

Athlete's Name (print) _____ Date of Signature/s _____



Home of the Mules

Today's decisions create tomorrow's successes!

2018-2019 WAHKIAKUM ATHLETICS
SPORTS INSURANCE & SIGNATURE PAGE

By signing below I attest that my child and I have read the enclosed information and understand the rules/procedures/regulations that have been listed and prescribed in these documents. We also agree to abide by these rules/regulations and understand the consequences if the rules are broken.

Athletic Code (athlete) _____ (parent) _____

Concussion Waiver (athlete) _____ (parent) _____

Sudden Cardiac Arrest Waiver (athlete) _____ (parent) _____

All Sports Safety (athlete) _____ (parent) _____

Insurance

To participate in athletics students must have insurance or purchase school accident coverage.

Do you have insurance? Yes _____ No _____

Name of Insurance Company _____

Policy Number _____

By signing the lines above your athlete is cleared to participate in athletics for 2018-19 school year, as long as they also have a current physical on file at the high school office.

**THIS PAGE MUST BE SIGNED AND RETURNED
PRIOR TO THE FIRST PRACTICE**

Wahkiakum Athletic / Extra-Curricular Activity Philosophy

Wahkiakum High School offers extra-curricular opportunities in numerous sports and other extracurricular activities to promote the physical and social development of each individual student. All students are encouraged to participate. In order to clarify established policy concerning athletics, the school board, the administration, athletic director, and coaches of Wahkiakum High School believe that the accepted rules and obligations of a participant should be made clear.

Participating in an extra-curricular activity is a privilege rather than a right. This privilege can be maintained only by following a common sense approach to training and abiding by all regulations of the extra-curricular program. We want our school to be represented by the type of individual who has enough pride in oneself, the school, and the team activity group to abstain from doing anything which will cause disfavor upon the school.

“Pay to Participate”: The School District has implemented a “pay to participate” policy. High school students participating in an extra-curricular activity are required to pay \$60 per activity. Payment must be made no later than one day prior to the first game/event in which the athlete is eligible. This payment does not guarantee a student playing time but rather the privilege of being a part of the team.

Academic Eligibility: At a minimum, WHS athletes and participants are required to be passing all subjects and achieve a minimum GPA of 1.75 each quarter. If he/she does not do so, he/she will be placed on academic suspension. These regulations apply to anyone associated with a sport or an activity in any capacity. Any student athlete or activity participant, who is placed on academic suspension, will be ineligible during the suspension period.

Suspension Period for Anyone Failing a Class at the End of a Quarter or Not Achieving at least a 1.75 GPA at the end of a Quarter: This suspension period will be for five weeks. If, at the end of the suspension period, the student is passing all classes and has a GPA of 1.75 or higher, the student will be reinstated for interscholastic competition. If the student has not met the minimum standard by the end of the suspension period, he/she will be ineligible for the remainder of the quarter.

Suspension Period for Anyone Failing a Class at Mid-Term of a Quarter: This suspension period will be for one week. If, at the end of the suspension period, the student is passing all classes, the student will be reinstated for interscholastic competition. If he/she is not, the student will remain ineligible for another week, when another grade check will be done. If, at the end of the second week of this suspension period, the student is passing all classes, the student will be reinstated for interscholastic competition. If he/she is not, the student will be ineligible for another

week. If after the third week the student has NOT shown improvement they will become ineligible for the remainder of that quarter. If a student is showing improvement after the third week he/she will remain ineligible but still have the opportunity to gain back eligibility on a weekly basis. The Principal and the Athletic Director may take into consideration special and/or extenuating circumstances as it relates to students.

Definition of a Week as it Relates to Suspensions: Each student is eligible on Monday of the week following the suspension week. Three or more teaching days shall constitute a week.

Right to a Hearing: The student athlete or activity participant has the right to a hearing whenever the participant feels that he/she has been unfairly suspended from participation. If a student desires to have a hearing, he/she should notify the Principal and/or Athletic Director within three school days of the suspension. **Before a hearing will be held, the student must complete the majority of their interventions with a drug/alcohol counselor.**

Attendance Requirements: An athlete, cheerleader, or other activity participant may not participate in an athletic or activity event or practice on any day that he/she has missed any portion of the school day for an unexcused absence or an illness. Exceptions will include medical appointments (doctor, dentist, vision, etc.). Appointments with doctors require a signed statement by the physician stating the player is safe to participate and/or any limited capacity to participate. Approved prearranged absences made with the principal may warrant participation as well.

If an athlete/cheerleader has an illness or injury, which was serious enough to require medical care, the student must secure a physician's release to resume participation in an athletic activity. This is required before a student may participate in practice.

Physical Appearance: An athlete/cheerleader or activity participant shall maintain the appropriate dress and grooming standards (a minimum standard of the school dress code will be maintained) of the team as determined by the head coach in consultation with his/her immediate supervisor. First offense: verbal warning. Repeated offenses: suspension from the activity for five school days.

Rules pertaining to behavior: Extra-curricular activities are an extension of the classroom and all rules and regulations stated in the student handbook pertaining to behavior and dress code apply to athletics and other extra-curricular activities.

