

**GILMER COUNTY  
SCHOOLS**

**ATHLETIC HANDBOOK  
2023-2024**



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# **GILMER COUNTY SCHOOL SYSTEM**

## **VISION**

*Our vision is to cultivate lifelong learners who enrich their community by challenging and empowering each student to reach their full potential in post-secondary, military or workforce.*

*Nuestra visión es cultivar aprendices de por vida que enriquezcan su comunidad desafiando y capacitando a cada estudiante para alcanzar su máximo potencial en la educación superior, militar o laboral.*

## **MISSION**

Our mission is to promote academic excellence and success for ALL.

Nuestra misión es promover la excelencia académica y el éxito para TODOS.

## **MOTTO**

Every Child, Every Opportunity, Every Day

Cada Niño, Cada Oportunidad, Cada Dia

## **BELIEFS**

- We believe in an overarching culture of excellence and high expectations.
- We believe that all students can achieve academic growth towards mastery through an academically challenging learning environment.
- We believe that each student deserves a learning environment where they are surrounded by a team of educators who are committed to building positive relationships.
- We believe that all staff members are accountable for each student's growth.
- We believe that every Gilmer County Schools employee contributes to the culture of the organization and the success of each student.
- We believe that a successful learning community advances mutual respect, integrity, fairness, leadership and accountability for all.

## **PURPOSE**

The purposes of the Gilmer County Schools Athletic Programs are consistent with the accepted purposes of secondary school education. All school athletic programs should be administered in accordance with the following goals:

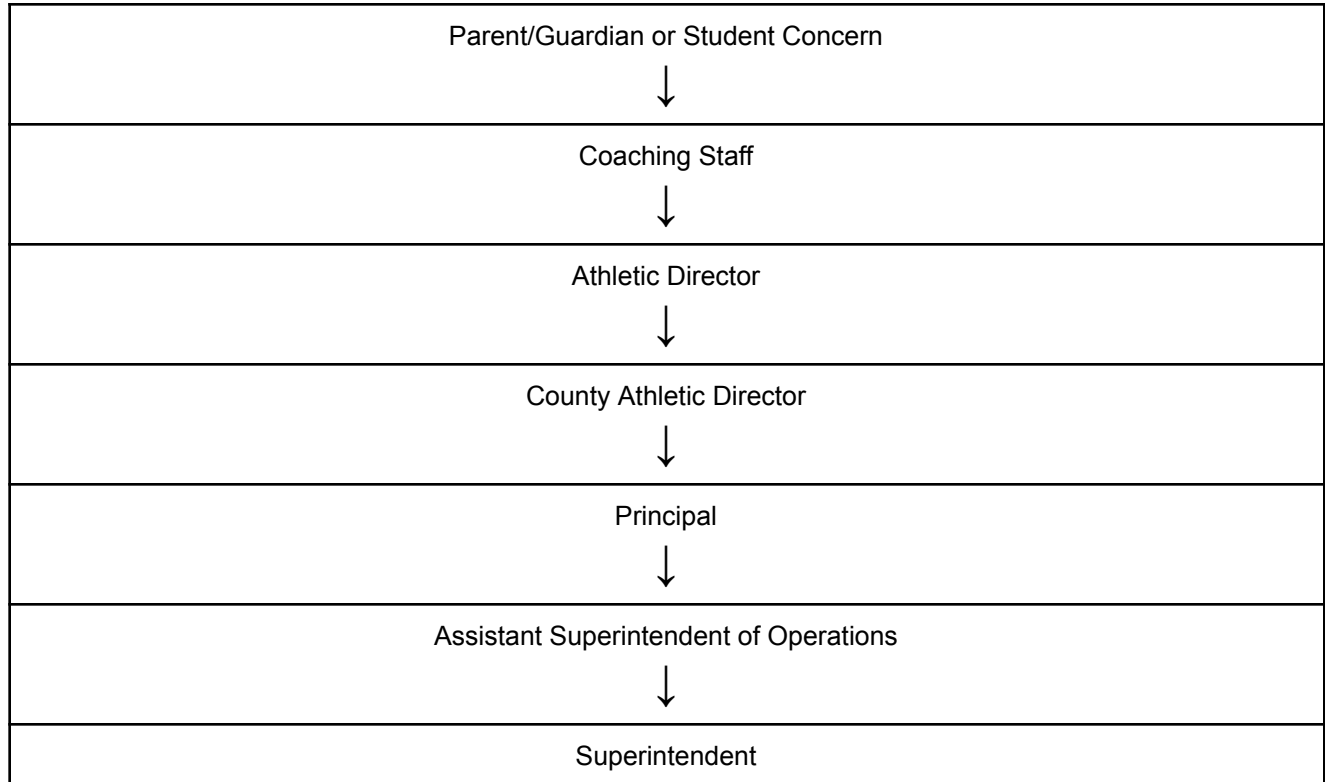
- To educate girls and boys through competition
- To provide educational experiences outside the classroom setting.
- To develop a climate for enhancement of knowledge, physical skills, and emotional patterns.
- To contribute to the development of better citizens.

## **NOTICE OF NONDISCRIMINATION POLICY**

No child shall be discriminated against because of race, color, national origin, gender, religion, age or handicap.

## COMMUNICATION PROCEDURE FOR ADDRESSING STUDENT/PARENT CONCERNS

The Gilmer County School System believes that problems can be solved by conversation among the involved parties. The chart below indicates the recommended process to follow.



GHS Athletic Director Matthew Johnson 706-276-5080; CCMS Athletic Director Willie Dodaro 706-276-5150; District Athletic Director Paul Standard 770-315-9966.

