathalyzer testing if randomly selected while attending any school dance and consenting in advance to such test. In order for any student to enjoy the privilege of attending any school dance, the student and the student's parent/guardian must submit the signed consent form to the district in advance of the school dance. If the student and student's

parent/guardian fail to submit a valid consent form signed by the student and student's parent/guardian, the student will be denied the privilege of attending the school dance.

Breathalyzer testing shall be performed upon students selected at random and shall be tested prior to allowing the student to enter the school dance. The Superintendent shall designate one (1) or more administrators to oversee and implement random breathalyzer testing at each school dance at which the Superintendent has determined to conduct such testing. The administration, with the approval of the Superintendent, shall devise a method by which students attending school dances will be randomly selected for breathalyzer testing. In all cases, administrators are encouraged to randomly test between five percent (5%) and fifteen percent (15%) of all students attending such school dance, taking into account such practical considerations as the number of students attending such function and the number of persons available to administer and assist with the administration of breathalyzer tests, etc.

Breathalyzer testing shall be performed in a respectful and dignified manner. In all cases, breathalyzer tests shall be administered to students in a location offering privacy and separated from other students. An administrator or district employee shall accompany the student at all times during the breathalyzer testing process.

Breathalyzer testing shall be administered by an individual properly trained or certified in the use of such breathalyzer testing devices and administration of such tests. Persons administering breathalyzer tests shall use breathalyzer testing devices which are properly calibrated and are of the type commonly utilized by law enforcement agencies for field sobriety testing, such as portable breath testers.

In the event a student tests positive for alcohol, the student shall be denied entry into the school dance, and the administrator in charge of overseeing the random breathalyzer testing shall contact the student's parent/guardian regarding the positive test result. Furthermore, the administrator shall arrange for the student to be transported home by the parent/guardian, or, if exigent circumstances dictate, seek medical attention for the child.

PENALTIES FOR VIOLATION OF SECTION III

Any student who tests positive in a randomly-administered breathalyzer test shall not be subjected to student discipline under the Code of Student Conduct. However, a student who tests positive in a randomly-administered breathalyzer test may be subjected to other consequences, including, but not limited to penalties arising from violations of the "good citizen standards" set forth in Policy 122, which may result in the student being suspended from participating in extracurricular activities for a period of time. In addition, any student who tests positive in a randomly-administered breathalyzer test shall be prohibited, after administrative consultation with the Superintendent or designee, from attending any school dances for a maximum period of one (1) year from the date of infraction.[1]

Legal

1. Pol. 122
4. 24 P.S. 510
5. 24 P.S. 511
6. 22 PA Code 12.3
7. Pol. 123
8. 21 U.S.C. 812
9. 35 P.S. 780-101 et seq
10. 42 Pa. C.S.A. 8337
24 P.S. 1303-A
22 PA Code 403.1
35 P.S. 807.1 et seq
20 U.S.C. 7114
20 U.S.C. 7161
21 U.S.C. 801 et seq
Pol. 000
Pol. 210
Pol. 218
Pol. 227
Pol. 233



CUMBERLAND VALLEY
SCHOOL DISTRICT

Souring to Greatness, Committed to Excellence

Book	Policy Manual
Section	200 Pupils
Title	Hazing
Code	247
Status	Active
Adopted	October 19, 2020

Purpose

The purpose of this policy is to maintain a safe, positive environment for students and staff that is free from hazing. Hazing activities of any type are inconsistent with the educational goals of the district and are prohibited at all times.

Definitions

Hazing occurs when a person intentionally, knowingly or recklessly, for the purpose of initiating, admitting or affiliating a student with an organization, or for the purpose of continuing or enhancing membership or status in an organization, causes, coerces or forces a student to do any of the following:[1]

1. Violate federal or state criminal law.
2. Consume any food, liquid, alcoholic liquid, drug or other substance which subjects the student to a risk of emotional or physical harm.
3. Endure brutality of a physical nature, including whipping, beating, branding, calisthenics or exposure to the elements.
4. Endure brutality of a mental nature, including activity adversely affecting the mental health or dignity of the individual, sleep deprivation, exclusion from social contact or conduct that could result in extreme embarrassment.
5. Endure brutality of a sexual nature.
6. Endure any other activity that creates a reasonable likelihood of bodily injury to the student.

Aggravated hazing occurs when a person commits an act of hazing that results in serious bodily injury or death to the student and:[2]

1. The person acts with reckless indifference to the health and safety of the student; or
2. The person causes, coerces or forces the consumption of an alcoholic liquid or drug by the student.

Organizational hazing occurs when an organization intentionally, knowingly or recklessly promotes or facilitates hazing.[3][4]

Any activity, as described above, shall be deemed a violation of this policy regardless of whether:[5]

1. The consent of the student was sought or obtained, or
2. The conduct was sanctioned or approved by the school or organization.

Student activity or organization means any activity, society, corps, team, club or service, social or similar group, operating under the sanction of or recognized as an organization by the district, whose members are primarily students or alumni of the organization.[6][7]

For purposes of this policy, **bodily injury** shall mean impairment of physical condition or substantial pain.[8]

For purposes of this policy, **serious bodily injury** shall mean bodily injury which creates a substantial risk of death or which causes serious, permanent disfigurement, or protracted loss or impairment of the function of any bodily member or organ.[8]

Authority

The Board prohibits hazing in connection with any student activity or organization regardless of whether the conduct occurs on or off school property or outside of school hours.[4][5][7][9][10]

No student, parent/guardian, coach, sponsor, volunteer or district employee shall engage in, condone or ignore any form of hazing.

The Board encourages students who believe they, or others, have been subjected to hazing to promptly report such incidents to the building principal or designee.

Title IX Sexual Harassment and Other Discrimination

Every report of alleged hazing that can be interpreted at the outset to fall within the provisions of policies addressing potential violations of laws against discrimination shall be handled as a joint, concurrent investigation into all allegations and coordinated with the full participation of the Title IX Coordinator/Compliance Officer. If, in the course of a hazing investigation, potential issues of discrimination are identified, the Title IX Coordinator/Compliance Officer shall be promptly notified, and the investigation shall be conducted jointly and concurrently to address the issues of alleged discrimination as well as the incidents of alleged hazing.[11][12]

Delegation of Responsibility

Students, parents/guardians, coaches, sponsors, volunteers, and district employees shall be alert to incidents of hazing and shall report such conduct to the building principal or designee.