General Regulations

1. Each extra-curricular participant must abide by the rules and regulations of the Washington Interscholastic Activities Association, The Eligibility Code for extra-curricular activities, and regulations and policies set forth by the Wahkiakum School District.
2. All athletes/cheerleaders must be covered by accident insurance offered at the school or have a waiver signed by parents attesting to home coverage equal to the W.I.A.A. minimum requirements. This is required before a student may participate in practice and must be submitted at the beginning of each sport season.
3. Each athlete/cheerleader must have passed a physical examination from a licensed physician or physician's assistant certifying that his/her physical condition is adequate for participation in the activity. Physicals may not expire mid-season. This is required before a student may participate in practice.
4. If an athlete/cheerleader has an illness or injury, which was serious enough to require medical care, the student must secure a physician's release to resume participation in an athletic activity. This is required before a student may participate in practice.
5. Participants will return a parental permission slip to the office at the beginning of the school year or before the beginning of his/her first season. This slip also gives the parent some information on the action the coaches will take in case of injury, as well as listing the player's doctor and his/her phone number. This is required before a student may participate in practice.
6. Athletes, Cheerleaders, and Activity Participants shall respect all decisions of officials and abide to all reasonable requests made by their coaches and/or activity advisors.
7. Extra-curricular participants shall be responsible for the care and return of all property issued them. Uniforms and equipment are costly to replace and to a large extent paid for by student fees. Athletic tape and other supplies should not be used unnecessarily or wasted. **No athlete/cheerleader will be allowed to turn out for another sport until all equipment and uniforms have been turned in from the previous sport.**

8. Athletes, cheerleaders, and activity participants shall take pride in the appearance of the athletic area and shall strive to maintain a clean appearance in the play area and locker room.
9. Each athlete, cheerleader, and activity participant will purchase an A.S.B. card.
This is required before a student may participate in a game/match.
10. Any student withdrawing from participation in a specific sport or activity during a season shall notify the coach at once. The student will be billed for any equipment not returned.
11. Citizenship Eligibility: Participation in extra-curricular activities is considered a privilege. Students may be required to complete extra tasks as a penalty for being late to or absent from practice and thus letting his/her team down. If a student has consistent problems with absences, tardies, or detention they will need to meet with the principal and/or athletic director to create a plan to correct the problem. If the problem continues, the student can be suspended from competition. If a student becomes involved in serious or consistent discipline problems in the school, or civil offenses, he/she may become immediately ineligible as a penalty for the behavior.
12. It is the responsibility of the athlete, cheerleader, or activity participant to secure and complete all missed assignments. Temporary suspension may occur until missed assignments are completed.
13. Athletes and activity participants will always conduct themselves in an appropriate manner that will not harm or taint the reputation of the school, the group, or teammates. This includes posts and comments on social-media sites.

Extra-Curricular Activity Code

The opportunity to participate in interscholastic athletics and other activities at Wahkiakum High School is a privilege granted to all students of the district. Participants in these voluntary programs are expected to conform to specific conduct standards established by the school district 24 hours per day beginning with the first day of the season until the last day of the season according to W.I.A.A.'s calendar of events. A student who is found to be in violation of any rules is subject to disciplinary action, suspension and/or removal from the team. Provisions are made for a student who has allegedly violated one or more of the conduct rules to appeal the suspension and/or expulsion as specified in this code.

Participants shall not possess, use, transmit, be under the influence of, or be suspected of having used any tobacco products, alcoholic beverage, or intoxicant of any kind, narcotic drug or hallucinogenic drug, amphetamine, barbiturate, marijuana, anabolic steroids, or other illegal drugs or substances, or any like product. Participants will abstain from the use, possession, transmission, or illegal sale of any tobacco product or be suspected of the same or like products.

Voluntary Treatment If any student realizes they have a drug, alcohol, tobacco, or anabolic steroid problem, and of their own volition, seek treatment for their problem (prior to their first drug, alcohol, or tobacco violation) they may not be subject to disciplinary action for taking this positive step. The student will be disciplined for any subsequent offense according to this code. Any cost for treatment and/or assessment will be the responsibility of the student and/or the parent/guardian.

Violation of the extra-curricular activity code: Upon confirmation that a student has violated the extra-curricular activity code of conduct and both the participant and parents/guardians have been notified of the appeal process the following steps will be followed. **Tobacco, and/or Alcohol**, (during the school year)

Tobacco - (possessing, or using tobacco and/or like products or suspicion of same)

Alcohol - (possessing, being under the influence of, or using alcohol and/or like products, or suspicion of same).

First Offense: - A participant shall be immediately ineligible for the equivalent of one full season. (Example: if a suspension affects 33% of the football games [3 games], then the participant must be ineligible for 67% of the next athletic season in which he/she participates). In order to be eligible to participate after the suspension the participant shall meet with the School Eligibility Board (S.E.B.) to request approval to participate. **Before a hearing will be held, the student must complete the majority of their interventions with a drug/alcohol counselor.** The school eligibility board will recommend to the principal appropriate action to be taken in the student's case. The school principal shall have the final authority as to the student's participation in the extra-curricular program.

Alternate Suspension: Suspension time may be reduced with the agreement of the participant and/or the parent/guardian to comply with the following stipulations:

1. A parent/guardian conference which includes the participant.
2. A pre-assessment and/or formal assessment (if deemed necessary), and
3. A designated education, rehabilitation, or intervention program or similar

acceptable program deemed appropriate by a counselor or administration.

Alternate Suspension Time: Football, track - 33% of the contests/games /scheduled events Basketball, baseball, softball, wrestling - 33% of the contests/games/outings/scheduled events Volleyball - (33%) of the matches/outings/scheduled events. All other extra-curricular activity participants will lose 33% of the activity **Note:** In wrestling, volleyball, or other multiple contest events, an outing or scheduled event shall mean any event at one site for that day (example; tournament). The suspension shall effect the highest level of participation (varsity level) and the suspended participant shall not participate in lower games or count lower level games toward the suspension.

Any cost for treatment and/or assessment will be the responsibility of the student and/or the parent/guardian

Second Offense: _____ (During the high school career) The violating participant will be prohibited from participation in all extra-curricular activities for one calendar year from the date of the violation.

Third Offense: _____ The violating participant will be banned from any further extra-curricular activities for the remainder of their high school career.

