

# **Athletic Department Handbook**



**School Year: 2025-2026**

**Cleveland Heights – University Heights School District**

Parents/Guardians & Student Athletes,

Welcome to CHUH Athletics! Like our community, the athletic department offers a variety of opportunities for our student-athletes. With 26 Varsity sports we certainly welcome all interested students to explore our offerings.

The Athletic Department understands its vital role in the development of our young people. Therefore, we will exhaust every effort in order to maximize our student's experiences. As an athletic department, we can assure you that students and the teams in which they participate are the guiding force in everything we do and every decision we make. This combination shall ensure a promising and successful future for CH-UH Athletics.

Likewise, we believe that parents/guardians have committed themselves to certain responsibilities and obligations to the student-athlete. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized athletic program.

Please take the time to review the Athletic Department Handbook. It will not only allow you to become familiar with our policies and procedures, but it will also allow for a smooth transition for you as a new or continued member of the Tiger Nation athletic program.

Should you have any questions or concerns, please feel free to contact any member of the CH-UH Athletic Department.

Go Tigers!

Joe D'Amato, CMAA  
Director of Athletics

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### **Athletic Department Activities**

<b><u>Fall</u></b>	<b><u>Winter</u></b>	<b><u>Spring</u></b>
Boys & Girls Cross Country	Boys & Girls Basketball	Baseball
Cheer	Boys & Girls Bowling	Boys & Girls Lacrosse
Football	Cheer	Softball
Boys & Girls Golf	Gymnastics	Boys & Girls Track & Field
Girls Golf	Ice Hockey	Boys Tennis
Boys & Girls Soccer	Boys & Girls Swimming & Diving	Girls Flag Football
Girls Tennis	Boys & Girls Wrestling	Boys Volleyball
Girls Volleyball	Swim Cadets	Rugby

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### **ATHLETIC DEPARTMENT MISSION**

The mission of the Cleveland Heights High School Athletic Department is to provide an equitable, inclusive, and excellence-driven athletic program that supports the academic, physical, and personal growth of every student-athlete. We are committed to embracing diversity and ensuring equitable opportunities for all participants, fostering a culture of respect, integrity, and sportsmanship. Through teamwork, leadership, and community pride, we prepare our student-athletes to excel in competition, represent our school with honor, and contribute positively to our diverse community

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### **DIRECTOR OF ATHLETICS**

The Athletic Director is responsible for administering the Athletic Program for the Cleveland Heights-University Heights School District. His/Her duties include but are not limited to: hiring and training coaches, coordinating the athletic budget, scheduling games, coordinating practice schedules with the head coach of each sport, approving the scheduling of transportation, officials, conflict resolution, and overseeing all aspects of the Department of Athletics. He/She will advise the Administration, staff, teams, coaches, and parents/guardians of any changes and communicate the needs of the Athletic Department to the administration and the CH-UH School Board.

The Athletic Director is expected to provide appropriate instruction and support to all part-time and full-time coaches. He/She must also be a positive representative of the Cleveland Heights-University Heights School District and the Athletic Department.

## **COACHES**

The coach is responsible for creating a fun, safe, and challenging environment in which his/her student-athletes will receive a high level of instruction and competition. The coach is also responsible for confirming game and bus schedules, turning in a roster prior to the season, distributing and collecting uniforms and equipment, completing game, injury and/or incident reports, and communicating with parents/guardians, among other duties as assigned by the District. The coach must also ensure that student-athletes are exhibiting good behavior on and off the field/court.

The coach is expected to be a positive representative of the Cleveland Heights-University Heights School District and the Athletic Department. This includes ensuring that the coach conducts himself/herself in a manner that will bring honor and respect to our teams and school. He/She is expected to make decisions based on the collective interest of the team, while also developing each student-athlete to his/her fullest potential. The coach must be clear in expectations and available to student-athletes for positive mentorship on and off the field/court. He/She is expected to maintain high personal standards, motivate the players, and promote sportsmanship at all times.

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## **STUDENT ATHLETE EXPECTATIONS**

As a CHUH Student-Athlete:

