

# ALVINISD

## ATHLETICS



## HIGH SCHOOL AND JUNIOR HIGH POLICY HANDBOOK

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## **EMERGENCY POLICIES AND PROCEDURES**

In the event of a medical emergency during any athletic practice, scrimmage, or competition at one of the AISD High Schools or the Junior Highs, the following plan has been instituted to minimize confusion and expedited the care of the ill or injured athlete, member of the coaching staff, official, and/or spectator.

- 1) The authority to administer first aid or emergency treatment should be delegated to
    - 1<sup>st</sup> – Attending Team Physician if present
    - 2<sup>nd</sup> - Adult Staff Athletic Trainer if present
    - 3<sup>rd</sup> – Coach in charge of team
- \*\*\*\*\* At no time should a fan or spectator be allowed to render treatment to an athlete that they are not the parent or legal guardian of such child.
- 2) A telephone (landline or cell phone) should be available where all athletic events are held. Please remember that the police officer on duty has a direct link to EMS.
  - 3) The staff athletic trainers and coaches should have keys to all locked gates and doors in and around the athletic facilities
  - 4) If an athlete requires transportation to a local hospital and the parents are not available or present:
    - A) A responsible school official should accompany the athlete to the hospital.
    - B) The athlete's Consent Card should be sent with the athlete if available.
    - C) The parents or emergency contact for the injured athlete should be contacted immediately.

### **PHONE PROTOCOL**

Below is the Emergency Phone Protocol should you need to call 911

- 1) Remain Calm!!!!
- 2) Dial 911 if calling from a cell phone  
Dial 9911 if calling from a campus landline phone
- 3) Inform the EMS Dispatcher that you have an injured athlete and the venue where you are located: If the Dispatcher asks for directions, use the following information:  
Location of practice or event with address and best way to enter the venue where coaches will be waiting for EMS.

This policy has been posted around athletics near your AEDs and should be followed.

### **CPR/FIRST AID**

All coaches are certified in CPR/AED/First Aid. This certification is a job requirement of AISD and a state law.

## ATHLETE'S INHALERS

House Bill 1 allows a student with asthma to possess and self-administer prescription asthma medication while on school property or at a school-related event or activity provided that the school has received written authorization from the student's parents and a statement from the student's physician. The completion of this form will meet these requirements. The physician's statement must be kept on file in the office of the school nurse or principal. Any athlete that has been prescribed an inhaler by a medical doctor is allowed and encouraged to keep an inhaler in the athletic training room. The staff athletic trainer will only provide the inhaler to the athlete with the prescription. **Please do not allow athletes to share inhalers.**

## DIABETIC ATHLETES

Alvin ISD is fully committed to supporting our students with diabetes who desire to carry their supplies and self-manage their diabetes while at school or school events. It is important that parents communicate with the school nurse, teachers, and coaches at the start of the school year regarding the student's diabetes care. Your school nurse will continue to be available to assist both the diabetic student and parents as needed. Please do not hesitate to enlist his or her support and read the guidelines listed below.

- Both parent and physician's signatures are required on the Diabetic Management and Treatment Plan, and must be on file in the school nurse's office before the student will be permitted to carry diabetic supplies at school. The form must be renewed at the beginning of every school year.
- The student must supply all diabetic equipment. The school does not stock reserve supplies. Parents are strongly encouraged to provide the school nurse with a secondary supply of emergency equipment (e.g. glucometer, lancets, Glucagon) in case the student becomes ill and their equipment is not available.
- Students are required to carry and properly use a personal sharps disposal container, and should care for puncture sites and blood in such a way that others are not inadvertently exposed to the student's blood.
- Diabetic supplies should be kept in the student's direct possession at all times so that other students can't easily access the supplies. Exception would be when equipment is in the possession of a staff member.
- Equipment should be stored in a safe manner (i.e. so that glass insulin bottles wouldn't be bumped or broken or others punctured by sharps).
- Snacks may not be shared with peers in the classroom and should be an appropriate type of carbohydrate according to the student's Individual Healthcare Plan.
- Students are expected to test and treat symptoms in class in the least disruptive manner possible. A nearby staff member should be notified immediately if a student becomes ill or feels they may need assistance.