Re-instatement:

If a participant has offended three times in the areas of tobacco and/or alcohol he/she may request an appeal for a reinstatement of eligibility provided they are willing to comply with the following provisions:

1. A written request will be made to the athletic director asking for the reinstatement procedure to be initiated.
2. Be enrolled and participating in, or have completed a substance abuse program approved by the school district within the last year.
3. Consent to complete 6 U.A.'s over a period of six months.
4. Three letters of recommendation from adults (over 21 years of age and not family members) indicating the character of the participant.
5. A letter from a licensed professional practitioner stating the participant does not have a substance abuse problem

When the participant has satisfied each of the above requirements, the SEB will conduct an interview with the participant and participant's parents/guardians and render a decision within 3 days of this interview. ***The decision of the S.E.B. is final and may not be appealed in this process.***

Drugs & Legend Drugs - possessing, being under the influence of, or using drugs/legend drugs and/or like products, dealing or under suspicion of same

Legend drugs are defined as those drugs that are legal ONLY through prescription.

First Offense: (Since the beginning of 7th grade)

A participant shall be immediately ineligible for the equivalent of one full season.

(Example: if a suspension affects 33% of the football games [3 games], then the participant must be ineligible for 67% of the next athletic season in which he/she participates). In order to be eligible to participate after the suspension the participant shall meet with the School Eligibility Board (S.E.B.) to request approval to participate.

Before a hearing will be held, the student must complete the majority of their interventions with a drug/alcohol counselor. The school eligibility board will recommend to the principal appropriate action to be taken in the student's case. The school principal shall have the final authority as to the student's participation in the extra-curricular program.

A student who seeks and receives help for a problem with use of legend drugs or controlled substances and controlled substance analogs shall be given the opportunity for assistance through the school and/or community agencies. In no instance shall participation in a school and/or a community approved assistance program excuse a student from subsequent compliance with this regulation. However, successful utilization of such an opportunity or compliance with athletic code by the student athlete may allow him/her to have eligibility reinstated in the extra-curricular program, pending recommendation by the school eligibility authority committee. ***(School Eligibility Board - S.E.B.)***

Second Offense: (since the beginning of 7th grade) -

A student shall be ineligible for extra-curricular participation for a period of one calendar year from the date of the second violation.

Third Offense: (since the beginning of 7th grade) -

A student/athlete who violates for a third time shall be permanently ineligible for extra-curricular participation.

This W.I.A.A. policy applies to all drug offenses while in middle school and high school.

Example: If a student has a first offense at any time during middle school or high school it will be dealt with as the first offense. If a second or third offense occurs at any later date in their middle school or high school years the consequence will be dealt with as the second or third offense.

In the presence of prohibited substances or activities:

Participants who attend and remain at events and/or places which have prohibited substances or activities may be suspected of participating in training violations and disciplined accordingly:

First Offense:

A participant shall be immediately ineligible for the equivalent of 10% of the season. In order to be eligible to participate after the suspension the participant shall meet with the School Eligibility Board (S.E.B.) to request approval to participate. **Before a hearing will be held, the student must complete the majority of their interventions with a drug/alcohol counselor.** The school eligibility board will recommend to the principal appropriate action to be taken in the student's case. The school principal shall have the final authority as to the student's participation in the extra-curricular program.

10% suspensions will be rounded up to the nearest whole number

Football, track - 10% of the contests/games /scheduled events

Basketball, baseball, softball. wrestling - 10% of the contests/games/outings/ scheduled events

Volleyball - 10% of the matches/outings/ scheduled events

All other extra-curricular activity participants will lose 10% of the activity

Second Offense: - Same as the first offense in tobacco and alcohol violations.

All athletic/activity suspensions must be served while school is in session and only during that portion of the year in which WHS athletics/activities are in active participation.

TRANSPORTATION: All students are expected to use the transportation provided by the school district to get both to and from all athletic events and field trips. Students may be released from riding home on the bus after extracurricular events or field trips if prior arrangements have been made with the office by the parent, or if the parent or guardian is present and verbally requests the release of their student to the coach, bus driver, or staff supervisor. Arrangements to be released must be made in a timely fashion to allow the administrator involved time to verify all communication. (By noon the day of the event)

No student will be released to an older sibling, relative, or other adult unless prior arrangements have been made. At no time will a student be released to another student.

Attendance at School: An athlete, cheerleader, or other activity participant may not participate in an activity/contest or practice on any day that he/she has missed any portion of the school day for an unexcused absence or an illness. If the student has received school permission he/she may miss any portion of the day and participate in practice or contests.

Violations of Civil Law: The administration and the Wahkiakum School Board reserve the right to discipline athletes/participants that have been charged with or found guilty of criminal offenses.

Repeated Offenses: If a student repeatedly violates one of the above rules, he/she may be suspended for the sports season. (As an example: if a student is suspended from one Spring sport he/she shall not be allowed to participate in another spring sport.)

Appeal Process for Extra-Curricular Suspension

The hearing process is intended to be as expeditious as possible to insure due process for the participant. In the appeal process the participant will remain on suspension from the sport or activity until such time that an appeal decision overrules, upholds, or revises the suspension.

When infractions occur within the extra-curricular activity program the following process may be followed

1. Upon the imposition of penalty for infraction(s) of said rules or regulations and the notification of the student and parent/guardian, any aggrieved student and/or the parent/guardian of said student shall have the right to request an appeal of this decision to the School Eligibility Board (S.E.B.). This appeal must be presented to the Superintendent or Principal in writing requesting a hearing by the School Eligibility Board. If the student and/or the parent/guardian do not make a written request for this conference within three (3) school days of the action grieved, they will have waived their right to the conference and appeal procedure. **Before a hearing will be held, the student must complete the majority of their interventions with a drug/alcohol counselor.** The S.E.B. will render the decision within 3 days of the conference. The facilitator of the hearing will communicate the decision to the participant and parent/guardian.