Guidelines

In addition to posting this policy on the district's publicly accessible website, the district shall inform students, parents/guardians, sponsors, volunteers and district employees of the district's policy prohibiting hazing, including district rules, penalties for violations of the policy, and the program established by the district for enforcement of the policy by means of publication in handbooks and verbal instructions by the coach or sponsor at the start of the season or program.[4]

This policy, along with other applicable district policies, procedures and Codes of Conduct, shall be provided to all school athletic coaches and all sponsors and volunteers affiliated with a

student activity or organization, prior to coaching an athletic activity or serving as a responsible adult supervising, advising, assisting or otherwise participating in a student activity or organization together with a notice that they are expected to read and abide by the policies, procedures and Codes of Conduct.[7]

Complaint Procedure

A student who believes that they have been subject to hazing is encouraged to promptly report the incident to the building principal or designee.

Students are encouraged to use the district's report form, available from the building principal, or to put the complaint in writing; however, oral complaints shall be accepted and documented. The person accepting the complaint shall handle the report objectively, neutrally and professionally, setting aside personal biases that might favor or disfavor the student filing the complaint or those accused of a violation of this policy.

The Board directs that verbal and written complaints of hazing shall be provided to the building principal or designee, who shall promptly notify the Superintendent or designee of the allegations and determine who shall conduct the investigation. Allegations of hazing shall be investigated promptly, and appropriate corrective or preventative action be taken when allegations are substantiated. The Board directs that any complaint of hazing brought pursuant to this policy shall also be reviewed for conduct which may not be proven to be hazing under this policy but merits review and possible action under other Board policies.

Interim Measures/Police

Upon receipt of a complaint of hazing, the building principal or designee, in consultation with the Superintendent or designee, shall determine what, if any interim measures should be put in place to protect students from further hazing, bullying, discrimination or retaliatory conduct related to the alleged incident and report. Such interim measures may include, but not be limited to, the suspension of an adult who is involved, the separation of alleged victims and perpetrators, and the determination of what the complaining student needs or wants through questioning.

Those receiving the initial report and conducting or overseeing the investigation will assess whether the complaint, if proven, would constitute hazing, aggravated hazing or organizational hazing and shall report it to the police consistent with district practice and, as appropriate, consult with legal counsel about whether to report the matter to the police at every stage of the proceeding. The decision to report a matter to the police should not involve an analysis by district personnel of whether safe harbor provisions might apply to the person being reported, but information on the facts can be shared with the police in this regard.[13]

Referral to Law Enforcement and Safe Schools Reporting Requirements –

For purposes of reporting hazing incidents to law enforcement in accordance with Safe Schools Act reporting, the term **incident** shall mean an instance involving an act of violence; the possession of a weapon; the possession, use, or sale of a controlled substance or drug paraphernalia as defined in the Pennsylvania Controlled Substance, Drug, Device and Cosmetic Act; the possession, use, or sale of alcohol or tobacco; or conduct that constitutes an offense listed under the Safe Schools Act.[14][15][16]

The Superintendent or designee shall immediately report required incidents and may report discretionary incidents, as defined in the Safe Schools Act, committed by students on school property, at any school-sponsored activity or on a conveyance providing transportation to or from a school or school-sponsored activity to the local police department that has jurisdiction over the school's property, in accordance with state law and regulations, the procedures set forth

in the memorandum of understanding with local law enforcement and Board policies.[14][15][17][18][19][20]

The Superintendent or designee shall notify the parent/guardian of any student directly involved in a defined incident as a victim or suspect immediately, as soon as practicable. The Superintendent or designee shall inform the parent/guardian whether or not the local police department that has jurisdiction over the school property has been or may be notified of the incident. The Superintendent or designee shall document attempts made to reach the parent/guardian.[15][20][21]

In accordance with state law, the Superintendent shall annually, by July 31, report all new incidents to the Office for Safe Schools on the required form.[14][20]

Confidentiality

Confidentiality of all parties, witnesses, the allegations, the filing of a complaint and the investigation shall be handled in accordance with applicable law, regulations, this policy and the district's legal and investigative obligations.

Retaliation

Reprisal or retaliation relating to reports of hazing or participation in an investigation of allegations of hazing is prohibited and shall be subject to disciplinary action.

Consequences for Violations

Safe Harbor –

An individual needing medical attention or seeking medical attention for another shall not be subject to criminal prosecution if the individual complies with the requirements under law, subject to the limitations set forth in law.[13]

Students –

If the investigation results in a substantiated finding of hazing, the investigator shall recommend appropriate disciplinary action up to and including expulsion, as circumstances warrant, in accordance with the Code of Student Conduct. The student may also be subject to disciplinary action by the coach or sponsor, up to and including removal from the activity or organization. The fact of whether a student qualified for and received safe harbor under a criminal investigation shall be considered in assigning discipline.[4][7][13][22][23]

Nonstudent Violators/Organizational Hazing -

If the investigation results in a substantiated finding that a coach, sponsor, or volunteer affiliated with the student activity or organization engaged in, condoned or ignored any violation of this policy, the coach, sponsor, or volunteer shall be disciplined in accordance with Board policy and applicable laws and regulations. Discipline could include, but is not limited to, dismissal from the position as coach, sponsor, or volunteer, and/or dismissal from district employment.[24]

If an organization is found to have engaged in organizational hazing, it shall be subject to the imposition of fines and other appropriate penalties. Penalties may include rescission of permission for that organization to operate on school property or to otherwise operate under the sanction or recognition of the district.

Criminal Prosecution –

Any person or organization that causes or participates in hazing may also be subject to criminal prosecution.[4]

Legal

1. 18 Pa. C.S.A. 2802
2. 18 Pa. C.S.A. 2803
3. 18 Pa. C.S.A. 2804
4. 18 Pa. C.S.A. 2808
5. 18 Pa. C.S.A. 2806
6. 18 Pa. C.S.A. 2801
7. 24 P.S. 511
8. 18 Pa. C.S.A. 2301
9. Pol. 122
10. Pol. 123
11. Pol. 103
12. Pol. 103.1
13. 18 Pa. C.S.A. 2810
14. 24 P.S. 1303-A
15. 22 PA Code 10.2
16. 35 P.S. 780-102
17. 24 P.S. 1302.1-A
18. 22 PA Code 10.21
19. 22 PA Code 10.22
20. Pol. 805.1
21. 22 PA Code 10.25
22. Pol. 218
23. Pol. 233
24. Pol. 317
- 18 Pa. C.S.A. 2801 et seq
- 22 PA Code 10.23
- Pol. 113.1
- Pol. 916

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CUMBERLAND VALLEY
SCHOOL DISTRICT

Soaring to Greatness, Committed to Excellence

Book	Policy Manual
Section	200 Pupils
Title	Bullying/Cyberbullying
Code	249
Status	Active
Adopted	October 19, 2020

Purpose

The Board is committed to providing a safe, positive learning environment for district students. The Board recognizes that bullying creates an atmosphere of fear and intimidation, detracts from the safe environment necessary for student learning, and may lead to more serious violence. Therefore, the Board prohibits bullying by district students.