# ALVIN ISD HEAT PROCEDURES

updated 8/2023

The following are the recommendations of the AISD Sports Medicine Department for outdoor in extreme heat conditions:

Local temperature as well as “Feels Like” and WBGT readings, can be obtained by: Logging on to <http://dashboard.pocketperry.com>

## Heat Illness / Injury

Living in Texas provides many opportunities for heat issues for our athletes. Please keep in mind that while it is a major concern in August and September, heat issues can happen any time of the year and in any sport, including sports like volleyball and basketball. Please observe your athletes for any of the following problems. If you have an athlete having problems, please contact the athletic trainers immediately stress and the resulting heat illness is a primary concern in these conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat related problems. The following should be observed.

Disorder	Cause	Signs	Treatment
Heat Cramps	Excessive Fluid Loss, Electrolyte Imbalance, Poor Acclimatization	Profuse Sweating, Cramps in Abdomen and Extremities	Rest in Cool Environment , Drink Water, Passive Stretching, Stop All Activity Until Controlled
Heat Exhaustion	Profuse Sweating Without Adequate Fluid Replacement, Vomiting or Diarrhea	Weakness, Fainting, Dizzy, Headache, Nausea, Pale Profuse Sweating. Skin Gray and Ashen and Cold and Clammy	Rest in Cool Environment, Ingest Fluids, Sponge with Cool Water, Discontinue Activity
Heat Stroke	Depletion of Water Stores, Failure of the Body to Cool. This is a Medical Emergency	Possible Unconsciousness, Hysteria that Progresses to Apathy, Disoriented, Skin will be Hot and Dry, Pulse will be Rapid and Blood Pressure will Drop	Call 911 Cool by any Means Possible , Do Not Force Fluids if Unconscious

**General Considerations of Risk Reduction:**

1. Encourage proper education regarding heat illnesses (for athletes, coaches, parents, medical staff, etc.) Education about risk factors should focus on hydration needs, acclimatization, work/rest ratio, signs and symptoms of exertional heat illness, treatment, dietary supplements, nutritional issues, and fitness.
2. Assure that the onsite medical staff have authority to alter work/rest ratios, practice schedules, amount of equipment, and withdrawal of individuals from participation based on environment and /or the athlete's medical condition.
3. We recommend that inside sports rehydrate post practice with 20 oz. of fluid (i.e. water or sports drink) per pound of weight loss. Outside sports should rehydrate with 24 oz. of fluid per pound of weight loss post practice.
4. Extra precautions should be taken with Junior High athletes. They may be less conditioned and/or acclimated to the high heat levels. They have smaller bodies with less surface area to dissipate heat through sweating.

**Specific Guideline Recommendations:**

Alvin ISD will use Heat Index as the determinant for the application of the following policy. Heat Index is calculated by using air temperature and relative humidity. The athletic trainer will monitor the heat and humidity conditions regularly and will provide modifications as necessary as outlined below:

**Junior High School Extreme Heat Guidelines**

Heat Index	Indoor Sports	Outdoor Sports
90-100	Mandatory open water policy Schedule water breaks every 30 minutes Outdoor practice not to exceed 2 hours	Normal practice with increased awareness and monitoring
101-105	Mandatory open water policy Schedule water breaks every 15 minutes Outdoor practices not to exceed 1.5 hours No Conditioning	Mandatory open water policy Schedule water breaks every 30 minutes Outdoor practice not to exceed 2 hours Football can remove helmets when not in contact drills Full pad practice should not exceed 1.5 hours No Conditioning Runners will stay on campus where they can be seen at all times
106-109	Mandator open water policy Schedule water breaks every 10 minutes Outdoor practice not to exceed 1 hour No Conditioning	Mandatory open water policy Schedule water breaks every 15 minutes Outdoor practices not to exceed 1.5 hours Football will only wear helmets and shoulder pads Football practice will not exceed more than 1 hour No Conditioning
110-114	No Outside practice	Mandator open water policy Schedule water breaks every 10 minutes Outdoor practice not to exceed 1 hour Football will only wear helmets No Conditioning
115-119		No Outside practice

