

# **Jefferson Davis Academy**

## **ATHLETIC HANDBOOK**

# Jefferson Davis Academy

## Athletic Coaching Staff Sports 2018-2019

Head of School – Robert Wrightenberry  
Athletic Director – Coach Michael Tindall

### Head Coaches:

Varsity Football – Michael Tindall	803 290-1483
Varsity Cheerleading – Joy Ray	803 300-0343
JV & Varsity Volleyball – Bart Owens	803 671-2404
JV Girls Basketball- Ken Frederick / Barry Moorehead	803 709-0165
JV Boys Basketball –Bart Owens / Chris Campbell	803 671-2404
Varsity Girls Basketball- Ken Frederick	803 709-0165
Varsity Boys Basketball – Bart Owens / Chris Campbell	803 671-2404
JV Softball- Bart Owens	803 671-2404
Varsity Softball- Greg Fanning	803 403-3166
Varsity Baseball – Matt Lightsey	803 300-9755

# Jefferson Davis Academy

## POLICIES OF THE ATHLETIC DEPARTMENT 2018-19

### JEFFERSON DAVIS ACADEMY'S PHILOSOPHY FOR THE STUDENT ATHLETE IS:

1. Participation in student athletics should be a time to learn and grow while developing a winning attitude.
2. Athletes should learn to set attainable individual and team goals.
3. Athletes should learn the importance of good play and sportsmanship.

*The following policies have been established to help make better student athletes. Student athletes are those participating in all organized sports and cheerleaders. Being a student athlete is in addition to his/her academic responsibility.*

### PERSONAL CONDUCT

1. Athletes are to be courteous to and cooperative with all teachers and administrators. Any athlete who shows disrespect to any coach will be reprimanded by the individual coach or Athletic Director (could lead to expulsion from the team).
2. Athletes will display good sportsmanship and courtesy to opponents and officials.
3. Profanity will not be condoned.
4. Athletes will always display proper behavior.
5. All teams are responsible for cleaning dressing rooms, tables at eating places, and vehicles used for transportation when they return. The coach accompanying the student athletes is responsible for carrying this out.
6. Any violation of a major infraction listed in the Student Handbook may be reason for expulsion from that sport.
7. Be early for all practices, meetings and games.
8. Initiations or hazing will not be tolerated.

## **PERSONAL APPEARANCE**

1. Neatness and cleanliness should be displayed at all times. Boys should be clean shaven. Boys' hair must be in compliance with school dress code policy.
2. Read and abide by the JDA Student Handbook on dress code.
3. Dress for games:
  - a. Basketball: Boys wear a tie either with a sweater or sport coat. No caps or hats. Girls wear skirts or dress slacks. This applies to all games, home or away. **NO HATS OF ANY KIND!**
  - b. Other Sports: Accepted attire of the sport in keeping with JDA dress code and approved by the coaches and administration.

## **TRAINING RULES**

Coaches will set individual training rules that are in force 24 hours a day, 7 days a week, during the entire season of the sport in which the student athlete is participating.

## **PRACTICE SCHEDULE**

1. Coaches will set the times for practice and will notify student athletes ahead of time. Weather conditions may call for flexibility.
2. Practices will be held Monday through Friday. Saturday and Sunday practices will be held only for special reasons and with prior notice.

## **MISSING PRACTICES**

1. Any student athlete who cannot attend practice or a game must notify the coach in person, by note, or by a phone call. Practice can only be missed with permission from a coach or a doctor. Missing practices may cause an athlete not to play in games.
2. A student athlete must attend practice to observe even though he may not be able to participate unless excused by a coach, physician or parent. (Example: a student athlete with a broken arm can still review films, observe plays, and participate in skull sessions). However, a student who is too sick to attend school, or who has a contagious illness, should not attend practice. This should be discussed with your coach.