Definitions

Bullying means an intentional electronic, written, verbal or physical act or series of acts directed at another student or students, which occurs in a school setting and/or outside a school setting, that is severe, persistent or pervasive and has the effect of doing any of the following:[1]

1. Substantially interfering with a student's education.
2. Creating a threatening environment.
3. Substantially disrupting the orderly operation of the school.

Bullying, as defined in this policy, includes cyberbullying.

School setting means in the school, on school grounds, in school vehicles, at a designated bus stop or at any activity sponsored, supervised or sanctioned by the school.[1]

Authority

The Board prohibits all forms of bullying by district students.[1]

The Board encourages students who believe they or others have been bullied to promptly report such incidents to the building principal or designee.

Students are encouraged to use the district's report form, available from the building principal, or to put the complaint in writing; however, oral complaints shall be accepted and documented. The person accepting the complaint shall handle the report objectively, neutrally and professionally, setting aside personal biases that might favor or disfavor the student filing the complaint or those accused of a violation of this policy.

The Board directs that verbal and written complaints of bullying shall be investigated promptly, and appropriate corrective or preventative action be taken when allegations are substantiated. The Board directs that any complaint of bullying brought pursuant to this policy shall also be reviewed for conduct which may not be proven to be bullying under this policy but merits review and possible action under other Board policies.

Title IX Sexual Harassment and Other Discrimination

Every report of alleged bullying that can be interpreted at the outset to fall within the provisions of policies addressing potential violations of laws against discrimination shall be handled as a joint, concurrent investigation into all allegations and coordinated with the full participation of the Title IX Coordinator/Compliance Officer. If, in the course of a bullying investigation, potential issues of discrimination are identified, the Title IX Coordinator/Compliance Officer shall be promptly notified, and the investigation shall be conducted jointly and concurrently to address the issues of alleged discrimination as well as the incidents of alleged bullying.[2][3]

Confidentiality

Confidentiality of all parties, witnesses, the allegations, the filing of a complaint and the investigation shall be handled in accordance with applicable law, regulations, this policy and the district's legal and investigative obligations.

Retaliation

Reprisal or retaliation relating to reports of bullying or participation in an investigation of allegations of bullying is prohibited and shall be subject to disciplinary action.

Delegation of Responsibility

Each student shall be responsible to respect the rights of others and to ensure an atmosphere free from bullying.

The Superintendent or designee shall develop administrative regulations to implement this policy.

The Superintendent or designee shall ensure that this policy and administrative regulations are reviewed annually with students.[1]

The Superintendent or designee, in cooperation with other appropriate administrators, shall review this policy every three (3) years and recommend necessary revisions to the Board.[1]

District administration shall annually provide the following information with the Safe School Report:[1]

1. Board's Bullying Policy.
2. Report of bullying incidents.
3. Information on the development and implementation of any bullying prevention, intervention or education programs.

Guidelines

The Code of Student Conduct, which shall contain this policy, shall be disseminated annually to students.[1][4][5]

This policy shall be accessible in every classroom. The policy shall be posted in a prominent

location within each school building and on the district website.[1]

Education

The district shall develop, implement and evaluate bullying prevention and intervention programs and activities. Programs and activities shall provide district staff and students with appropriate training for effectively responding to, intervening in and reporting incidents of bullying.[1][6][7][8]

Consequences for Violations

A student who violates this policy shall be subject to appropriate disciplinary action consistent with the Code of Student Conduct, which may include:[1][4][9]

1. Counseling within the school.
2. Parental conference.
3. Loss of school privileges.
4. Transfer to another school building, classroom or school bus.
5. Exclusion from school-sponsored activities.
6. Detention.
7. Suspension.
8. Expulsion.
9. Counseling/Therapy outside of school.
10. Referral to law enforcement officials.

Legal

1. 24 P.S. 1303.1-A
2. Pol. 103
3. Pol. 103.1
4. Pol. 218
5. 22 PA Code 12.3
6. 20 U.S.C. 7118
7. 24 P.S. 1302-A
8. Pol. 236
9. Pol. 233
- Pol. 113.1

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APPENDIX B



**PIAA COMPREHENSIVE INITIAL
PRE-PARTICIPATION PHYSICAL EVALUATION**



INITIAL EVALUATION: Prior to any student participating in Practices, Inter-School Practices, Scrimmages, and/or Contests, at any PIAA member school in any school year, the student is required to (1) complete a Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE); and (2) have the appropriate person(s) complete the first seven Sections of the CIPPE Form. Upon completion of Sections 1 and 2 by the parent/guardian; Sections 3, 4, 5 and 6 by the student and parent/guardian; and Section 7 by an Authorized Medical Examiner (AME), those Sections must be turned in to the Principal, or the Principal's designee, of the student's school for retention by the school. The CIPPE may not be authorized earlier than June 1st and shall be effective, regardless of when performed during a school year, until the latter of the next May 31st or the conclusion of the spring sports season.

SUBSEQUENT SPORT(S) IN THE SAME SCHOOL YEAR: Following completion of a CIPPE, the same student seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in subsequent sport(s) in the same school year, must complete Section 8 of this form and must turn in that Section to the Principal, or Principal's designee, of his or her school. The Principal, or the Principal's designee, will then determine whether Section 9 need be completed.