1. I understand that participating in athletics may result in serious injury.
2. I will not possess, use or be under the influence of alcohol, narcotics, tobacco and drugs; and I will otherwise comply with Board Policy 5530 – Drug Prevention.
3. I shall not plan, encourage or engage in any hazing activity, at it is defined in Board Policy 5516 – Student Hazing.
4. I understand that any school suspensions or expulsions will impact my status with the team, up to and including permanent removal.
5. I understand that I must attend at least half of the school day on all days in which I have practices or games; otherwise, I will not be permitted to play unless the absence is excused by an administrator.
6. I understand that if I choose to participate in multiple sports, extracurricular activities, clubs, etc. any potential conflicts must be cleared by the head coach prior to the start of the season. I also understand these conflicts could affect my role as a member of the team.
7. I understand that I am expected to ride to and from all games on the bus with the team. Unless there is an emergency, any need for alternative transportation must be cleared with the head coach prior to game day. I understand I cannot be released to anyone other than my parent(s)/guardian(s) unless the [Bus Release Form](#) has been submitted to my coach.
8. I understand that I am to respect any reasonable directives from my coaches or school personnel related to athletics.
9. It is my obligation both on and off the field to act in a manner in which properly represents the Cleveland Heights-University Heights School District. I understand any negative behaviors can affect my status with the team up to and including removal from the team.
10. I understand any vacations that take place during the season must be approved by the head coach prior to the start of the season. I accept that absences from practices or games due to vacations could directly affect my status as a

member of the team.

11. I understand that all tardiness or absences to practices or games must be cleared with the coaching staff.
12. I understand my participation in the off-season program in no way guarantees that I will make the team. It also does not guarantee any set amount of playing time, should I make the team.
13. If I am not currently involved in another sport, I will do my best to attend all off-season/summer workouts, conditioning, weight training, etc. I understand that off-season workouts are not mandatory. I will, however, contact the head coach and inform him/her any time I will not be attending.
14. I understand the CHUH Academic Eligibility guidelines and understand my grades may impact my continued participation in the program.
15. I understand that academic eligibility continues into the off-season and that I cannot participate in any open gyms, weight lifting, conditioning, etc. if I am academically ineligible.
16. I understand that dropping any classes could directly affect my athletic eligibility. As a result, I will consult my counselor or the Athletic Director prior to doing so.
17. I will treat teachers, staff members, coaches, teammates, officials, opponents and others with respect.
18. I will respect all buildings, property and transportation vehicles. I understand that any intentional damage to CHUH properties or opponent's properties can result in disciplinary action including removal from the team.
19. I will accept the role I am given by the coaching staff while being a good teammate and coachable at all times.
20. I understand that the use of cell phones is not permitted in practices, games or the locker room unless there is an emergency. Players must ask permission to use their cell phones for any other reason.
21. I understand that my social media account is my responsibility. I understand that the content on my social media accounts is to properly represent myself and the Cleveland Heights – University Heights School District. I understand that certain negative content could result in disciplinary action, depending on the facts and circumstances of the social medial conduct, up to and including removal from the team.
22. I understand that if I am issued any equipment/uniforms that I must return these at the conclusion of the season. If I do not, I will be billed for the replacement equipment/uniform. I also understand that I will be held accountable for any damage that is done to the issued equipment/uniforms outside of normal wear and tear.
23. I have read the Athletic Handbook and understand all of the Cleveland Height-University Heights District Policies related to athletics. I understand that participation in athletics is a privilege and not a right.

\_\_\_\_\_  
(Student Athlete Signature)

\_\_\_\_\_  
(Parent/Guardian Signature)

\_\_\_\_\_  
(Date)

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### **POLICIES, PROCEDURES & AFFILIATIONS**

Cleveland Heights High School, Roxboro Middle School and Baumgardner Middle School are members of the Ohio High School Athletic Association (OHSAA) which serves as the governing body for interscholastic athletics in the State of Ohio.

As a member of OHSAA, the Cleveland Heights-University Heights City School District agrees to abide by all of the state bylaws, rules and regulations with special emphasis placed on those governing eligibility, age limitation, enrollment, attendance, scholarship, residence, transfers, recruiting, amateurism, conduct, character, and discipline of athletes.

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## **REQUIREMENTS FOR PARTICIPATION**

1. [Academic Eligibility](#) requirements must be satisfied prior to participation.
  2. [Final Forms](#) – an account must be created and all forms signed.
  3. [OHSAA Physical Form](#) – an active physical must be on file in the athletic trainer's office.
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## **PHYSICAL EXAMINATIONS**

The Cleveland Heights Athletic Department requires physical examinations for all students participating in interscholastic athletics. This rule is as follows:

An annual physical examination by a medical practitioner certifying that the student is physically fit to participate in athletics is required before a student may try out, practice, or participate in interscholastic athletic competition. Physical examination forms are available in the Athletic Director's Office or on the District's website. It is the coach and Athletic Director's responsibility to ensure that no student is permitted to try out for or participate on his/her team until such time as the player's record of a physical examination is on file in the Athletic Department.

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## **ACADEMIC ELIGIBILITY: INTERSCHOLASTIC ELIGIBILITY REQUIREMENTS**

The Board of Education has adopted a policy ([po2431](#)) to determine a student's eligibility to participate in interscholastic extracurricular activities.