3. If requested by the head coach, athletes will be expected to make up all missed practices. These practices will include all fundamental work and conditioning that was missed.
4. A student athlete who has been injured and/or under a physician's care must bring a statement from the physician that the student athlete is ready to return to practice and/or game participation. **Any limiting condition must be clearly stated in the letter. This is for the protection of the student athlete.**

**DEFINITION OF EXCUSED: Sick with doctor's excuse, death in family, or an extreme emergency. Please notify coach.**

### **TRAVEL**

All teams will travel together. This means ALL STUDENT ATHLETES go with the team and come back with the team unless permission to deviate is requested in WRITING ahead of time and is approved by the coach. Extenuating circumstances may require a student athlete to return with his parents. No student athlete may ride home with a parent of someone else unless it is an emergency, approved by the athlete's parent, and/or approved by the coach.

### **ELIGIBILITY**

1. A Student has a responsibility to himself/herself and to the team to keep his/her grades academically acceptable.
  - a. A student must not fail more than one subject.
  - b. A student cannot be on probation for a major disciplinary infraction or its equivalent.
  - c. A student is required to be in school a minimum of 200 minutes of the school day if they wish to participate in a game or practice.
  - d. Eligibility will be determined at the end of each quarter.
  - e. Eligibility is to be declared on the fourth (4<sup>th</sup>) school day after the end of the marking period. A student shall become eligible or ineligible at 12:01 AM on the fourth school day after the end of the marking period. Example 1: The marking period ends on Friday. Student X becomes eligible or ineligible at 12:01 AM on Thursday. Example 2: The marking period ends on a Monday and Tuesday is a holiday for students. Student Y becomes eligible or ineligible at 12:01 AM on the following Monday.

- f. The yearly grade is considered composite and conclusive and therefore overrides any quarterly grades. First semester grades do not override the second quarter grades unless the course is a semester or ½ credit courses.
  - g. A student who is ineligible for athletic activities may not practice, travel, or in any way participate in those activities during the period of ineligibility.
  - h. Additional rules for athletics are found in the South Carolina Independent Schools Association (SCISA) Blue Book. This may be viewed at [www.scisa.org](http://www.scisa.org). Where JDA's rules are more stringent, the school's rules will prevail.
2. Athletes may participate in two sports in the school season. An athlete cannot join a sport after a season starts without the approval of the Athletic Director. Any athlete wishing to play two sports must get the approval of both coaches and of the Athletic Director.
  3. If a student athlete quits any sport after the first game, he or she will not be allowed to participate in the following seasonal sport. Example: If a student athlete quits basketball after the first game they will not be allowed to play any spring sport. Exception: The student-athlete is pulled off a team for academic reasons only after mid-terms have been issued (two or more classes with a 59 & below). Written consent must be presented to the athletic director by a parent or guardian.

## LETTERING

**All Sports:** The participants must finish the season, do all that is asked by the coach, and cause no serious discipline problems. Lettering is reserved for **varsity sports** and is at the discretion of each head coach and/or Athletic Director.

## STUDENT-ATHLETE OF THE MONTH

- Maintain academic standard of 3.5 GPA or above
- Show respect for coaches, teammates, officials, teachers, and other students
- Show enthusiasm and a positive attitude
- Display altruism and help teammates improve
- Display commitment to practice, games and personal skill development
- Honesty and playing by the rules
- High moral character
- Letter in at least two varsity sports

## INSURANCE

Jefferson Davis Academy does not provide student health or accident insurance for any athletic related injury.

## **Warning about the Inherent Dangers of Athletic Participation**

Student athletes and parents should be aware that Football, like all sports, will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in this sport, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

Student athletes should report all injuries to his/her coach and parents. Players should also assist coaches and game officials by reporting any equipment or playing court concerns.

SCISA encourages student athletes in all sports, and their parents, to discuss risks and risk minimization with coaches and school administrators.