2. If the parties are unable to agree with the result of the S.E.B. hearing, the aggrieved parties may appeal to the Board of Directors by presenting the request in writing to the Superintendent or Principal within three (3) days. The board of directors will hear the appeal as soon as possible, but in any case within ten (10) days. After hearing the case in detail, the Board shall render a decision on the case as quickly as possible, in any case within ten (10) days of the hearing. **This decision shall be final.**

The School Eligibility Board (SEB).

The School Eligibility Board will consist of:

1. Five members chosen by the principal or designee and all participation is voluntary.
2. The principal (or designee) will facilitate these meetings but will not have a vote.
3. The five member board shall consist of:
 - two teachers, one off-season coach from the opposite school of the participant (M.S. or H.S.), two community members.
4. All decisions of this board will be conducted by secret ballot.
5. The outcome of the ballots will be read to the SEB.
6. The principal or designee will inform participant and parents of the SEB's decision.

WAHKIAKUM SCHOOL DISTRICT SPORTS

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|--|--|
| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
|--|--|

Signs observed by teammates, parents and coaches include:

- | |
|---|
| <ul style="list-style-type: none">• Appears dazed• Vacant facial expression• Confused about assignment• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or displays incoordination• Answers questions slowly• Slurred speech• Shows behavior or personality changes• Can’t recall events prior to hit• Can’t recall events after hit• Seizures or convulsions• Any change in typical behavior or personality• Loses consciousness |
|---|

WAHKIAKUM SCHOOL DISTRICT SPORTS

Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

RETURN TO PARTICIPATION PROTOCOL

If your child has been diagnosed with a concussion they MUST follow a progressive return to participation protocol (under the supervision of an approved health care provider) before full participation is authorized.

The return to play protocol may not begin until the participant is no longer showing signs or symptoms of concussion. Once symptom free, the athlete may begin a progressive return to play. This progression begins with light aerobic exercise only to increase the heart rate (5-10 minutes of

WAHKIAKUM SCHOOL DISTRICT SPORTS
Concussion Information Sheet

light jog or exercise bike) and progresses each day as long as the child remains symptom free. If at any time symptoms return, the athlete is removed from participation.

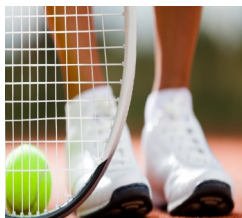
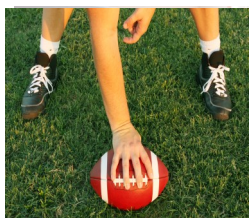


Sudden Cardiac Arrest

Information Sheet for

Student-Athletes, Coaches and Parents/Guardians

SSB 5083 ~ SCA Awareness Act



What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!



Cardiac 3-Minute Drill

1. RECOGNIZE

Sudden Cardiac Arrest

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

2. CALL 9-1-1

- Call for help and for an AED

3. CPR

- Begin chest compressions
- Push hard/ push fast (100 per minute)

4. AED

- Use AED as soon as possible

5. CONTINUE CARE

- Continue CPR and AED until EMS arrives



**Be Prepared!
Every Second
Counts!**

FOOTBALL – SAFETY WARNING

Wahkiakum High School/J.C. Thomas Middle School

CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE THE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC FOOTBALL

Football is a highly competitive, fast action game in which physical contact plays a major role. Because of the speed and contact with which the game is played, squad members, their families, and the coaching staff must accept and share certain responsibilities to enhance safety and enjoyment for participants.

The school has purchased protective helmets that are certified by the National Operating Commission for Safety and Athletic Equipment (NOCSAE). This certification indicates that research has been conducted to verify the protectiveness and shock absorption capabilities of the helmet. In addition, high quality padding has been purchased for protection of other body parts. However, careful fitting and proper wearing methods are imperative to gain maximum protection from any equipment. Each player will receive a demonstration of proper wearing and will be personally fitted by a coach or faculty equipment manager on the day equipment is issued. Proper wearing and use of all protective equipment is the exclusive responsibility of the player after the orientation has been completed. Other player responsibilities include:

PREPARATION FOR PRACTICE OR CONTEST

1. Wear all protective equipment including mouth guards to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened and all fasteners secured so that equipment is properly positioned.
3. Wear outer and undergarments that are appropriate for humidity and temperature.
4. Players with visual impairment must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m. with the last consumption at least 30 minutes prior to practice or competition.
6. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
7. Remove all jewelry and metal hair fasteners.
8. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases, or medically controlled allergies need a physician's approval to participate.
9. If ill or dizzy, notify your coach. Do not practice.

LOCKER ROOM

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between lockers and shower rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker when away from your assigned locker.
5. Keep soap and shampoo in the shower area.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough-housing, and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

MOVEMENT TO CONTEST/PRACTICE SITE

1. Be alert to:
 - a. Ramps leading to practice/contest area
 - b. Variations in surfaces of locker rooms, ramps, natural or artificial turf
 - c. Location and activity in proximity to:
 - 1) Goal posts
 - 2) Charging sleds

- 3) Kicking/kick return drills
 - 4) Passer/receiver drills
 - 5) Agility, sprinting, or other fast action drills
2. Stretch thoroughly and jog easy laps to warm up.