For purposes of this policy, the program of interscholastic athletics shall include all activities relating to competitive sport contests, games, events, or sport exhibitions involving individual students or teams of students of this District with those of another district. These same eligibility standards shall apply to all other co-curricular and extra-curricular activities sponsored by the District. Please check with the high school principal for the most current listing at the beginning of the school year.

Specific academic criteria will determine a student's FULL ELIGIBILITY STATUS to join an interscholastic extracurricular activity. Those failing to achieve Full Eligibility Status may participate on CONDITIONAL ELIGIBILITY STATUS by meeting a combination of academic and conduct expectations on a weekly basis.

### **Conditional Eligibility**

- A. Students below a 2.0 GPA are ineligible; however, they will receive conditional eligibility

status during the following quarter if they meet all other standards for full eligibility status. Both parent/guardian and the student must sign the conditional eligibility contract before eligibility is established.

- B. Conditional eligibility includes a weekly check of eligibility by the coach/athletic department.
- C. A student receiving one (1) or more F's at any time during the weekly period for which they are conditionally eligible, will automatically be ineligible for the next week.

Students educated at home or enrolled in a nonpublic school who are permitted to participate on a District interscholastic team must fulfill the same academic, nonacademic, and financial requirements as any other participant. See Policy 9270.

If a student who becomes ineligible under these standards improves his/her grade point average during the current grading period to meet the eligibility standard, s/he may be reinstated at the beginning of the next grading period.

### **Restoration of an "Incomplete" Grade**

If a student's failure to meet the academic eligibility requirements is due to an "incomplete" grade given in one or more courses which the student was taking during the grading period in question, the student may have his/her eligibility restored once the "incomplete" has been changed to a passing letter grade provided:

- A. the failure to complete the required coursework during the grading period was due to calamity day(s), family tragedy, or illness or accident as verified by a physician; and
- B. the "incomplete" was given in accordance with Board of Education grading policies and procedures and is applicable to all students in the school; and
- C. the previously scheduled work and/or exams is/are completed within the time period provided in Board policy for completing work required to convert an "incomplete" into a letter grade; and
- D. there is no evidence that the "incomplete" was given in order to afford the student extended time in order to provide the student tutoring or other educational services simply to avoid a failing grade.

Specific documentation of criteria listed above (Items A-D) must be submitted to the Ohio High School Athletic Association (OHSAA) (See AG 2431) in order to be considered by the Executive Director for such a ruling.



## **ATTENDANCE POLICY**

Students have the right and responsibility to attend school each day. Acceptable reasons for being absent are personal illness or injury, a death in the family or any reason acceptable to the building Principal.

If a student misses any class(es), other than by reason of a school activity such as a field trip or retreat, during the school day and is active in a sport, he/she may not participate in the sport that day (practices or games). A day only counts if a student has attended for more than half of the scheduled hours.

We strongly encourage members of our athletic teams to not take vacations while in season. By choosing to be a member of a team, each student should have a clear understanding of his/her commitment to said team.

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## **DRUG & ALCOHOL POLICY**

The Cleveland Heights-University Heights City School District Board Policy 5530 – Drug Prevention states:

**The Board prohibits the use, possession, concealment, or distribution of any drug or any drug-related paraphernalia as the term is defined by law, or the misuse of a product containing a substance that can provide an intoxicating or mood-altering effect on school grounds, on school vehicles, and/or at any school-sponsored event.**

**It further establishes a drug-free zone within 1000 feet of any facility used by the District for educational purposes.**

The Cleveland Heights-University Heights City School District's Athletic Department follows this policy and recognizes that the use and/or abuse of chemicals by students is a violation of the Code of Student Conduct. This includes all tobacco products and substitutes for tobacco, including vapor products. All students and their parents/guardians are required to sign the Code of Conduct Agreement acknowledging their understanding of an agreement to follow the aforementioned policy in order to participate in interscholastic athletics.

Violation of this policy by students participating in interscholastic athletics will result in discipline as provided in the Code of Student Conduct as well as the special Athletic Department discipline rules as specified:

1. Any participant found using, selling, or in possession of illegal drugs will be referred to the Principal for appropriate school discipline which will include suspension and referral to the school's program for chemical dependency.
2. If a student breaks the "Conduct" agreement, which every athlete is required to sign, and is concerned about his/her chemical use, and confides in the coach, he/she will be referred to the school's program for Chemical Dependency.
3. If the coach has a confirmed report of the students' chemical use, the coach will suspend the student from play, for the next game, and refer the student to the school's program for Chemical Dependency.
4. Failure to comply with the above policies will result in exclusion from that sport for the remainder of the season.