SECTION 1: PERSONAL AND EMERGENCY INFORMATION

PERSONAL INFORMATION

Student's Name _____ Male/Female (circle one)

Date of Student's Birth: ____/____/____ Age of Student on Last Birthday: ____ Grade for Current School Year: ____

Current Physical Address _____

Current Home Phone # () _____ Parent/Guardian Current Cellular Phone # () _____

Fall Sport(s): _____ Winter Sport(s): _____ Spring Sport(s): _____

EMERGENCY INFORMATION

Parent's/Guardian's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Secondary Emergency Contact Person's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Medical Insurance Carrier _____ Policy Number _____

Address _____ Telephone # () _____

Family Physician's Name _____, MD or DO (circle one)

Address _____ Telephone # () _____

Student's Allergies _____

Student's Health Condition(s) of Which an Emergency Physician or Other Medical Personnel Should be Aware _____

Student's Prescription Medications and conditions of which they are being prescribed _____

SECTION 2: CERTIFICATION OF PARENT/GUARDIAN

The student's parent/guardian must complete all parts of this form.

A. I hereby give my consent for _____ born on _____ who turned _____ on his/her last birthday, a student of _____ School and a resident of the _____ public school district, to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests during the 20____ - 20____ school year in the sport(s) as indicated by my signature(s) following the name of the said sport(s) approved below.

Fall Sports	Signature of Parent or Guardian
Cross Country	
Field Hockey	
Football	
Golf	
Soccer	
Girls' Tennis	
Girls' Volleyball	
Water Polo	
Other	

Winter Sports	Signature of Parent or Guardian
Basketball	
Bowling	
Competitive Spirit Squad	
Girls' Gymnastics	
Rifle	
Swimming and Diving	
Track & Field (Indoor)	
Wrestling	
Other	

Spring Sports	Signature of Parent or Guardian
Baseball	
Boys' Lacrosse	
Girls' Lacrosse	
Softball	
Boys' Tennis	
Track & Field (Outdoor)	
Boys' Volleyball	
Other	

B. Understanding of eligibility rules: I hereby acknowledge that I am familiar with the requirements of PIAA concerning the eligibility of students at PIAA member schools to participate in Inter-School Practices, Scrimmages, and/or Contests involving PIAA member schools. Such requirements, which are posted on the PIAA Web site at www.piaa.org, include, but are not necessarily limited to age, amateur status, school attendance, health, transfer from one school to another, season and out-of-season rules and regulations, semesters of attendance, seasons of sports participation, and academic performance.

Parent's/Guardian's Signature _____ Date ____/____/____

C. Disclosure of records needed to determine eligibility: To enable PIAA to determine whether the herein named student is eligible to participate in interscholastic athletics involving PIAA member schools, I hereby consent to the release to PIAA of any and all portions of school record files, beginning with the seventh grade, of the herein named student specifically including, without limiting the generality of the foregoing, birth and age records, name and residence address of parent(s) or guardian(s), residence address of the student, health records, academic work completed, grades received, and attendance data.

Parent's/Guardian's Signature _____ Date ____/____/____

D. Permission to use name, likeness, and athletic information: I consent to PIAA's use of the herein named student's name, likeness, and athletically related information in video broadcasts and re-broadcasts, webcasts and reports of Inter-School Practices, Scrimmages, and/or Contests, promotional literature of the Association, and other materials and releases related to interscholastic athletics.

Parent's/Guardian's Signature _____ Date ____/____/____

E. Permission to administer emergency medical care: I consent for an emergency medical care provider to administer any emergency medical care deemed advisable to the welfare of the herein named student while the student is practicing for or participating in Inter-School Practices, Scrimmages, and/or Contests. Further, this authorization permits, if reasonable efforts to contact me have been unsuccessful, physicians to hospitalize, secure appropriate consultation, to order injections, anesthesia (local, general, or both) or surgery for the herein named student. I hereby agree to pay for physicians' and/or surgeons' fees, hospital charges, and related expenses for such emergency medical care. I further give permission to the school's athletic administration, coaches and medical staff to consult with the Authorized Medical Professional who executes Section 7 regarding a medical condition or injury to the herein named student.

Parent's/Guardian's Signature _____ Date ____/____/____

F. Confidentiality: The information on this CIPPE shall be treated as confidential by school personnel. It may be used by the school's athletic administration, coaches and medical staff to determine athletic eligibility, to identify medical conditions and injuries, and to promote safety and injury prevention. In the event of an emergency, the information contained in this CIPPE may be shared with emergency medical personnel. Information about an injury or medical condition will not be shared with the public or media without written consent of the parent(s) or guardian(s).

Parent's/Guardian's Signature _____ Date ____/____/____

SECTION 3: UNDERSTANDING OF RISK OF CONCUSSION AND TRAUMATIC BRAIN INJURY

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 a student's brain normally works.
- Can occur during Practices and/or Contests in any sport.
- Can happen even if a student has not lost consciousness.
- Can be serious even if a student has just been "dinged" or "had their bell rung."

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

What are the symptoms of a concussion?

Concussions cannot be seen; however, in a potentially concussed student, **one or more** of the symptoms listed below may become apparent and/or that the student "doesn't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should students do if they believe that they or someone else may have a concussion?

- **Students feeling any of the symptoms set forth above should immediately tell their Coach and their parents.** Also, if they notice any teammate evidencing such symptoms, they should immediately tell their Coach.
- **The student should be evaluated.** A licensed physician of medicine or osteopathic medicine (MD or DO), sufficiently familiar with current concussion management, should examine the student, determine whether the student has a concussion, and determine when the student is cleared to return to participate in interscholastic athletics.
- **Concussed students should give themselves time to get better.** If a student has sustained a concussion, the student's brain needs time to heal. While a concussed student's brain is still healing, that student is much more likely to have another concussion. Repeat concussions can increase the time it takes for an already concussed student to recover and may cause more damage to that student's brain. Such damage can have long term consequences. It is important that a concussed student rest and not return to play until the student receives permission from an MD or DO, sufficiently familiar with current concussion management, that the student is symptom-free.

How can students prevent a concussion? Every sport is different, but there are steps students can take to protect themselves.

- Use the proper sports equipment, including personal protective equipment. For equipment to properly protect a student, it must be:
 - The right equipment for the sport, position, or activity;
 - Worn correctly and the correct size and fit; and
 - Used every time the student Practices and/or competes.
- Follow the Coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If a student believes they may have a concussion: Don't hide it. Report it. Take time to recover.