CAUTIONS SPECIFIC TO FOOTBALL

Players will be taught blocking and tackling techniques that are approved by the National Federation and our state association WIAA. The following techniques are of major importance for player safety:

1. The Head and Helmet
 - a. Tackle or block or break tackles with the shoulder pad. NEVER USE THE HELMET TO STRIKE THE OPPONENT.
 - b. Keep the chin and eyes up when blocking, tackling, or running with the ball. Lowering the head/helmet jeopardizes the neck and spinal cord.
2. Blocking and Defensive Contact
 - a. The forearm striking surface would be accelerated as a unit with the shoulder and extension of the trunk. DO NOT "wind up" to accelerate the forearm separately.
 - b. Block from the front, the side, and above the waist.
 - c. When pursuing an opponent ball carrier, do not "pile on" when the opponent is down.
 - d. Do not chop or slash with a rigid arm when executing a tackle.
3. General
 - a. GET UP! When on the ground you are vulnerable to being stepped on or receiving a leg, shoulder, or knee injury.
 - b. When falling, TUCK. Leave no extremity extended either to absorb the fall, or while on the ground.
 - c. Participate fully in all neck strengthening exercises.
4. Water

Frequent drink breaks will be scheduled during practices and players should hydrate themselves frequently during practice or games.
5. Weight Room

Maintenance strength training procedures will be utilized. Observe all weight room policies for progressions, spotting, and general safety.

EMERGENCIES

Because of the nature of football, some injuries may occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance
 - b. Bringing first aid equipment or supplies to the site
 - c. Keeping onlookers away
 - d. Directing rescue team members to the site
5. Fire or fire alarm
 - a. Evacuate or remain outside the building
 - b. Move 100 yards from the building
 - b. Be prepared to implement the emergency procedures outlined in #4.

VOLLEYBALL – SAFETY WARNING

Wahkiakum High School/John C. Thomas Middle School

CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC VOLLEYBALL

Volleyball is a highly competitive, fast-action game that places great physical demands on the individual player. For this reason, coaches will implement conditioning regimens that are based on scientific principles, and designed to enhance quickness and strength, certain weight room workouts may also be prescribed along with regular practice activity. In addition, the following consideration and cautions will enhance player enjoyment and safety.

PREPARING FOR PRACTICE OR CONTEST

1. Wear all protective knee and elbow pads to all practices and games.
2. Clothing and shoes should fit properly, be comfortable and allow for maximum physical efforts.
3. Clothing should not prevent heat dissipation or restrict movement.
4. Feet should be covered with a thick cotton sock followed by a heavier wool sock. If blisters are a chronic problem or beginning to appear, coaches should be consulted for appropriate responses or preventive actions.
5. Players with usual impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
6. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption 30 minutes prior to competition.
7. Players needing protective taping, padding or bracing should arrive early to receive necessary treatment.
8. Remove all jewelry, metal hair clips and hats.
9. No rough-housing or horseplay.
10. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases or medically controlled allergies need physician's approval to participate.
11. If ill or dizzy, notify your coach. Do not practice.

LOCKER ROOM

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough-housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

MOVEMENT TO CONTEST/PRACTICE SITE

1. Be alert to ramps leading to practice/contest area.
2. Be alert to variations in surfaces of locker room, ramps, stairways or playing floors.
3. Be alert to the following:
 - a. Ball carts
 - b. Volleyballs in flight, rolling, rebounding or bouncing
 - c. Spiking or serving drills
 - d. Nets, support poles and cables
4. Stretch thoroughly and jog easy laps to warm up.

CAUTIONS SPECIFIC TO VOLLEYBALL

1. Be alert to dehydration symptoms (dry mouth, inability to cool down, dizzy/light headed). Drink 4-6 glasses of water during the school day and additional amounts at practice.

2. Frequent drink breaks will be built into the practice plan. Players should make use of each one.
3. Foot problems - refer to coach(es)
 - a. Blisters
 - b. Calluses
 - c. Ingrown toenails
 - d. Fungus infections or plantar warts
4. Other skin problems - refer to coach(es)
 - a. Boils
 - b. Rashes
 - c. Floor burns, cuts
5. Ankles and other orthopedic problems.
 - a. New sprains - ice compression, elevate, rest
 - b. Old sprains - taping, easy workouts, rehabilitative exercise
6. Weight training regimens will have separate standards and progressions designed to enhance safety.
7. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health.
8. Check your weight and record it on the squad room chart each week. Sudden or large losses over a month should be brought to the coaches' attention, especially if you are feeling tired or ill, or if you demonstrate cold symptoms and swollen throat/neck glands.
9. Gather loose volleyballs and place them in storage racks. Do not follow a loose ball into an adjacent court until play is stopped in that court.
10. Use body sprawls when digging a hard driven ball. Do not fall on the elbow or straight arm.
11. Jump vertically to avoid collisions with opponents or nets.
12. When spiking, strike with a fully extended arm.
13. Gum chewing is prohibited.

EMERGENCIES

Because of the nature of volleyball, some injuries may occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he/she is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance
 - b. Bringing first aid equipment or supplies to the site
 - c. Keeping onlookers away
 - d. Directing the rescue team to the accident site
5. Fire or Fire Alarm:
 - a. Evacuate or remain outside the building
 - b. Move 100 yards from the building
 - c. Be prepared to implement the emergency procedures outlined in #4.

CROSS COUNTRY – SAFETY WARNING

Wahkiakum High School/J.C. Thomas Middle School

CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC CROSS COUNTRY

The Cross Country squad extends a competitive opportunity to all students. Because the season is long and demanding and will require specialized conditioning, it is imperative that certain responsibilities, cautions and considerations be understood as prerequisites to squad membership.

PREPARING FOR PRACTICE OR CONTEST

1. Select well fitted clothing appropriate for:
 - a. Heat retention in cold weather
 - b. Heat dissipation in warm or humid weather
 - c. Warm-up/warm-down before and after competition and practices
2. Select and change spikes or shoes for various surfaces.
3. Players with visual impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
4. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption 30 minutes prior to competition.
5. Players needing protective taping, padding or bracing should arrive early to receive necessary treatment.
6. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases or medically controlled allergies need physician's approval to participate.
7. If ill or dizzy, notify your coach. Do not practice.
8. Report all injuries to the coach immediately.