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#### **ANTI-HAZING POLICY**

Hazing is defined in the Ohio Revised Code 2903.31 as follows: "As used in this section, 'hazing' means doing any act or coercing another, including the victim, to do any act of initiation onto any student or other organization that causes or creates a substantial risk of causing mental or physical harm to any person." Student hazing is also addressed in Board Policy 5516.

- The statute does not require substantial risk of mental or physical harm. Therefore, any fear, embarrassment, or pain cause by an act of hazing would be actionable.
- Not only may a school discipline a student (or group of students) for hazing, it MUST take action to prevent such hazing, actively enforcing such policies against hazing that would, by definition, include reasonable discipline when appropriate.
- Permission, consent, or assumption of risk by an individual subjected to hazing shall not lessen the prohibitions contained in this policy.
- Administrators, faculty members, and other employees of the Board shall be alerted to possible situations, circumstances, or events that might include hazing.
- If hazing or planned hazing is discovered, the students involved shall be informed by the discoverer of the prohibitions contained in Board Policy 5516 and shall be ordered to end all hazing activities or planned activities immediately.
- All hazing incidents shall be reported immediately to the Superintendent.

- Administrators, faculty members, coaches, students, and other employees who fail to abide by this policy may be subject to disciplinary action, which may include disciplinary probations, suspension and possible dismissal from team activity and/or school, and may be liable for civil and criminal penalties in accordance with Ohio Revised Code 2903.31.
- Athletes involved in a hazing incident may be removed from the team and may lose any and all awards, including varsity letters.

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### **CITIZENSHIP POLICY**

An important component of a successful Athletic Department is the fostering of good citizenship in our Districts' students. A student demonstrates good citizenship by showing respect for self, the law, property and the rights of others. Students have not demonstrated good citizenship if they have:

1. Pled guilty or no contest, to receive a suspended imposition of sentence or suspended execution of sentence for, or been convicted or found guilty of a misdemeanor or felony.
2. Unlawful used or possessed drugs, drug paraphernalia or alcohol on or off school property during the four-year period immediately prior to graduation.
3. Had an out of school suspension during the four-year period immediately prior to graduation.
4. Violated the District's rules governing academic dishonesty (plagiarism, cheating, etc.)
5. Received a second discipline referral resulting in In-School Suspension during the four-year period immediately prior to graduation.

Violation of the above stated objectives may be subject to disciplinary action, which may include disciplinary probations, suspension and possible dismissal from team activity and/or school, and may be liable for civil and criminal penalties in accordance with Ohio Revised Code 2903.31.

### **SOCIAL MEDIA POLICY**

The Athletic Department recognizes that social media is a part of everyday life. Student-Athletes and their social media accounts are a representation of their family, team, school district and community. Administration, if made aware of any improper postings will conduct an investigation. Any such issues with social media will be reviewed by the Athletic Director. Findings of the investigation and any consequences are subject to the Athletic Department's Behavior Contract and Code of Conduct and the District's Student Code of Conduct/applicable Board policies.

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### **TEAM & GROUP COMMUNICATION POLICY**

Fast, accurate information is vital to our athletic programs' success. In many cases, teams communicate via group messaging (final forms, remind app or email) because it is efficient. These forums are intended for team information strictly. Appropriate examples include: practice and game times, weather cancellations, change in bus departure times, senior night info. Group communication platforms are not the place to address concerns individually with a coach or disparage teammates.

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### **EQUIPMENT/UNIFORM POLICY**

All student athletes must return all school equipment and uniforms in the condition the items were received, within three school days of the last contest. Participants must reimburse the Cleveland Heights-University Heights City School District for the replacement cost of lost or damaged equipment/uniforms prior to receiving any athletic awards, report cards, or graduation diplomas. A participant must fulfill obligations from the previous season before he/she will be permitted to begin participation in any other athletic activities.

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### **TEAM SELECTION & CUTTING POLICIES**

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while in Cleveland Heights – University Heights City Schools, we encourage coaches to keep as many students as possible without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference, and other

factors will place limitations on the most effective squad size for any particular sport. However, when developing policy with respect to team selection, coaches will strive to maximize the opportunities for our students without diluting the quality of the program.

#### Cutting Policies

1. Choosing the members of athletic squads is the sole responsibility of the coaches of those teams.
2. Non-varsity coaches shall take into consideration the policies established by the Head Coach in that particular program when selecting final team rosters.
3. Prior to team selection, the coach shall provide the following information to all candidates for the team:
  - a. Extent of the try-out period
  - b. Criteria used to select the team
  - c. Practice commitment if they made the team
  - d. Game commitments

#### Cutting Procedures

When a team cut becomes necessary, the process will include three important elements:

1. Each candidate shall compete in an adequate number of tryout sessions based on the volume of candidates.
2. Each candidate shall perform in at least one intra-squad contest (when applicable).
3. Candidates will be personally informed of the cut and the athlete will have the opportunity to meet with the coach to find out the reason for his/her decision.