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Student's Signature _____ Date ____/____/____

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Parent's/Guardian's Signature _____ Date ____/____/____

SECTION 4: UNDERSTANDING OF SUDDEN CARDIAC ARREST SYMPTOMS AND WARNING SIGNS

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) occurs when the heart suddenly and unexpectedly stops beating. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

There are about 350,000 cardiac arrests that occur outside of hospitals each year. More than 10,000 individuals under the age of 25 die of SCA each year. SCA is the number one killer of student athletes and the leading cause of death on school campuses.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as

- Dizziness or lightheadedness when exercising;
- Fainting or passing out during or after exercising;
- Shortness of breath or difficulty breathing with exercise, that is not asthma related;
- Racing, skipped beats or fluttering heartbeat (palpitations)
- Fatigue (extreme or recent onset of tiredness)
- Weakness;
- Chest pains/pressure or tightness during or after exercise.

These symptoms can be unclear and confusing in athletes. Some may ignore the signs or think they are normal results of physical exhaustion. If the conditions that cause SCA are diagnosed and treated before a life-threatening event, sudden cardiac death can be prevented in many young athletes.

What are the risks of practicing or playing after experiencing these symptoms?

There are significant risks associated with continuing to practice or play after experiencing these symptoms. The symptoms might mean something is wrong and the athlete should be checked before returning to play. When the heart stops due to cardiac arrest, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience a SCA die from it; survival rates are below 10%.

Act 73 – Peyton's Law - Electrocardiogram testing for student athletes

The Act is intended to help keep student-athletes safe while practicing or playing by providing education about SCA and by requiring notification to parents that you can request, at your expense, an electrocardiogram (EKG or ECG) as part of the physical examination to help uncover hidden heart issues that can lead to SCA.

Why do heart conditions that put youth at risk go undetected?

- Up to 90 percent of underlying heart issues are missed when using only the history and physical exam;
- Most heart conditions that can lead to SCA are not detectable by listening to the heart with a stethoscope during a routine physical; and
- Often, youth don't report or recognize symptoms of a potential heart condition.

What is an electrocardiogram (EKG or ECG)?

An ECG/EKG is a quick, painless and noninvasive test that measures and records a moment in time of the heart's electrical activity. Small electrode patches are attached to the skin of your chest, arms and legs by a technician. An ECG/EKG provides information about the structure, function, rate and rhythm of the heart.

Why add an ECG/EKG to the physical examination?

Adding an ECG/EKG to the history and physical exam can suggest further testing or help identify up to two-thirds of heart conditions that can lead to SCA. An ECG/EKG can be ordered by your physician for screening for cardiovascular disease or for a variety of symptoms such as chest pain, palpitations, dizziness, fainting, or family history of heart disease.

- ECG/EKG screenings should be considered every 1-2 years because young hearts grow and change.
- ECG/EKG screenings may increase sensitivity for detection of undiagnosed cardiac disease but may not prevent SCA.
- ECG/EKG screenings with abnormal findings should be evaluated by trained physicians.
- If the ECG/EKG screening has abnormal findings, additional testing may need to be done (with associated cost and risk) before a diagnosis can be made, and may prevent the student from participating in sports for a short period of time until the testing is completed and more specific recommendations can be made.
- The ECG/EKG can have false positive findings, suggesting an abnormality that does not really exist (false positive findings occur less when ECG/EKGs are read by a medical practitioner proficient in ECG/EKG interpretation of children, adolescents and young athletes).
- ECGs/EKGs result in fewer false positives than simply using the current history and physical exam.

The American College of Cardiology/American Heart Association guidelines do not recommend an ECG or EKG in asymptomatic patients but do support local programs in which ECG or EKG can be applied with high-quality resources.

Removal from play/return to play

Any student-athlete who has signs or symptoms of SCA must be removed from play (which includes all athletic activity). The symptoms can happen before, during, or after activity.

Before returning to play, the athlete must be evaluated and cleared. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner, or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

I have reviewed this form and understand the symptoms and warning signs of SCA. I have also read the information about the electrocardiogram testing and how it may help to detect hidden heart issues.

Signature of Student-Athlete

Print Student-Athlete's Name

Date____/____/____

Signature of Parent/Guardian

Print Parent/Guardian's Name

Date____/____/____

Section 5: SUPPLEMENTAL ACKNOWLEDGEMENT, WAIVER AND RELEASE: COVID-19

The COVID-19 pandemic presents athletes with a myriad of challenges concerning this highly contagious illness. Some severe outcomes have been reported in children, and even a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable.

While it is not possible to eliminate all risk of being infected with or furthering the spread of COVID-19, PIAA has urged all member schools to take necessary precautions and comply with guidelines from the federal, state, and local governments, the CDC and the PA Departments of Health and Education to reduce the risks to athletes, coaches, and their families. As knowledge regarding COVID-19 is constantly changing, PIAA reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure to athletes, coaches and other involved persons. Additionally, each school has been required to adopt internal protocols to reduce the risk of transmission.

The undersigned acknowledge that they are aware of the highly contagious nature of COVID-19 and the risks that they may be exposed to or contract COVID-19 or other communicable diseases by permitting the undersigned student to participate in interscholastic athletics. We understand and acknowledge that such exposure or infection may result in serious illness, personal injury, permanent disability or death. We acknowledge that this risk may result from or be compounded by the actions, omissions, or negligence of others. The undersigned further acknowledge that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to: high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, these risks do exist. Additionally, persons with COVID-19 may transmit the disease to others who may be at higher risk of severe complications.

By signing this form, the undersigned acknowledge, after having undertaken to review and understand both symptoms and possible consequences of infection, that we understand that participation in interscholastic athletics during the COVID-19 pandemic is strictly voluntary and that we agree that the undersigned student may participate in such interscholastic athletics. The undersigned also understand that student participants will, in the course of competition, interact with and likely have contact with athletes from their own, as well as other, schools, including schools from other areas of the Commonwealth. Moreover, they understand and acknowledge that our school, PIAA and its member schools cannot guarantee that transmission will not occur for those participating in interscholastic athletics.

NOTWITHSTANDING THE RISKS ASSOCIATED WITH COVID-19, WE ACKNOWLEDGE THAT WE ARE VOLUNTARILY ALLOWING STUDENT TO PARTICIPATE IN INTERSCHOLASTIC ATHLETICS WITH KNOWLEDGE OF THE DANGER INVOLVED. WE HEREBY AGREE TO ACCEPT AND ASSUME ALL RISKS OF PERSONAL INJURY, ILLNESS, DISABILITY AND/OR DEATH RELATED TO COVID-19, ARISING FROM SUCH PARTICIPATION, WHETHER CAUSED BY THE NEGLIGENCE OF PIAA OR OTHERWISE.