## High School Extreme Heat Guidelines

Heat Index	Indoor Sports	Outdoor Sports
<100	Normal practice with increased awareness and monitoring	No Restrictions
101-105	Mandatory open water policy Schedule water breaks every 30 minutes Outdoor practice not to exceed 2 hours	Normal practice with increased awareness and monitoring
106-109	Mandatory open water policy Schedule water breaks every 15 minutes Outdoor practices not to exceed 1.5 hours	Mandatory open water policy Schedule water breaks every 30 minutes Outdoor practice not to exceed 2 hours Football can remove helmets when not in contact drills Full pad practice should not exceed 1.5 hours Runners will stay on campus where they can be seen at all times
110-114	Mandatory open water policy Schedule water breaks every 10 minutes Outdoor practice not to exceed 1 hour	Mandatory open water policy Schedule water breaks every 20 minutes Outdoor practices not to exceed 1.5 hours Football will only wear helmets and shoulder pads Football practice will not exceed more than 1 hour
115-119	No Outside practice	Mandator open water policy Schedule water breaks every 15 minutes Outdoor practice not to exceed 1 hour Football will only wear helmets
>120		No Outside practice

## **COLD WEATHER POLICY**

The following are the recommendations of the AISD Sports Medicine Department for outdoor activities:

Local temperature can be obtained by:

Logging on to [www.weather.com](http://www.weather.com) or <http://dashboard.pocketperry.com/> or [www.weatherunderground.com](http://www.weatherunderground.com)

There are two cold-related pathologies that coaches, administrators and athletes should be aware of: hypothermia and frostbite.

1. **Hypothermia** is defined as a decrease in the core body temperature to at least 95 degrees F. It occurs when the heat loss is greater than the metabolic and heat production. Hypothermia can be categorized in three stages: mild, moderate and severe, based on core body temperature.
2. **Frostbite** is a thermal injury to the skin, which can result from prolonged exposure to moderate cold or brief exposure to extreme cold. The body areas most prone to frostbite are the hands, feet, nose, ears and cheeks. Frostbite can be classified into three basic categories: frostnip, superficial frostbite and deep frostbite.

### **High School Athletic Cold Policy: PRACTICE**

#### **Wind Chill Factor 35 degrees (W/Precipitation):**

- 35 minutes of exposure/20 minutes inside (may return outside after 20 minutes)
- 35 minutes exposure/20 minutes inside
- Dry clothing (socks, gloves)
- Athletes must be dressed in warm-ups with extremities covered

#### **Wind Chill Factor 32 Degree or Below (W/Precipitation):**

- All activities will be inside
- No outside exposure

#### **Wind Chill Factor Under 32 degrees (Dry):**

- 45 minutes exposure/ 15 minutes inside
- Athletes must be in warm-ups with extremities covered

#### **Wind Chill Factor 30 Degree (Dry):**

- 30 minutes of total exposure to chill factor
- 15 minutes inside for re-warming
- Warm-ups must be worn at all times, extremities covered

#### **Wind Chill Factor of 25 degrees:**

- No outside activity
- All work must be inside

## **Junior High Athletic Cold Weather Policies:**

### **Wind Chill Factor 45 degrees (W/Precipitation):**

- 35 minutes of exposure/20 minutes inside (may return outside after 20 minutes)
- 35 minutes exposure/20 minutes inside
- Dry clothing (socks, gloves)
- Athletes must be dressed in warm-ups with extremities covered

### **Wind Chill Factor 38 degree or Below (W/Precipitation):**

- All activities will be inside
- No outside exposure

### **Wind Chill Factor 38 degrees (Dry):**

- 45 minutes exposure/ 15 minutes inside for re-warming
- Athletes must be in warm-ups with extremities covered

### **Wind Chill Factor 34 degree (Dry):**

- 30 minutes of total exposure to chill factor
- 15 minutes inside
- Warm-ups must be worn at all times, extremities covered

### **Wind Chill Factor of Below 30 degrees:**

- No outside activity

### **Cold Policy—GAMES**

- Games to be postponed due to cold weather will be determined on a case by case basis by the Director of Athletics. Postponed games to be re-scheduled will be determined by the Head Coach of that sport as well as the Director of Athletics. A game date will be considered for rescheduling if the wind chill is below 20.