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### **ATHLETIC CODE OF CONDUCT**

#### Student – Athlete

The student-athlete is expected to be a positive addition to the Cleveland Heights-University Heights School District Athletic Department. If a student-athlete must discuss an issue with the coach, he/she must communicate in a respectful manner to try and find a solution. If a situation cannot be reached, the Athletic Director may assist. Student-Athletes will be representing Cleveland Heights-University Heights School District on and off the playing court/field and are expected to conduct themselves in a manner that will reflect positively upon our program and school. Student-Athletes are expected to be respectful and exhibit good behavior in class, in practice, in games and in the community. If a student-athlete fails to conduct himself/herself in a manner that will bring honor and respect to our teams and

school, he/she may be subject to penalties which may include game suspensions, ineligibility, or dismissal from the team. School and athletic personnel expect students to treat opponents, coaches, officials and fans with respect and to abide by all district, school, league and OHSA rules.

Any player who is ejected from a game will automatically be suspended for the next athletic contest or more depending on the sport.

### Parents/Guardians

Parents/Guardians play a vital role in the Cleveland Heights-University Heights School District Athletics Program. Parents/Guardians model attitudes and behavior for their children. We invite all parents/guardians to attend home and away games, support the team, and encourage their children to practice and play hard. We are so appreciative of the assistance parents/guardians provide for their children in their athletic endeavors, whether driving them to an athletic event, volunteering to serve athletics as a member of the Booster Club, and sacrificing family time to accommodate athletic schedules. We also appreciate the support parents/guardians provide our coaches in their efforts to create a valuable athletic experience for all participants.

It is important for parents/guardians to respect what the coach is trying to do by avoiding interference or public criticism, especially in front of their children, other teammates, or community members. In regard to games, parents/guardians are expected to conduct themselves in a manner that will bring honor and respect to our teams and school. At no time should a parent display inappropriate behavior toward an official, coach, administrator or student-athlete.

In the event that a spectator/parent acts in a disruptive manner, the game will be suspended until the situation is resolved or the spectator is removed. In addition, any spectator/parent who acts in a disruptive manner may be subject to being barred from all future athletic home contests.

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### **BEHAVIOR & CONDUCT PENALTY**

The Cleveland Heights-University Heights School District believes participation in school sponsored activities or athletics is to be considered a privilege, and not a right. School sponsored activities are defined as programs where participation is voluntary and no grade is attached. Students are expected to maintain the highest standards of conduct and behavior. Therefore, athletes will not engage in any acts of criminal activity such as, but not limited to vandalism, assault and battery, hazing, theft, intimidation or other disruptive behavior that is detrimental to the goals and the success of the team.

Conduct that is unbecoming of an athlete will be subject to disciplinary action up to and including suspension or removal from participation. Negative behavior includes, but is not limited to, cyberbullying, inappropriate content on social media based on the facts and circumstances of each matter, inappropriate texting, cheating, truancy, excessive tardiness, defiance, fighting, suspensions, expulsions or referrals to discipline.

Students participating in school sponsored activities or athletics represent their families, school, team and their coaches. As part of the High School Discipline Progression, suspension from school for disciplinary reasons will impact a student's participation in school sponsored activities and athletics. Final decisions will be made by the administrative principal in collaboration with the appropriate activity advisor or coach, athletic director, student and parents/guardians of student. The guidelines presented below apply only to school sponsored activities which have a schedule of public playing dates or contests.

1st Suspension: Denial of participation in next publicly scheduled activity and/or from 10% of regular (and/or post) season scheduled contests.

2nd Suspension: Denial of participation in next two publicly scheduled activity and/or from 50% of regular (and/or post) season scheduled contests.

3rd Suspension: A third violation during a student's career will result in the student's exclusion from participation in any school activities for one year from the date of the 3rd suspension.

Recurrent Suspensions: Recurrent suspensions will result in permanent exclusion.

Expulsion: Will result in permanent exclusion.

Player Ejections: in game penalties, ejections, fouls etc. are subject to the OHSA Bylaws. In accordance with Bylaw 8-3-1, the decisions of contest officials are final. If you are unaware of the penalties related to your infraction you may speak with your coach or Athletic Director.

I have read the Athletic Code of Conduct and understand all of the Cleveland Heights – University Heights District Policies. I understand that participation in athletics is a privilege and not a right.