### **The South Carolina Independent School Association**

#### **Heat Stress and Athletic Participation**

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. From 1995 through the 2004 football season there have been at least 15 high school heat stroke deaths in football. This is not acceptable. There are no excuses for heatstroke deaths, if the proper precautions are taken. During hot weather conditions the athlete is subject to the following:

**HEAT CRAMPS** – Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

**HEAT SYNCOPE** – Weakness fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

**HEAT EXHAUSTION (WATER DEPLETION)** – Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

**HEAT EXHAUSTION (SALT DEPLETION)** – Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

**HEAT STROKE** – An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, July 2000). The following practices and precautions are recommended:

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State High School Associations recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly.
3. Along with physical conditioning the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **GRADUAL ACCLIMATIZATION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute



water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break.

### **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES.**

5. Check and be sure athletes are drinking the water. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT index: (ACSM's Guidelines for the Team Physician, 1991)

Below 65 – Unlimited Activity

65-73 – Moderate risk – Allow fluids as needed.

73-82 – High risk – Frequent hydration. Schedule 5 minute breaks every 25-30 minutes of activity. Monitor athletes.

82 plus – Very high risk – Assess practice activities, modify practice as necessary. Extend cool down breaks.

90+ - Changing practice time and moving to in-door facility recommended. Modify practice schedule. Extend cool down period breaks to 7-10 Minutes every 10-15 minutes. Frequent hydration. Monitor athletes.

6. An alternative method for assessing heat and humidity is the weather guide or heat index. Refer to the Sports Medicine Handbook section on heat related illness published by the NFHS. Figure 1 is an example of a heat-humidity index table that defines low, moderate, high, and extreme risk zones.

7. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. NEVER USE RUBBERIZED CLOTHING.

8. Athletes should weigh each day before and after practices and WEIGHT CHARTS CHECKED. Generally a 3 percent weight loss through sweating is safe and over a 3 percent weight loss is in the danger zone. Over a 3 percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.

9. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.

10. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.

11. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.

12. Warn your athletes about the use of any products that contain ephedra. Ephedra has been associated with two heat stroke deaths in athletes. Ephedra speeds metabolism and increases body heat, constricts the blood vessels in the skin preventing the body from cooling itself, and by making the user feel more energetic it keeps him/her exercising longer when they should stop. Do not use ephedra or ephedra products.

**HEAT STROKE – THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL.**

Immediately cool body while waiting for transfer to a hospital. Remove clothing and immerse torso in ice/cold water. Immersion therapy has the best cooling rates. A plastic baby pool can be available at all practices and games, and can always be ready for immersion procedures. If not available apply ice packs in armpits, groin and neck areas. Continue cooling efforts until EMS arrives.

**HEAT EXHAUSTION – OBTAIN MEDICAL CARE AT ONCE.** Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

**SUMMARY –** The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.

These guidelines are included for reference purpose only. Many factors contribute to potential heat stress such as age, medical history, whether the athlete is acclimated to the heat, type of activity, etc. It is recommended that all athletes be closely monitored at all times for the early signs of heat stress.

# **Guidelines for Game Officials and Game Management to use Regarding Lightning**

The purpose of these guidelines is to provide information to those responsible for making decisions about suspending and restarting games based on the presence of lightning. If at all possible, staff should monitor local weather conditions before and during events.

1. If the facility/school has an on-site lightning detection system, those warnings must be heeded.
2. In the absence of an on-site detection/warning system, use the following criteria for suspension of play and resumption of play:
  - a. When thunder is heard or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
  - b. The 30-minute Rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
  - c. Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30 minute count should begin.
3. Schools should develop an evacuation plan, including identification of appropriate nearby shelters.

No game or practice can ever be worth the possibility of injury or death because someone did not follow the above protocol.