We hereby expressly waive and release any and all claims, now known or hereafter known, against the student's school, PIAA, and its officers, directors, employees, agents, members, successors, and assigns (collectively, "**Releasees**"), on account of injury, illness, disability, death, or property damage arising out of or attributable to Student's participation in interscholastic athletics and being exposed to or contracting COVID-19, whether arising out of the negligence of PIAA or any Releasees or otherwise. We covenant not to make or bring any such claim against PIAA or any other Releasee, and forever release and discharge PIAA and all other Releasees from liability under such claims.

Additionally, we shall defend, indemnify, and hold harmless the student's school, PIAA and all other Releasees against any and all losses, damages, liabilities, deficiencies, claims, actions, judgments, settlements, interest, awards, penalties, fines, costs, or expenses of whatever kind, including attorney fees, fees, and the costs of enforcing any right to indemnification and the cost of pursuing any insurance providers, incurred by/awarded against the student's school, PIAA or any other Releasees in a final judgment arising out of or resulting from any claim by, or on behalf of, any of us related to COVID-19.

We willingly agree to comply with the stated guidelines put forth by the student's school and PIAA to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that the student is, to the best of our knowledge, in good physical condition and allow participation in this sport at our own risk. By signing this Supplement, we acknowledge that we have received and reviewed the student's school athletic plan.

Date: _____

Signature of Student

Print Student's Name

Signature of Parent/Guardian

Print Parent/Guardian's Name

Revised – October 7, 2020

SECTION 6: HEALTH HISTORY

Explain "Yes" answers at the bottom of this form.
Circle questions you don't know the answers to.

	Yes	No		Yes	No
1. Has a doctor ever denied or restricted your participation in sport(s) for any reason?	<input type="checkbox"/>	<input type="checkbox"/>	23. Has a doctor ever told you that you have asthma or allergies?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you have an ongoing medical condition (like asthma or diabetes)?	<input type="checkbox"/>	<input type="checkbox"/>	24. Do you cough, wheeze, or have difficulty breathing DURING or AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?	<input type="checkbox"/>	<input type="checkbox"/>	25. Is there anyone in your family who has asthma?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have allergies to medicines, pollens, foods, or stinging insects?	<input type="checkbox"/>	<input type="checkbox"/>	26. Have you ever used an inhaler or taken asthma medicine?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever passed out or nearly passed out DURING exercise?	<input type="checkbox"/>	<input type="checkbox"/>	27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever passed out or nearly passed out AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>	28. Have you had infectious mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>
7. Have you ever had discomfort, pain, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	29. Do you have any rashes, pressure sores, or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>
8. Does your heart race or skip beats during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	30. Have you ever had a herpes skin infection?	<input type="checkbox"/>	<input type="checkbox"/>
9. Has a doctor ever told you that you have (check all that apply):			CONCUSSION OR TRAUMATIC BRAIN INJURY 31. Have you ever had a concussion (i.e. bell rung, ding, head rush) or traumatic brain injury? <input type="checkbox"/> <input type="checkbox"/> 32. Have you been hit in the head and been confused or lost your memory? <input type="checkbox"/> <input type="checkbox"/> 33. Do you experience dizziness and/or headaches with exercise? <input type="checkbox"/> <input type="checkbox"/>		
<input type="checkbox"/> High blood pressure <input type="checkbox"/> Heart murmur	<input type="checkbox"/>	<input type="checkbox"/>	34. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> High cholesterol <input type="checkbox"/> Heart infection			35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
10. Has a doctor ever ordered a test for your heart? (for example ECG, echocardiogram)	<input type="checkbox"/>	<input type="checkbox"/>	36. Have you ever been unable to move your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
11. Has anyone in your family died for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>	37. When exercising in the heat, do you have severe muscle cramps or become ill?	<input type="checkbox"/>	<input type="checkbox"/>
12. Does anyone in your family have a heart problem?	<input type="checkbox"/>	<input type="checkbox"/>	38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
13. Has any family member or relative been disabled from heart disease or died of heart problems or sudden death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	39. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>
14. Does anyone in your family have Marfan Syndrome?	<input type="checkbox"/>	<input type="checkbox"/>	40. Do you wear glasses or contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>
15. Have you ever spent the night in a hospital?	<input type="checkbox"/>	<input type="checkbox"/>	41. Do you wear protective eyewear, such as goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>
16. Have you ever had surgery?			42. Are you unhappy with your weight?	<input type="checkbox"/>	<input type="checkbox"/>
17. Have you ever had an injury, like a sprain, muscle, or ligament tear, or tendonitis, which caused you to miss a Practice or Contest? If yes, circle affected area below:	<input type="checkbox"/>	<input type="checkbox"/>	43. Are you trying to gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>
18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	44. Has anyone recommended you change your weight or eating habits?	<input type="checkbox"/>	<input type="checkbox"/>
19. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:	<input type="checkbox"/>	<input type="checkbox"/>	45. Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>
Head Neck Shoulder Upper arm Elbow Forearm Hand/Fingers Chest			46. Do you have any concerns that you would like to discuss with a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
Upper back Lower back Hip Thigh Knee Calf/shin Ankle Foot/Toes			FEMALES ONLY	<input type="checkbox"/>	<input type="checkbox"/>
20. Have you ever had a stress fracture?	<input type="checkbox"/>	<input type="checkbox"/>	47. Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>
21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?	<input type="checkbox"/>	<input type="checkbox"/>	48. How old were you when you had your first menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>
22. Do you regularly use a brace or assistive device?	<input type="checkbox"/>	<input type="checkbox"/>	49. How many periods have you had in the last 12 months?	<input type="checkbox"/>	<input type="checkbox"/>
			50. Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>

#s	Explain "Yes" answers here:

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Student's Signature _____ Date ____/____/____

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Parent's/Guardian's Signature _____ Date ____/____/____

**SECTION 7: PIAA COMPREHENSIVE INITIAL PRE-PARTICIPATION PHYSICAL EVALUATION
AND CERTIFICATION OF AUTHORIZED MEDICAL EXAMINER**

Must be completed and signed by the Authorized Medical Examiner (AME) performing the herein named student's comprehensive initial pre-participation physical evaluation (CIPPE) and turned in to the Principal, or the Principal's designee, of the student's school.

Student's Name _____ Age _____ Grade _____

Enrolled in _____ School _____ Sport(s) _____

Height _____ Weight _____ % Body Fat (optional) _____ Brachial Artery BP ____/____ (____/____, ____/____) RP _____

If either the brachial artery blood pressure (BP) or resting pulse (RP) is above the following levels, further evaluation by the student's primary care physician is recommended.