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(Student Athlete Signature)

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(Parent/Guardian Signature)

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(Date)

## **COMMUNICATING WITH THE COACH**

### **Appropriate Issues to Discuss with Coaches:**

1. Treatment of your child mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

### **Inappropriate Issues to Discuss with Coaches:**

1. Playing Time
2. Team Strategy
3. The other student athletes on the team

### **Inappropriate Time to Have a Conversation with the Coach:**

1. No talking to coach on game day (this includes before, during and after the game) unless it is for emergency purposes only.
2. Never approach the coach's huddle during the game or attempt to come down on the floor/field unless given permission by the appropriate authorities or coach in an emergency.

### **Appropriate Procedures for Discussing Issues and Concerns with Coaches:**

1. Call and arrange a meeting with the coach. The athlete should be present at the meeting.
2. Do not confront the coach before or after a contest or practice.
3. If the meeting with the coach does not provide a satisfactory resolution, then call to arrange an appointment with the Supervisor of Athletics. Again, the athlete should be present for the meeting.

**Note: We strongly encourage athletes to discuss concerns with coaches before parents/guardians become involved.**

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## **STUDENT DRESS**

Coaches will share their expectations regarding student dress at home and away contests.

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## **TRANSPORTATION**

All student athletes must travel to and from athletic contests and practices in transportation provided by the athletic department. If a parent wishes to transport their son/daughter home after a contest, the parent must present the coach with a written note at the contest stating that they will transport their child home with them after the contest. If a parent/guardian intends on having their child transported by someone other than a parent/guardian, then a [Bus Release Form](#) must be on file in the Principal's Office prior to the dismissal of school on the day of the contest.

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## **INDIVIDUAL TEAM RULES**

Coaches will distribute team rules to all student athletes and parents/guardians. These expectations carry their own set of consequences and when not specifically listed, the coach will set and enforce consequences appropriate to the behavior and sport.

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## **EMERGENCIES**

If an athlete is injured during a practice or a game (and the coach feels the injury is relatively minor), the coach or the Athletic Trainer should administer any necessary first aid and, if necessary, have the player sit out the rest of the practice or game. If the injury appears to be serious enough to warrant immediate medical treatment, the coach or the Athletic Trainer should assess the situation and take action deemed necessary. The following may be some procedures taken:

- **Dial 911.** Tell the person who answers exactly where the student is (on the field, in the gym, in the locker room etc.). If possible, send a responsible student to the front of the school in order to direct the ambulance driver to the injured student. Keep trying to contact the student's parents/guardians while waiting for the ambulance in order to inform them of the action that has been taken.
- **Contact the students' parents/guardians.** Inform the parents/guardians of the injury and ask them exactly where the student should be sent. EMS will take the athlete to the nearest hospital. If the Athletic Trainer or coach cannot reach the students' parents/guardians and feels an ambulance is necessary, follow the guidelines below:
- **NEVER ALLOW THE INJURED STUDENT TO LEAVE IN THE AMBULANCE UNLESS THE PARENT, A FULL-TIME TEACHER/COACH, OR A MEMBER OF THE SCHOOL ADMINISTRATION IS IN THE AMBULANCE WITH HIM/HER. IN THE EVENT THAT PARENTS/GUARDIANS ARE UNAVAILABLE**

**AND TO TRAVEL WITH THE INJURED STUDENT IS NOT FEASIBLE, THE COACH SHALL ALLOW ANOTHER STUDENT TO ACCOMPANY THE INJURED PLAYER. THE COACH SHALL EXERCISE REASONABLE JUDGEMENT BEFORE ALLOWING THIS PROCEDURE TO TAKE PLACE.**

- **CONTACT THE PRINCIPAL AND THE ATHLETIC DIRECTOR TO INFORM THEM OF THE INJURY.**
- **FILE AN INJURY REPORT WITH ATHLETIC TRAINER. FORMS ARE AVAILABLE IN THE ATHLETIC DEPARTMENT.**

#### Additional Care Procedures

- In addition to immediately alerting parents/guardians to any head/major injuries the athletic trainer, coach or athletic director will follow up directly with parents/guardians to check on the player's status. This will occur within 12 hours of the incident.
- In cases of head/major injuries the Athletic Trainer will provide the Athletic Director with an immediate injury report once proper care has been administered. Minor injury reports are provided to the Athletic Director on a weekly basis.

#### Injury & Concussion Management Team

##### Athletic Trainer

- Evaluate possible injuries and make referrals for student-athletes
- Monitor symptoms and help coordinate and supervise a student-athlete's safe return to play
- Communicate with the school about the student's progress

##### Physician

- Evaluate, diagnose and manage the student's injury
- Direct medical and academic recommendations

##### School Nurse

- Monitor in-school symptoms and health status changes
- Help determine if it is appropriate for the student to be in school or if the student needs any health-related adjustments

#### Concussion Protocol

In accordance with the Concussion Management and Awareness Act, the law requires that students who sustained, or are suspected to have sustained, a concussion during athletic activities are to be immediately removed from such activities. Students may not return to athletic activities until they have been symptom-free for a minimum of 24 hours and have been evaluated by, receive written and signed authorization to return to activities from a licensed physician, and have completed the return to play protocol.