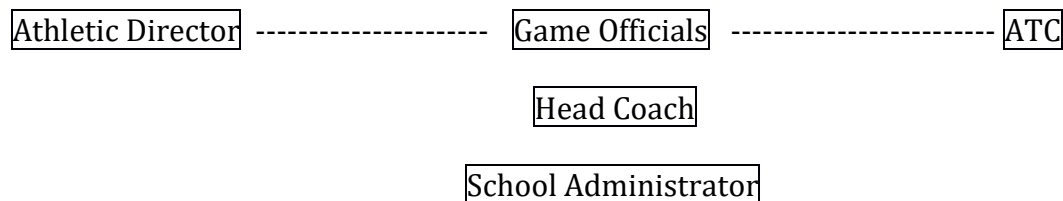
# Inclement Weather Procedures

**General Policy:** In the case of inclement weather (i.e. thunderstorms/lightning, hail, hurricane, tornado), it will be under the direct discretion of the athletic director, game official, and on-site athletic trainer to determine if the practice/game fields should be evacuated. Exceptions made in the absence of an athletic trainer whereby the head coach will have to suspend activity.

## **Lightning:**

Background: Lightning is the most consistent and significant weather hazard that may affect interscholastic athletes. Millions of lightning flashes strike the ground annually in the United States, causing nearly 100 deaths and 400 injuries requiring medical treatment.

Chain of Command:



Once the game starts, the game official is responsible for the decision and has the authority to suspend an event. Prior to contest, the athletic director, game official, and ATC will co-command.

## **Designate a Weather Watcher:**

The certified athletic trainer will obtain weather reports the day of the game and monitor the weather during the game. The ATC will disseminate the information within the chain of command.

## **Monitor Local Weather Forecasts:**

Prior to the game, all members in the 'chain of command' are required to monitor local weather forecast. This can be achieved via the National Weather Service through the world wide web ([www.noaa.gov](http://www.noaa.gov) OR [www.weather.com](http://www.weather.com)).

\*WATCH: conditions are favorable for severe weather to develop in the area.

\*WARNING: severe weather has been reported in the area and for everyone to take proper precautions.

**During a Lightning Storm:**

**Please seek safe shelter during a lightning storm. Avoid high places, open fields, trees, and dugouts. Do not stand near a flagpole, light pole, or metal fence. The field house/gym is a safe location, or a fully enclosed vehicle with a metal roof and the windows rolled up.**

**Safety Position Without Shelter:**

Assume a crouched position on the ground with only the balls of the feet touching the ground, keep feet together, head lowered and cover ears with hands.

**First Aid:**

If someone is struck by lightning

1. Survey scene for safety (ongoing storms may still pose a threat);
2. Activate EMS;
3. Move victim to safe location if needed (victims DO NOT carry a charge so they are safe to assess);
4. Evaluate and treat for apnea and asytole;
5. Evaluate and treat for hypothermia and shock;
6. Evaluate and treat for fractures; and
7. Evaluate and treat for burns.

**Event Procedures:**

Prior to Game – ATC will greet officials, explain he/she will be monitoring lightning with the “Flash to Bang” method, and offer to notify officials during game if there is imminent danger of lightning.

Suspend Play – When ATC determines danger of lightning strike, he/she will notify head coach and official. Official will order athletes off he playing field.

Evacuate Playing Field – Athletes and coaches proceed to enclosed grounded structure.

Evacuate Stands – Once official suspends activity, announcer will use PA system to announce the preceding message.

Resumption of Activity – Activity may resume once ATC gives permission (30 minutes after last lightning strike).

## **Pre-season Letter to Parents on Sportsmanship**

Dear Parent,

The role of the parent in the education of a student is important. The support in the home is often manifested in the ability of the student to accept opportunities presented at school, in the classroom and through the extracurricular activity program.