Age 10-12: BP: >126/82, RP: >104; **Age 13-15:** BP: >136/86, RP >100; **Age 16-25:** BP: >142/92, RP >96.

Vision: R 20/____ L 20/____ Corrected: YES NO (circle one) Pupils: Equal _____ Unequal _____

MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance		
Eyes/Ears/Nose/Throat		
Hearing		
Lymph Nodes		
Cardiovascular		<input type="checkbox"/> Heart murmur <input type="checkbox"/> Femoral pulses to exclude aortic coarctation <input type="checkbox"/> Physical stigmata of Marfan syndrome
Cardiopulmonary		
Lungs		
Abdomen		
Genitourinary (males only)		
Neurological		
Skin		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand/Fingers		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot/Toes		

I hereby certify that I have reviewed the HEALTH HISTORY, performed a comprehensive initial pre-participation physical evaluation of the herein named student, and, on the basis of such evaluation and the student's HEALTH HISTORY, certify that, except as specified below, the student is physically fit to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in the sport(s) consented to by the student's parent/guardian in Section 2 of the PIAA Comprehensive Initial Pre-Participation Physical Evaluation form:

☐ **CLEARED** ☐ **CLEARED** with recommendation(s) for further evaluation or treatment for: _____

☐ **NOT CLEARED** for the following types of sports (please check those that apply):

☐ COLLISION ☐ CONTACT ☐ NON-CONTACT ☐ STRENUOUS ☐ MODERATELY STRENUOUS ☐ NON-STRENUOUS

Due to _____

Recommendation(s)/Referral(s) _____

AME's Name (print/type) _____ License # _____

Address _____ Phone (____) _____

AME's Signature _____ MD, DO, PAC, CRNP, or SNP (circle one) Certification Date of CIPPE ____/____/____

SECTION 8: RE-CERTIFICATION BY PARENT/GUARDIAN

This form must be completed not earlier than six weeks prior to the first Practice day of the sport(s) in the sports season(s) identified herein by the parent/guardian of any student who is seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in all subsequent sport seasons in the same school year. The Principal, or the Principal's designee, of the herein named student's school must review the SUPPLEMENTAL HEALTH HISTORY.

If any SUPPLEMENTAL HEALTH HISTORY questions are either checked yes or circled, the herein named student shall submit a completed Section 9, Re-Certification by Licensed Physician of Medicine or Osteopathic Medicine, to the Principal, or Principal's designee, of the student's school.

SUPPLEMENTAL HEALTH HISTORY

Student's Name _____ Male/Female (circle one)

Date of Student's Birth: ____/____/____ Age of Student on Last Birthday: ____ Grade for Current School Year: ____

Winter Sport(s): _____ Spring Sport(s): _____

CHANGES TO PERSONAL INFORMATION (In the spaces below, identify any changes to the Personal Information set forth in the original Section 1: PERSONAL AND EMERGENCY INFORMATION):

Current Home Address _____

Current Home Telephone # () _____ Parent/Guardian Current Cellular Phone # () _____

CHANGES TO EMERGENCY INFORMATION (In the spaces below, identify any changes to the Emergency Information set forth in the original Section 1: PERSONAL AND EMERGENCY INFORMATION):

Parent's/Guardian's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Secondary Emergency Contact Person's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Medical Insurance Carrier _____ Policy Number _____

Address _____ Telephone # () _____

Family Physician's Name _____, MD or DO (circle one)

Address _____ Telephone # () _____

If any SUPPLEMENTAL HEALTH HISTORY questions below are either checked yes or circled, the herein named student shall submit a completed Section 9, Re-Certification by Licensed Physician of Medicine or Osteopathic Medicine, to the Principal, or Principal's designee, of the student's school.

Explain "Yes" answers at the bottom of this form.

Circle questions you don't know the answers to.

	Yes	No
1. Since completion of the CIPPE, have you sustained a serious illness and/or serious injury that required medical treatment from a licensed physician of medicine or osteopathic medicine?	<input type="checkbox"/>	<input type="checkbox"/>

An additional note to item #1. if serious illness or serious injury was marked "Yes", please provide additional information below

2. Since completion of the CIPPE, have you had a concussion (i.e. bell rung, ding, head rush) or traumatic brain injury?	<input type="checkbox"/>	<input type="checkbox"/>
--	--------------------------	--------------------------

	Yes	No
3. Since completion of the CIPPE, have you experienced dizzy spells, blackouts, and/or unconsciousness?	<input type="checkbox"/>	<input type="checkbox"/>
4. Since completion of the CIPPE, have you experienced any episodes of unexplained shortness of breath, wheezing, and/or chest pain?	<input type="checkbox"/>	<input type="checkbox"/>
5. Since completion of the CIPPE, are you taking any NEW prescription medicines or pills?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you have any concerns that you would like to discuss with a physician?	<input type="checkbox"/>	<input type="checkbox"/>

#s	Explain yes answers; include injury, type of treatment & the name of the medical professional seen by student

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Student's Signature _____ Date ____/____/____

I hereby certify that to the best of my knowledge all of the information herein is true and complete.

Parent's/Guardian's Signature _____ Date ____/____/____

Section 9: Re-CERTIFICATION BY LICENSED PHYSICIAN OF MEDICINE OR OSTEOPATHIC MEDICINE

This Form must be completed for any student who, subsequent to completion of Sections 1 through 6 of this CIPPE Form, required medical treatment from a licensed physician of medicine or osteopathic medicine. This Section 9 may be completed at any time following completion of such medical treatment. Upon completion, the Form must be turned in to the Principal, or the Principal's designee, of the student's school, who, pursuant to ARTICLE X, LOCAL MANAGEMENT AND CONTROL, Section 2, Powers and Duties of Principal, subsection C, of the PIAA Constitution, shall "exclude any contestant who has suffered serious illness or injury until that contestant is pronounced physically fit by the school's licensed physician of medicine or osteopathic medicine, or if none is employed, by another licensed physician of medicine or osteopathic medicine."

NOTE: The physician completing this Form must first review Sections 6 and 7 of the herein named student's previously completed CIPPE Form. Section 8 must also be reviewed if both (1) this Form is being used by the herein named student to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in a subsequent sport season in the same school year AND (2) the herein named student either checked yes or circled any Supplemental Health History questions in Section 8.