### Return to Participation Policy (Concussion)

Any student who has been removed from practice or competition by a coach or referee because he/she has exhibited signs, symptoms, or behaviors consistent with having sustained a concussion or head injury shall not be permitted to return to any practice or competition for which the coach or referee is responsible until both of the following occur:

1. The student's condition is assessed by a physician.
2. The student receives written clearance that it is safe to return to practice or competition from a physician.

#### Progression in Return to Participation (Concussion):

1. No activity (symptom-limited physical and cognitive rest)
2. Light aerobic exercise
3. Sport-specific exercise
4. Non-contact training drills (following this day Athletes will need to be seen by and have written permission from a DO or MD to advance to a full contact practice)
5. Full-contact practice
6. Return to play

### Return to Participation Policy (Non-Concussion)

If an Athlete goes to see a Doctor (including Urgent Care or Emergency Room visits) related to a sports injury, the Athlete must receive clearance to return to participation. Clearance to return to participation must be obtained from a licensed OH health care provider. If clearance was obtained via physician's note, the following must be clearly written in order to return to full participation:

- Athletes Name
- Diagnosis
- Clearance status
- Date Allowed to Return to FULL Participation
- Physician's name (printed) and contact information

The School Doctor (University Hospitals), based on the recommendation of ATC, reserves the right to have the final authority in all return to Play decisions. In the event the athletic trainer is absent, the physicians' note stands as is and at no time will a coach make a Return to Play decision. This concussion management policy is not all-inclusive, and the Athletic Trainer reserves the right to alter the policy at any time as s/he best sees fit to protect the athlete.

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## **FACILITIES**

1. Athletes using any of the school facilities need to be supervised. A coach or other adult must be present whenever athletes are in the locker room. The team locker room reflects the attitude of the coach and team.
2. Individuals not officially connected with the team and with Cleveland Heights High School, Baumgardner or Roxboro Middle Schools, are not permitted in the locker room. These rules apply to any locker room area that a Heights team is using either home or away.
3. A good coach achieves a healthy locker room atmosphere. Order, cleanliness, and neatness are marks of this healthy atmosphere. The coach should train his team in the idea of orderliness. The Building Manager will alert the Athletic Director to any extraordinary conditions in the locker room after use by student athletes and/or coaches. The Supervisor of Athletics shall direct the cleanup and organization of the facility.
4. There should be order in the handling of equipment, its issuance, care, and return. The players should report all damaged, lost or stolen equipment to the head coach.
5. **Keys are never to be given to players or friends to use.**
6. **No players are to use the weight room without the supervision of a coach.**
7. **The coach is not to leave until the last players on his team has left the locker room.**
8. Coaches are responsible for locking any and all facilities which they have opened when their team leaves the facility.
9. **Tennis shoes or basketball shoes are to be worn by participants while using the gymnasium floor.** Any other type of footwear is not permissible.

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## **OPEN GYMS/FIELDS**

School officials may designate open gym/fields, but may not require student athletes to attend. School officials may not invite selected students or determine teams, not timing or written score may be kept, and no coaching or instructing may be given unless within the OHSAA guidelines.

Student athletes may participate in open gyms only if they are academically eligible.

Violation of these rules are subject to the Athletic Departments Conduct Policy.

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## **COMMUNITY & THE PRESS**

Coaches are urged to promote their sports and Cleveland Heights-University Heights athletics in general at every available opportunity, such as: the athletics website, social media (subject to the rules below), homeroom announcement, hosting parent informational meetings, sponsoring alumni games, or merely talking with parents/guardians and spectators after an athletic contest. Similarly, media attention can be beneficial to the athletic program; all coaches should try to accommodate media personnel to the utmost of their abilities. Be as honest and positive as possible in dealing with reporters. Emphasize the good things that occurred; do not dwell on the bad things that might have happened.

### **Use of Social Media**

Staff (including District-approved volunteers) may, with prior approval/authorization from the Principal, use social media platforms/sites for school-sponsored activities, consistent with Board Policy 7544 - Use of Social Media.

Employees who access District-approved social media platforms are expected to conduct themselves in a respectful, courteous, and professional manner.

The District is committed to protecting the privacy rights of students, parents/guardians, staff, volunteers, Board members, and other individuals on District-approved social media sites. District employees and volunteers are prohibited from posting or releasing confidential information about students, employees, volunteers, or District operations through social media, without appropriate consent (i.e., express written consent from the parent of a student, the affected employee or volunteer, or the Superintendent concerning District operations).