There is a value system established in the home and nurtured in the school that young people are developing. Their involvement in classroom and other activities contributes to that development. Integrity, fairness and respect are lifetime values taught through athletics – these are the principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

A good sport is a true leader in the community. As a parent of a student at our school, your sportsmanship goals should include:

- \* Recognizing the importance of your responsibilities;
- \* Realizing that athletes are part of the educational experience and the benefits of involvement go beyond the final score;
- \* Encouraging our students to perform their best just as we would with their class work.
- \* Participating in positive cheers that encourage our players and discourage any cheers that would redirect that focus including those that taunt and intimidate opponents, their fans and officials.
- \* Learning, understanding and respecting the rules of the game, and the officials who administer them.
- \* Respecting our opponents as students and acknowledging their efforts.
- \* Developing a sense of dignity under all circumstances.

You can have a major impact on your student's attitude about academics and athletics. The leadership role you take in sportsmanship will help you influence your child and our community for years to come.

We look forward to serving you in the year ahead and appreciate your continued support.

Sincerely,

Michael Tindall  
Athletic Director

## **ARTICLE XIV – SCISA CODE OF CONDUCT**

**Section I: Philosophy** – The South Carolina Independent School Association believes that interscholastic athletics are an integral part of the total educational program. High standards of behavior, scholarship, and citizenship are important to a sound athletic program. Students volunteering to participate in athletics must assume the responsibilities of this privilege and are required to meet these expectations. Moreover, adults shall be models of good sportsmanship and will lead by example by demonstrating fairness, respect, and self-control. Athletes, coaches, officials, and fans shall at all times conduct themselves in a reasonable and sportsmanlike manner. Each person will be responsible for his/her words and actions at all SCISA athletic events and will conform his/her behavior in adherence to the Code of Conduct.

## **ATHLETIC CODE OF CONDUCT**

### **Section II: Sportsmanship Expectations**

I therefore pledge to be responsible for my words and actions while attending, coaching, officiating, or participating in any SCISA athletic event and shall conform my behavior to the following code of conduct.

1. I will treat any coach, parent, spectator, player, official, or any other attendee with respect regardless of race, creed, color, national origin, religion, sex, or ability.
2. I will not engage in unsportsmanlike conduct with any coach, parent, spectator, player, official, or any other attendee.
3. I will not engage in any behavior which would endanger the health, safety, or well-being of any coach, parent, spectator, player, official, or any other attendee.
4. I will not use tobacco (including smokeless types) while at any athletic event.
5. I will not engage in the use of profanity.
6. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, spectator, player, official, or any other attendee.
7. I will not initiate a fight or scuffle with any coach, parent, spectator, player, official, or any other attendee.
8. I will not argue with officials or go through the motions indicating dislike or disdain for a decision.

9. I will not make any degrading remarks about any official, coach, athlete, or school. I will not make any degrading remark or criticism of any official, coach, athlete, or school to the media.

10. I will not detain or attempt to stop an official following the contest to request a ruling or explanation of actions taken by the official. I will not follow or “chase” an official after a contest is over.

11. I will not leave the bleachers or stands and enter the playing area to protest, object, criticize, or question a call.

12. I understand that conduct that leads to my removal from an athletic event may be considered a serious violation of the code of conduct.

13. I understand that as a coach or as a school administrator, that the removal of a team before the completion of the game may be considered a serious violation of the code of conduct.

14. I hereby agree that if I fail to conform my conduct to the code of conduct while attending, coaching, officiating, or participating in a SCISA athletic event that I will be subject to disciplinary action by SCISA.

**Section III: Consequences** – Any one or more of the following penalties may be imposed upon any school, coach, spectator or athlete upon a violation of Code of Conduct or Constitution of this association.

**WARNING** – A warning is an official notice that an inexcusable, unethical, or unsportsmanlike action is a matter of record and any such act must not happen again.

**PROBATION** – Probation is a more severe type of penalty and is for a specified time period. A team on probation shall not play in any play-off, championship, conference tournaments, or invitationals.

**SUSPENSION** – Suspension is a severe penalty which may be imposed for any specified time period during which a team, individual, or coach is not allowed to participate. The suspension may be for one or multiple activities.