LOCKER ROOM

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough-housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

MOVEMENT TO CONTEST/PRACTICE SITE

1. Be alert to ramps leading to practice/contest areas.
2. Be alert to variations in the surfaces of ramps, locker rooms, and all running surfaces.
3. Stretch thoroughly and start your workout with easy running.

CAUTIONS SPECIFIC TO CROSS COUNTRY

1. Run only on the course as indicated by the coach.
2. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Run in single file. Avoid heavy traffic streets.
3. Be alert at intersections and be aware of erratic drivers.

4. DO NOT WEAR HEAD PHONES.
5. In case of an emergency on a run, contact the coach or school. If you cannot get assistance, stay on the course described for the workout.
6. Run in pairs in unfamiliar territory.
7. Beware of objects being thrown from passing cars and car doors opening.
8. Beware of dogs.
9. Avoid sudden stops on hard surfaces after sprinting.
10. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
11. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should drink water frequently.
12. Runners should be familiar with basic first aid treatment for heat exhaustion, heat stroke, sprained ankle, and other runner-related injuries.
13. Travel to and from contests in only coach-approved transportation.

EMERGENCIES

Because of the nature of cross country, some injuries may occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, some may need more intense management and may also require squad members to:

1. Stop practice.
2. Call the coach to manage the situation if he/she is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance
 - b. Bringing first aid equipment or supplies to the site
 - c. Keeping onlookers away
 - d. Directing the rescue team to the accident site
5. Fire or Fire Alarm:
 - a. Evacuate or remain outside the building
 - b. Move 100 yards from the building
 - c. Be prepared to implement the emergency procedures outlined in #4.

WRESTLING

Wahkiakum High School/John C. Thomas Middle School

CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC WRESTLING

Wrestling is a highly competitive, fast-action game in which physical strength, endurance and contact plays a major role. Because of the speed and contact with which the sport is conducted, squad members, their families and the coaching staff must accept and share certain responsibilities to enhance safety and enjoyment for participants.

PREPARING FOR PRACTICE OR CONTEST

1. Wear all protective equipment, including ear protectors, to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all equipment is properly worn and tightened and that all fasteners are secured so that equipment is properly positioned.
3. Wear outer and undergarments that are appropriate for humidity and temperature for skin protection.
4. Wrestlers with visual impairments must remove glasses.
5. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption 30 minutes prior to competition.
7. Players needing protective taping, padding or bracing should arrive early to receive necessary treatment.
8. Weight control or reduction must be conducted very carefully, with attention to balanced meals and in compliance with the State Athletic Association guidelines.
9. A coach or physician should see all cuts, abrasions, boils, rashes and skin irritations.
10. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases or medically controlled allergies need physician's approval to participate.
11. If ill or dizzy, notify your coach. Do not practice.

LOCKER ROOM

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough-housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

MOVEMENT TO CONTEST/PRACTICE SITE

1. Be alert to ramps and stairs and changes in the texture of various surfaces, mats or flooring.
2. Be alert to other large equipment items in the general area, e.g., gymnastic apparatus.
3. Be alert to the location of fire extinguishers and other building equipment and proximity of walls to mats.
4. Be alert to on-going drills or wrestle-offs.
5. If ill or light headed, notify the coach. Do not practice.

CAUTIONS SPECIFIC TO WRESTLING

1. Do not drive an opponent into the mat with unnecessary force on a takedown.
2. Do not bend a joint more than its normal range of motion.
3. The following are prohibited holds or tactics:
 - a. Double arm bar, full nelson
 - b. Some free style takedowns, e.g., straight-back suplay or salto
 - c. Trips where the opponent is forcibly thrown
4. Weight control or weight reduction programs should not be undertaken without approval of the coach and a physician.

EMERGENCIES

Because of the nature of wrestling, some injuries may occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance
 - b. Bringing first aid equipment or supplies to the site
 - c. Keeping onlookers away
 - d. Directing rescue team members to the site
5. Fire or fire alarm:
 - a. Evacuate or remain outside the building
 - b. Move 100 yards from the building
 - c. Be prepared to implement the emergency procedures outlined in #4

BASKETBALL

Wahkiakum High School/John C. Thomas Middle School

CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE THE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC BASKETBALL

Basketball is a highly competitive, fast-action game that places great physical demands on the players. For this reason, coaches will implement conditioning regimens that are based on scientific principles and designed to enhance the players' endurance, quickness and playing skills. While contact and rough play are prohibited by rule, a certain amount of inadvertent physical contact is predictable. To enhance stability and strength, certain weight room workouts may also be prescribed along with regular practice activity. In addition, the following considerations and cautions will enhance player enjoyment and safety.

PREPARATION FOR PRACTICE OR CONTEST

1. Clothing and shoes should fit properly, be comfortable, and allow maximum physical effort.
2. Clothing should not prevent heat dissipation or restrict movement.
3. Feet should be covered with thin cotton socks followed by a pair of heavier wool socks. If blisters are a chronic problem or begin to appear, coaches should be consulted regarding appropriate responses or preventive measures.
4. Players whose vision requires correction must wear shatterproof glasses or lenses. Glasses must be mounted in break resistant frames and must be held in place by an elastic strap.
5. Players should ingest the equivalent of 4-6 glasses of water each day.
6. Players requiring preventive taping, padding, or bracing should arrive early enough to receive treatment and be able to participate in specialty work.
7. All jewelry, metal hair clips, and hats should be removed.
8. Rough-housing and horseplay are prohibited.
9. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or medically controlled allergies need a physician's approval to participate.
10. If ill or dizzy, notify your coach. Do not practice.