District communications that occur through the use of District-approved social media platforms/sites – including staff members'/volunteers' use of social media with school-sponsored activities, and comments, replies, and messages received from the general public – may constitute public records or student records, and all such communications will be maintained (i.e., electronically archived) in accordance with the Board's adopted record retention schedule and all applicable State statutes. (See AG 8310A – Requests for Public Records).

Staff (including District-approved volunteers) must ensure that any social media use related to students is in compliance with the Family Educational Rights and Privacy Act (FERPA) and Board Policy 8330 - Student Records, specifically related to the prohibition against disclosure of personally identifiable information regarding students.

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## **ATHLETIC AWARDS**

### **Varsity Letter Requirements**

Each coach reserves the right to set the standards for lettering in his/her particular sport. In all sports, the student athlete must complete the season as a squad member in good standing and must attend the banquet in order to receive an award (unless granted permission by their coach prior to the event). At the beginning of each season, the coach shall provide the criteria for lettering in their respective sport/activity.

### **Greater Cleveland Conference Awards**

- GCC Championship
  - GCC Player of the Year
  - All GCC Teams
  - All GCC Academic
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## **AMATEUR STATUS**

Student athletes will lose their amateur status and forfeit eligibility if they:

1. Compete for money or other monetary compensation
  2. Capitalize on your athletic fame by receiving money or gifts of monetary value.
  3. Sign a professional playing contract in the sport in which you had participated.
  4. Sign with a professional agent (Ohio law).
  5. Receive from a sponsor, actual and necessary expenses or any form of compensation to participate in athletics, practice or compete while not representing a member school.
  6. Receive directly or indirectly a salary, reimbursement of expenses, merchandise, or services, or any other form of financial assistance or benefits from a professional sports organization based on athletic skills or participation.
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## **NAME IMAGE & LIKENESS**

In September of 2025, the member schools of the Ohio High School Athletic Association voted

to adopt bylaws approving personal branding rights (NIL). It is important for families interested in pursuing NIL opportunities to familiarize themselves with the rules and regulations surrounding such opportunities.

[Personal Branding Rights \(NIL\) Bylaws](#)

[OHSAA Student-Athlete YES/NO List](#)

[NIL – What You Need to Know](#)

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### **WEATHER RELATED CANCELLATIONS**

If school is closed by the superintendent due to inclement weather, athletic contests will be cancelled or postponed. There will be no practice on inclement weather days unless permission is granted by the Director of Athletics. These decisions will be made on a case-by-case basis.

When school is already in session and weather conditions become inclement, the following policy will be used for cancellations or postponements of athletic contests/practices:

1. The Director of Athletics will consult with the building principal on canceling/postponing the contests/practices.
2. A mutual decision will be made with the primary consideration being student safety.
3. The Supervisor of Athletics will notify faculty managers to cancel/postpone with opponents, officials and transportation.
4. The Director of Athletics will notify the district office personnel, local radio stations, newspapers and social media outlets.

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### **BOOSTER CLUBS**

The Cleveland Heights-University Heights School District athletic programs are the beneficiary of tremendous support from Heights Athletic Boosters. Boosters plays an integral role in the overall development of interscholastic athletics through their participation in facility improvements and by providing special incentives which enhance the participation experience for student athletes. Parents/guardians are strongly encouraged to join the Booster Club and to attend the monthly meetings.

### **TICKET PRICES & POLICIES**

<u>Football</u>	<u>All Other High School Events</u>	<u>Middle School Events</u>
Adults: \$10 (after 5pm on Game Day) Students: \$8 (after 5pm on Game Day) Students: \$5 (until 12pm Thursday)	Adults: \$8 Student: \$6	Adults: \$3 Students: \$2

### **IMPORTANT Ticketing Policies**

- Ticket sales will end at the conclusion of halftime.
- NO Refunds or exchanges unless the event is canceled or postponed.
- Re-entry is NOT permitted at any CHUH athletic events.
- Tickets are required for ALL Students & Adults at events where tickets are sold.
- ONLY Heights High students, and students from the visiting team will be admitted unless accompanied by an adult 21 years or older.
- CHUH Students: MUST present their CHUH student ID to enter. Students who do not show their student ID will not be permitted entry to games. No refund will be issued.
- Visiting Students: MUST present their student ID to enter. Students who do not show their student ID will not be permitted entry to games. No refund will be issued.
- Elementary & Middle School students MUST be accompanied by an adult 21 years or older or legal guardian.
- NO book bags, duffle bags or backpacks of any kind are permitted inside CHUH athletic events
- NO outside food or drinks are permitted at CHUH athletic events
- Spectators are not allowed to access the football field before or after the game.

Parents are asked to pick their children up promptly at the conclusion of the game.

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