**FINE** – Fines may be levied for each infraction or violation. A fine may be levied in addition to one of the above penalties. All fines must be paid within ten (10) calendar days from the date of the notification.



**Section IV: Reporting** – Violations of the Code of Conduct may be reported by:

1. School officials filing a written Incident Report or by submitting a written report detailing the violation;
2. Officials filing an incident report or disqualification notice;
3. SCISA Officials or representatives.

**Section V: Appeals** – An athlete, coach, spectator or school always has the right of due process. A notice to appeal an athletic decision must be made in writing within ten (10) days of receipt of the ruling. An appeal must be in the form of a complete written brief containing all pertinent information. The brief must be filed with the SCISA Athletic Office.

## **EMERGENCY ACTION PLAN**

### **Jefferson Davis Academy**

Emergency situations may arise at any time during an athletic event. Expedient action must be taken in order to provide the best possible care to the athletes of emergency and/or life threatening conditions. The development and implementation of an emergency action plan will help ensure that the best care will be provided. The

following is the emergency action plan for all Jefferson Davis Academy events and activities.

A serious injury is any condition whereby the athlete's life may be in danger or risks permanent impairment. These injuries include but are not limited to: cervical spine injuries, head injuries, internal injuries, loss of limb, serious bleeding, shock, serious fractures, heat stress, and cardiovascular arrest.

**Emergency Personnel:**

- Emergency Medical System available by calling 911
  - Coaches on site at practices and competitions
- \*\* The type and degree of athletic training coverage for an athletic event may vary widely, based on such factors as the sport or activity, the setting, and the type of training or competition. The first responder in some instances may be a student athletic training aide, coach or institution personnel.

**Emergency Personnel Roles:**

- Head Coach: immediate care of injured athlete
- EMS (upon arrival): immediate care of injured athlete
- Athletic Director or School Administrator: locate/call parents, document incident and actions taken
- Head Coach: calls 911
- Assistant Coach: crowd control (limit scene to first aid providers and move bystanders away from the area). In the absence of student aides, assistant coach will gather emergency equipment and meet EMS.
- Athletic staff gathers emergency equipment/meets and directs EMS.

**Emergency Communication:**

**Via Cellular Phones** - Cellular phone will be on site with athletic coaches during practices and events. This communication system should be checked prior to each practice or competition to ensure proper working order.

**Emergency Numbers:**

EMS: 911      Hospital: Orangeburg/Calhoun County Hospital -(803) 533-2200

**Emergency Equipment and Location:**

- Each team should have emergency information forms for each athlete listing family phone numbers, insurance information, special instructions, and who to contact if parents/guardians are unavailable.
- It is the primary responsibility of the athlete to have his/her appropriate medical devices (albuterol inhalers, etc.)

**Emergency Transportation:**

**1. Immediate care of the injured or ill student athlete -**

- a. Check ABC's, severe bleeding, and levels on consciousness;
- b. Begin rescue breathing/CPR if needed or necessary first aid care;
- c. Send athletic training student aide to gather necessary emergency equipment.

**NOTE:** If splinting not possible, stabilize and comfort athlete until EMS arrives.

**NOTE:** If cervical injury is suspected and individual is breathing and/or conscious, instruct victim to remain motionless until more qualified personnel (ATC, EMS) arrive.

**2. Activation of Emergency Medical System (EMS) -**

- a. Call 911;
- b. Name of individual making the call;
- c. Give telephone number (cell phone number);
- d. Number of injured athletes;
- e. Condition of injured athlete;
- f. First aid treatment being given;
- g. Specific location of emergency. See venue directions - include street names and how to enter sites;
- h. Other information as requested.

**3. Direction of EMS to scene -**

- a. Ensure gates are open
- b. Flag down EMS and direct to scene

**PLEASE SIGN AND RETURN THIS FORM TO THE  
ATHLETIC DIRECTOR**

I have read and understand the policies of the Athletic Department and agree to abide by them.

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Parent's Signature

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Student's Signature

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Date