LOCKER ROOM

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between lockers and shower rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker when away from your assigned locker.
5. Keep soap and shampoo in the shower area.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough-housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

MOVEMENT TO CONTEST/PRACTICE SITE

1. Be alert to ramps leading to practice/contest area.
2. Be alert to variations in surfaces of locker room, ramps, stairways or playing floors.
3. Be alert to the following:
 - a. Ball carts
 - b. Basketballs in flight, rolling, rebounding or bouncing
 - c. Wind sprints or fast break drills
 - d. Proximity of bleachers and walls to playing surface.
4. Stretch thoroughly and jog easy laps to warm up.

CAUTIONS SPECIFIC TO BASKETBALL

1. Be alert to dehydration symptoms: Dry mouth, inability to cool down, dizzy/light headedness. Ingest 4-6 glasses of water during the school day and an additional amount at practice.
2. Build frequent drink breaks into the practice plan. Players should make use of each one.
3. Foot problems - refer to coach(es).

- a. Blisters
- b. Calluses
- c. Ingrown toe nails
- d. Fungus infections or plantar warts
- 4. Other skin problems - refer to coach(es)
 - a. Boils
 - b. Rashes
 - c. Floor burns, cuts
- 5. Ankles and other orthopedic problems
 - a. Sprains (new) ice compression, elevate, rest
 - b. Sprains (old) taping, easy workouts, rehabilitative exercise
- 6. Weight training regimens will have separate standards and progressions designed to enhance safety.
- 7. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health.
- 8. Check your weight and record it on the squad room chart each week. Sudden or large losses over a month should be brought to the coaches' attention, especially if you are feeling tired or ill, or if you demonstrate cold symptoms and swollen throat/neck glands.
- 9. DO NOT hang on the rims or nets.
- 10. DO NOT engage in rough, thoughtless play.
- 11. DO NOT run under a player who is in the air to shoot or receive a pass.
- 12. DO NOT swing elbows excessively when clearing a rebound.
- 13. Taller players may need to be alert to their proximity to the lower surface of the backboard.

EMERGENCIES

Because of the nature of basketball, a few injuries will occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

- 1. Stop all practices, scrimmages or drills.
- 2. Call the coach to manage the situation if he/she is not already at the site.
- 3. Sit or kneel in close proximity.
- 4. Assist by:
 - a. Calling for additional assistance
 - b. Bringing first aid equipment or supplies to the site
 - c. Keeping onlookers away
 - d. Directing rescue team members to the site
- 5. Fire or fire alarm:
 - a. Evacuate or remain outside the building
 - b. Move 100 yards from the building
 - c. Be prepared to implement the emergency procedures outlined in #4.

TRACK & FIELD

Wahkiakum High School/John C. Thomas Middle School

CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC TRACK & FIELD

The Track & Field squad extends a competitive opportunity to all students. Because the season is long and demanding and will require specialized conditioning, it is imperative that certain responsibilities, cautions and considerations be understood as prerequisites to squad membership.

PREPARING FOR PRACTICE OR CONTEST

1. Select well fitted clothing appropriate for:
 - a. Heat retention in cold weather
 - b. Heat dissipation in warm or humid weather
 - c. Warm-up/warm-down before and after competition and practices
2. Select and change spikes or shoes for various surfaces.
3. Players with usual impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
4. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption 30 minutes prior to competition.
5. Players needing protective taping, padding or bracing should arrive early to receive necessary treatment.
6. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases or medically controlled allergies need physician's approval to participate.
7. If ill or dizzy, notify your coach. Do not practice.

LOCKER ROOM

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.
9. Put on spiked shoes at the track.

MOVEMENT TO CONTEST/PRACTICE SITE

1. Be alert to ramps leading to practice/contest areas.
2. Be alert to variations in the surfaces of ramps, locker rooms, cinder or artificial tracks.
3. In approaching the track, be alert to locations of:
 - a. Starting blocks and hurdles
 - b. Relay exchange areas
 - c. Jump/Vault runways and landing pits
 - d. Shot/Discus/Javelin landing areas
 - e. Debris in or on landing pits
4. Stretch thoroughly and start your workout with easy running.

5. Debris in or on landing pits.

CAUTIONS SPECIFIC TO TRACK & FIELD

1. High jumpers must go through an instructional progression before using the "Fosbury Flop" in practice or contests (assumes coach is competent to teach this technique).
2. High jumpers and pole-vaulters must check the proximity of the standards to the landing pit.
3. Shot/Discus/Javelin thrower(s) must check the throwing sector and the immediate areas alongside the circle or runway for people in the area. They must also refrain from horseplay with the shot, discus and javelin.
4. Hurdlers must be sure hurdles are facing a direction that allows the hurdle to tip if struck by the hurdler.
5. Distance runners and relay teams engaged in speed work and time trials should run the inside lanes unless passing a runner. Slower work should be done in the outer lanes.
6. Runners engaged in street work, as a method of distance conditioning must face traffic or use sidewalks. DO NOT wear radio or tape player headphones. Run in single file. Be alert at intersections. Avoid heavy traffic streets.
7. Avoid sudden stops on hard surfaces after sprinting.
8. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
9. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should drink water frequently.

EMERGENCIES

Because of the nature of track and field, some injuries may occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he/she is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance
 - b. Bringing first aid equipment or supplies to the site
 - c. Keeping onlookers away
 - d. Directing the rescue team to the accident site
5. Fire or Fire Alarm:
 - a. Evacuate or remain outside the building
 - b. Move 100 yards from the building
 - c. Be prepared to implement the emergency procedures outlined in #4.

BASEBALL/SOFTBALL

Wahkiakum High School

CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE THE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC SOFTBALL AND BASEBALL

Baseball and softball are sports enjoyed by large numbers of interscholastic and recreational players annually. Because of its popularity and the high-speed components of the game, it is important to observe and practice a number of procedures designed to enhance safety and enjoyment in these games.