If the physician completing this Form is clearing the herein named student subsequent to that student sustaining a concussion or traumatic brain injury, that physician must be sufficiently familiar with current concussion management such that the physician can certify that all aspects of evaluation, treatment, and risk of that injury have been thoroughly covered by that physician.

Student's Name: _____ Age _____ Grade _____

Enrolled in _____ School _____

Condition(s) Treated Since Completion of the Herein Named Student's CIPPE Form: _____

A. GENERAL CLEARANCE: Absent any illness and/or injury, which requires medical treatment, subsequent to the date set forth below, I hereby authorize the above-identified student to participate for the remainder of the current school year in additional interscholastic athletics with no restrictions, except those, if any, set forth in Section 6 of that student's CIPPE Form.

Physician's Name (print/type) _____ License # _____

Address _____ Phone () _____

Physician's Signature _____ MD or DO (*circle one*) Date _____

B. LIMITED CLEARANCE: Absent any illness and/or injury, which requires medical treatment, subsequent to the date set forth below, I hereby authorize the above-identified student to participate for the remainder of the current school year in additional interscholastic athletics with, in addition to the restrictions, if any, set forth in Section 6 of that student's CIPPE Form, the following limitations/restrictions:

1. _____
2. _____
3. _____
4. _____

Physician's Name (print/type) _____ License # _____

Address _____ Phone () _____

Physician's Signature _____ MD or DO (*circle one*) Date _____

Section 10: CIPPE MINIMUM WRESTLING WEIGHT

INSTRUCTIONS

Pursuant to the Weight Control Program adopted by PIAA, prior to the participation by any student in interscholastic wrestling, the Minimum Wrestling Weight (MWW) at which the student may wrestle during the season must be (1) certified to by an Authorized Medical Examiner (AME) and (2) established NO EARLIER THAN six weeks prior to the first Regular Season Contest day of the wrestling season and NO LATER THAN the Monday preceding the first Regular Season Contest day of the wrestling season (See NOTE 1). This certification shall be provided to and maintained by the student's Principal, or the Principal's designee.

In certifying to the MWW, the AME shall first make a determination of the student's Urine Specific Gravity/Body Weight and Percentage of Body Fat, or shall be given that information from a person authorized to make such an assessment ("the Assessor"). This determination shall be made consistent with National Federation of State High School Associations (NFHS) Wrestling Rule 1, Competition, Section 3, Weight-Control Program, which requires, in relevant part, hydration testing with a specific gravity not greater than 1.025, and an immediately following body fat assessment, as determined by the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC) (together, the "Initial Assessment").

Where the Initial Assessment establishes a percentage of body fat below 7% for a male or 12% for a female, the student must obtain an AME's consent to participate.

For all wrestlers, the MWW must be certified to by an AME.

Student's Name _____ Age _____ Grade _____
Enrolled in _____ School _____

INITIAL ASSESSMENT

I hereby certify that I have conducted an Initial Assessment of the herein named student consistent with the NWCA OPC, and have determined as follows:

Urine Specific Gravity/Body Weight _____ / _____ Percentage of Body Fat _____ MWW _____

Assessor's Name (print/type) _____ Assessor's I.D. # _____

Assessor's Signature _____ Date ____/____/____

CERTIFICATION

Consistent with the instructions set forth above and the Initial Assessment, I have determined that the herein named student is certified to wrestle at the MWW of _____ during the 20____ - 20____ wrestling season.

AME's Name (print/type) _____ License # _____

Address _____ Phone () _____

AME's Signature _____ MD, DO, PAC, CRNP, or SNP Date of Certification ____/____/____
(circle one)

For an appeal of the Initial Assessment, see NOTE 2.

NOTES:

1. For senior high school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest day of the wrestling season the OPC will remain open until January 15th and for junior high/middle school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest day of the wrestling season the OPC will remain open all season.
2. Any athlete who disagrees with the Initial Assessment may appeal the assessment results one time by having a second assessment, which shall be performed prior to the athlete's first Regular Season wrestling Contest and shall be consistent with the athlete's weight loss (descent) plan. Pursuant to the foregoing, results obtained at the second assessment shall supersede the Initial Assessment; therefore, no further appeal by any party shall be permitted. The second assessment shall utilize either Air Displacement Plethysmography (Bod Pod) or Hydrostatic Weighing testing to determine body fat percentage. The urine specific gravity testing shall be conducted and the athlete must obtain a result of less than or equal to 1.025 in order for the second assessment to proceed. All costs incurred in the second assessment shall be the responsibility of those appealing the Initial Assessment.

FALL SPORT _____ WINTER SPORT _____ SPRING SPORT _____

Risk of Injury Acknowledgement Form

Cumberland Valley School District has provided you with a qualified coaching staff, protective equipment and qualified supportive sports medicine staff. Despite all efforts to minimize the risk of sports, athletes are seriously injured yearly in almost every sport. Be aware that every sport carries the inherent risk of catastrophic injury including but not limited to: blindness, paraplegia, quadriplegia, brain injury, sudden cardiac arrest or even death. Participants and their parents/guardians must accept this risk or they should not participate.

For your personal safety, it is imperative that you:

1. Inspect all of your equipment on a daily basis. Report any improperly fitting and/or faulty equipment to your coach or the athletic trainer immediately.
2. Know and observe the rules of the game; they are in place to protect you and other participants.
3. Become a better and safer athlete by listening to coaching instruction and learning proper technique.
4. Report all injuries and illnesses to the athletic trainer and/or team physician immediately. We cannot help you if we do not know you are injured or ill. (Informing us immediately is important for many reasons, including documentation for insurance and our records.)
5. Follow the advice of the athletic trainers/team physician regarding participation after illness/injury.
If you see a physician for any injury/illness, you may not return to practice or competition until the athletic training staff has received a note from the physician allowing you to participate.
6. If an injury occurs, **do not move injured players or attempt to remove any gear.**

We have read the above statements and have discussed any questions we have with the coach and/or athletic trainers. I fully understand the risks involved in athletic participation at Cumberland Valley School District and we agree to abide by the listed standards.

SIGNATURE OF ATHLETE

DATE

GRADE

SIGNATURE OF PARENT/GUARDIAN

DATE

The athletic trainer has my permission to provide the following medicines as needed after school hours. (During school hours athletes will be referred to the school nurse)

_____ Ibuprofen _____ Acetaminophen _____ Tums _____ Benadryl

Signature of Parent

Date

Email