### **School Day Cancellation— full day**

- No travel or practice unless approved by the Director of Athletics or the Principal

### **School Day Early Dismissal—deteriorating weather conditions**

- Practice must be approved by the Director of Athletics or the Principal
- If approved practices should be over at 5:00pm

## **LIGHTNING POLICY** updated 11/2023

- 1) Alvin ISD employs a lightning auto alert system (Perry Weather, Pocket Perry) when lightning is detected within the designated perimeter. All head coaches and designated assistant coaches need to make sure that they are signed up for this service, via text message and email.
- 2) Once lightning is detected within the other zones (15-25 miles, 8-15 miles), an alert will be sent out indicating an approaching storm is in the area. When lightning is detected within 8 miles, another alert will be sent out indicating that all practices/games must stop immediately and everyone must seek shelter.
- 3) Safe Shelter
  - Primary location – Any location normally occupied or frequently used by people.
  - Secondary location – In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled up windows can provide a measure of safety. Avoid contact with the sides of the vehicle, as it is the metal roof not the tires that dissipate a lightning strike.
- 4) Play can resume after 30 minutes if no strikes are detected with-in 8 miles and the all clear message was given over the alert system.

The Staff Athletic Trainer will enforce the lightning policy while in attendance at practice. In the event that a Staff Athletic Trainer is not present, it is the responsibility of the coach of that sport or team to enforce this policy and monitor the lightning.

- 5) Games/Events
  - It is the responsibility of the officials to monitor the weather at all games/events/contests and not the staff athletic trainer or coach. If any official is not present, the responsibility lies with the staff athletic trainer and/or coach
- 6) Spectators and Fans
  - It is the responsibility of the administrator on duty to remove the spectators and fans from the stands. If an administrator is not present, the staff athletic trainer and/or coach are responsible.

## **OZONE POLICY**

The following is the recommendation of the AISD Sports Medicine Department concerning ozone watches/warnings.

Ozone Watch – Restrict activity of those athletes with serious respiratory problems to a minimum or to activities outdoors.

Ozone Warning – No student with serious respiratory conditions should be allowed to participate outdoors. All other student athletes should be monitored and should participate as tolerated.

## **DRUG TESTING POLICY**

The District determined that the use or misuse of illegal drugs, performance-enhancing drugs, and/or alcohol among students in grades 9-12 is a problem within the schools and community. Information gathered from the student body and from other reliable sources within the community indicates that such use is prevalent within all segments of the student population, including those who participate in competitive extra-curricular activities and those who drive to school. The District determined a need to implement a program of random testing of students in grades 9 - 12 as a condition of their participation in competitive extracurricular activities and/or as a condition of obtaining/maintaining a permit to park on campus.

### **What are the objectives of the Student Drug Testing Program?**

The drug testing program is not intended to be a punitive measure. Rather, the following objectives serve as the foundation for the program:

to promote the health and safety of all students,

to undermine the effects of peer pressure by providing a legitimate reason for students involved in extracurricular activities to refuse to use illegal drugs, to encourage students who use drugs to participate in drug treatment programs, and eliminate the impact drug and alcohol use has on the learning centers of the brain so that students may achieve their full academic potential.

### **What happens if a parent or guardian does not consent to testing?**

The student will not be able to participate or have parking privileges at Alvin ISD.

### **What happens if a student refuses to be tested?**

Refusal on the part of any student to participate in a scheduled or random drug test shall be considered a positive test.