PREPARATION FOR PRACTICE OR CONTEST

1. Wear all protective equipment to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all-stabilizing straps and laces are properly worn and tightened and all fasteners secured so equipment is properly positioned.
3. Wear outer and undergarments that are appropriate for humidity and temperature.
4. Any player with a visual impairment must wear corrective shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. Players needing preventive or rehabilitative taping, padding or bracing must arrive early to complete needed procedures.
6. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption at least 30 minutes prior to practice or competition.
7. Remove all jewelry and metal hair fasteners.
8. Players with seizure or other neuromuscular disorders or diseases, chronic skeletal problems, cardiac or renal problems, insulin/diabetic problems, or medically controlled allergies need a physician's approval to participate.
9. If ill or dizzy, notify your coach. Do not practice.

LOCKER ROOM

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.
9. Be especially careful not to injure a teammate with cleated shoes.

MOVEMENT TO CONTEST/PRACTICE SITE

1. Be alert to variable surface textures (concrete, matting, and turf).
2. Be alert to step, ramps, dugout location.
3. Be alert to locations of bulk equipment or specific drills:
 - a. Ball throwing machines
 - b. Hitting practice and "on deck circle"
 - c. Pitching practice
 - d. Infield practice

CAUTIONS SPECIFIC TO SOFTBALL AND BASEBALL

1. All protective equipment required by rule must be worn at practices and competition in those situations that require it.
2. Helmets are to be worn by batters, base runners, catchers, and base coaches.
3. "On deck" hitters are to take practice swings in a designated circle but with complete attention directed to the pitcher and batter. If no circle is designated, stand behind the backstop. Keep hand off the backstop.
4. Swing only one bat when taking practice swings. Use a bat ring that will not slide off the thick end of the bat.
5. Batting practice, infield drills, outfield drills and pitching practice are to be done in designated areas and at designated times. DO NOT begin these practices without the direction of the coach.
6. Sliding is only to be performed in the manner taught and approved by the coach before it is tried.
7. Offensive and defensive players involved in sliding or other close plays must recognize the possibility of being hit by a thrown ball, being bumped accidentally, or of being injured by friction burn or being stepped on. Be alert to the location of the ball and opponents. Assume a protected position. Do not leave limbs extended when on the ground.
8. Burns, sprains, strains and contusions must be reported to coaches.
9. Dugout - players on the field must be alert to its location when making defensive plays. Players in the dugout must be alert to foul balls, overthrows or defensive players moving toward the dugout at high speed.

EMERGENCIES

Because of the nature of softball and baseball, some injuries may occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he/she is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Call for additional assistance
 - b. Bring first aid equipment or supplies to the site
 - c. Keeping onlookers away
 - d. Directing rescue team members to the site
5. Fire or fire alarm:
 - a. Evacuate or remain outside the building
 - b. Move 100 yards from the building
 - c. Be prepared to implement the emergency procedures outlined in #4.

GOLF

Wahkiakum High School

CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC GOLF

Golf is a game of finesse and skill that requires attention to detailed technique. The enjoyment of an outdoor activity, a beautiful environment and the company of teammates can deter from the concentration needed to play golf effectively and may also result in some hazardous behavior or inattentiveness. For these reasons, attention to several safety considerations is important.

PREPARING FOR PRACTICE OR CONTEST

1. Wear comfortable footwear that will protect the feet against blisters or skin irritations.
2. Players with usual impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
3. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption 30 minutes prior to competition.
4. Players needing protective taping, padding or bracing should arrive early to receive necessary treatment.
5. Appropriate clothing should be worn to reflect temperature, humidity and climatic condition.
6. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases or medically controlled allergies need physician's approval to participate.
7. If ill or dizzy, notify your coach. Do not practice.

LOCKER ROOM

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

MOVEMENT TO CONTEST/PRACTICE SITE

1. Be alert to:
 - a. Ramps leading to practice/contest area
 - b. Practice areas for chipping and driving
 - c. Other golfers when you are taking practice chips and drives
 - d. Golfers taking practice swings
 - e. Golf carts
 - f. Changes in footing texture (carpet, turf, blacktop, concrete)
 - g. Weather conditions - especially storm conditions where lightning is a possibility
2. Exercise caution in driving to courses or practice areas.
3. Stretch appropriately.
4. Be cautious in parking lots when unloading clubs and/or carts or when changing shoes.

5. Adjust for temperature, humidity. A cap, sunglasses and sun block can be helpful in avoiding discomfort or overheating. Players with sensitive skin should avoid prolonged sun exposure.

CAUTIONS SPECIFIC TO GOLF

1. When involved in club control/club swing drills LOOK in all directions BEFORE taking your first practice swing. Be sure there is room for the club to be swung safely.
2. Do not horseplay with clubs or equipment. Do not throw clubs.
3. Be alert to players on adjacent tees or fairways.
4. Be alert to players in front and behind you. On short holes, signal players behind when it is safe to hit their tee shots. Do not hit tee or fairway shots if close to players ahead.
5. Call "FORE" if any shot moves into an adjacent fairway or near any other player.
6. Drink water frequently on the course. If uncomfortable, stop in a shady area or sun shelter and consume water. Call for assistance if dizzy, ill or light headed.
7. If severe weather occurs while on the course:
 - a. Remove spikes, get away from clubs.
 - b. Avoid trees, shelters, hilltops, open spaces, isolated trees or metal objects.
 - c. Move to a wood building, low, protected area or heavily wooded area.
8. If heat and humidity are excessive, players should dry club handles regularly.
9. Be alert to blisters, calluses and foot infections.

EMERGENCIES

Because of the nature of golf, some injuries may occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he/she is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance
 - b. Bringing first aid equipment or supplies to the site
 - c. Keeping onlookers away
 - d. Directing the rescue team to the accident site
5. Fire or Fire Alarm:
 - a. Evacuate or remain outside the building
 - b. Move 100 yards from the building
 - c. Be prepared to implement the emergency procedures outlined in #4.