### **What are the consequences of a positive test?**

#### **First Offense**

The student testing positive through random drug testing will be suspended from all competitive after-school extracurricular practices, performances, competitions, activities, and/or driving privileges for 15 school days. The Designated Official will arrange for a conference between the student, parent/guardian, Communities in Schools representative, appropriate sponsor(s), and the student's assistant principal to discuss the offense. The student will be required to participate in the campus Communities in Schools drug abuse program or show proof of private drug abuse counseling. Any costs associated with private counseling are the responsibility of the student and/or parent/guardian. During this period of suspension, the student may undergo drug-testing weekly. If the results of the weekly tests are negative, the student will be eligible to practice and participate in performances, competitions, activities, and/or regain driving privileges at the end of the 15-school-day suspension period. If the student has a second or subsequent positive result in the weekly drug-testing, this will count as a second offense and the campus designee along with the Student Assistance Program coordinator will be notified by the District designee to determine the frequency of additional drug-testing and when the student can regain his/her eligibility.

**Second Offense**

The student testing positive for a second time will be suspended from all competitive after-school extracurricular practices, performances, competitions, and/or activities, and/or driving privileges for a period of 45 school days. The Designated Official will arrange for a conference between the student, parent/guardian, Communities in Schools representative, appropriate sponsor(s), and the assistant principal to discuss the second offense. The student will be required to participate in the campus Communities in Schools drug abuse program or show proof of private drug abuse counseling. Any costs associated with private drug abuse counseling are the responsibility of the student and/or parent/guardian. During this period of suspension, the student may undergo drug-testing each week. If the results of these tests are negative, the student will be eligible to practice and participate in performances, competitions, activities, and/or regain driving privileges following the end of the suspension period of 45 school days. If the student has another positive result during the 45-day period in the weekly drug-testing, this will count as a third offense and the campus designee, along with the Student Assistance Program coordinator will be notified by the District designee to determine the frequency of additional testing and when the student can regain eligibility.

**Third Offense**

The student testing positive for the third time in a random drug-testing shall be suspended from all competitive after-school extracurricular activities and/or driving privileges for a period of one (1) calendar year from the date of the confirmation of the third positive drug test result or alcohol test result. The Designated Official will arrange for a conference between the student, parent/guardian, Communities in Schools representative, appropriate sponsor(s), and the assistant principal. The student will be required to participate in the campus Communities in School drug abuse program or show proof of private drug abuse counseling. Any costs associated with private counseling are the responsibility of the student and/or parent/guardian. The student will also be required to continue to practice his/her sport/activity in the class period allotted and consent to a drug test at the end of the year of suspension in order to regain eligibility.

## HEAD INJURY INFORMATION

A concussion, or MTBI, is a type of traumatic brain injury that interferes with normal function of the brain. A concussion is caused by a bump, blow, or jolt to the head or body. Any force that is transmitted to the head causes the brain to literally move or twist within the skull, potentially resulting in a concussion. It is a multisystem injury which can affect the brain, cervical spine, vestibular, ocular motor, and autonomic nervous system. It can cause blood flow changes, biochemical changes, structural changes, inflammation, nerve injury, endocrine changes and emotional disturbance.

House Bill 2038 Relating to prevention, treatment and oversight of concussions affecting public school students participating in interscholastic athletics was passed into law in June 2011. The goal of this Bill's authors was to protect the health of our interscholastic student-athletes as it pertains to concussion. HB 2038 was named "Natasha Law" in honor of Natasha Helmick whose career as a student-athlete prematurely ended due to long term effects of repeated concussions

Head injuries can occur in any sport and should be taken with the utmost seriousness. An athlete with a head injury may exhibit the following signs/symptoms

- a) unequal pupils
- b) headache
- c) drowsiness
- d) memory loss/disorientation
- e) difficulty staying awake or waking up
- f) difficult looking at or being around light
- g) blurred vision
- h) vomiting or nausea
- i) convulsions
- j) ringing in their ears
- k) slurred speech

What to do

- 1) Pay close attention to any athlete that exhibits these symptoms.
- 2) Seek out the staff athletic trainer immediately
- 3) Do not allow the athlete to take any aspirin, Advil, Aleve or any other pain medication without the approval of a doctor.
- 4) If an athlete's condition worsens, seek medical attention immediately.

If an athlete is thought to have a concussion the athlete will need to be seen by the staff athletic trainers for evaluation and could possibly be placed on the AISD Concussion and Return to play protocol.

updated 11/2023