The school athletic director should not be contacted prior to contacting the coach. The county athletic director should not be contacted prior to contacting the school athletic director. The school principal should not be contacted prior to contacting the athletic director. The superintendent should not be contacted prior to contacting the school principal.

## SPORTS OFFERED

Fall Sports	
GHS	CCMS
<ul style="list-style-type: none"> <li>● Football</li> <li>● Cheerleading-Competition</li> <li>● Cheerleading-Football Sideline</li> <li>● Boy's Cross Country</li> <li>● Girl's Cross Country</li> <li>● Softball</li> <li>● Volleyball</li> <li>● One Act Play</li> <li>● eSports</li> </ul>	<ul style="list-style-type: none"> <li>● Football</li> <li>● Cheerleading-Competition</li> <li>● Cheerleading-Football Sideline</li> <li>● Boy's Cross Country</li> <li>● Girl's Cross Country</li> <li>● Softball</li> <li>● Boy's Tennis</li> <li>● Girl's Tennis</li> <li>● Volleyball</li> </ul>

Winter Sports	
GHS	CCMS
<ul style="list-style-type: none"> <li>● Boy's Basketball</li> <li>● Girl's Basketball</li> <li>● Competitive Dance</li> <li>● Cheer-Sideline Basketball</li> <li>● Boy's Wrestling</li> <li>● Girl's Wrestling</li> <li>● Literary</li> <li>● Boy's Swimming</li> <li>● Girl's Swimming</li> <li>● eSports</li> </ul>	<ul style="list-style-type: none"> <li>● Boy's Basketball</li> <li>● Girl's Basketball</li> <li>● Cheerleading-Basketball Sideline</li> <li>● Wrestling</li> </ul>

Spring Sports	
GHS	CCMS
<ul style="list-style-type: none"> <li>● Baseball</li> <li>● Boy's Soccer</li> <li>● Girl's Soccer</li> <li>● Boy's Track and Field</li> <li>● Girl's Track and Field</li> <li>● Boy's Golf</li> <li>● Girl's Golf</li> <li>● Boy's Tennis</li> <li>● Girl's Tennis</li> <li>● eSports</li> </ul>	<ul style="list-style-type: none"> <li>● Baseball</li> <li>● Boy's Soccer</li> <li>● Girl's Soccer</li> <li>● Boy's Track and Field</li> <li>● Girl's Track and Field</li> <li>● Boy's Golf</li> <li>● Girl's Golf</li> </ul>

# GHSA START AND END DATES FOR ATHLETICS

<https://www.ghsa.net/sites/default/files/documents/Constitution/BeginEndDates23-24.pdf>

## GEORGIA HIGH SCHOOL ASSOCIATION BEGINNING AND ENDING DATES FOR 2023-2024

Revised  
3/21/23

ACTIVITY	DATE FOR FIRST PRACTICE	FIRST CONTEST	MAXIMUM GAMES/DATES	LAST PLAY DATE	PLAYOFF QUALIFIERS DETERMINED	GHSA STATE PLAYOFF DATES					Finals
						First Round/Sectionals	Second Round	Quarterfinals	Semifinals	Finals	
FOOTBALL	July 31	Aug. 18	10 (7 JV)	Nov. 3	Nov. 3	Nov. 10-11	Nov. 17	Nov. 24	Dec. 1	Dec. 12-14	
CHEERLEADING GAME DAY	July 31	Aug. 5 Sept. 5	6 (4 JV)	Oct. 28 Dec. 2	Nov. 4 Dec. 2	Nov. 4				Nov. 10-11 Dec. 8	
SOFTBALL (FP) SOFTBALL (SP)	July 31 Feb. 12	Aug. 4 Feb. 15	30 (21 JV) 16	Oct. 12 April 6	Oct. 12 April 6	Oct. 16-19 April 10	Oct. 16-19	Oct. 24-25	Oct. 25-27	Oct. 28 April 17-18	
VOLLEYBALL	July 31	Aug. 7	18 (13 JV) Dates	Oct. 14	Oct. 14	Oct. 17-18	Oct. 21	Oct. 24-25	Oct. 28	Nov. 3-4	
CROSS COUNTRY	July 31	Aug. 7	10 (7 JV) Dates	Oct. 28	Oct. 28					Nov. 3-4	
FLAG FOOTBALL	Sept. 18	Oct. 2	12 (8 JV)	Nov. 25	Nov. 25	Dec. 4	Dec. 4	Dec. 7	Dec. 7	Dec. 12-14	
ONE ACT PLAYS	July 31	-	-	Oct. 28	Oct. 28					Nov. 11 & 18	
LITERARY	July 31	-	-	March 9	March 9					March 16 & 23	
RIFLERY	July 31	Oct. 23	-	March 1	March 1	March 9		March 19	March 19	March 30	
SWIMMING	Oct. 9	Oct. 23	10 (7 JV)	Jan. 26	Jan. 26					Jan. 30 - Feb. 3	
DANCE	Oct. 23	Nov. 4	6 (4 JV)	Feb. 3	Feb. 3					Feb. 10	
BASKETBALL	Oct. 23	Nov. 10	25 (18 JV)	Feb. 17	Feb. 17	Feb. 20-21	Feb. 23-24	Feb. 27-28	March 1-2	March 6-9	
WRESTLING	Oct. 23	Nov. 10	20 (14 JV) Dates	Feb. 3	Feb. 3	Feb. 20-21 Du - Jan. 5-6 Tr - Feb. 2-3	Feb. 23-24 Du - Jan. 12-13			Feb. 10 Du - Jan. 20 Tr - Feb. 15-17	
GYMNASTICS	Jan. 8	Jan. 22	10 (7 JV)	April 10	April 10	April 17-19				April 19	
TENNIS	Jan. 8	Jan. 22	18 (13 JV) Dates	April 11	April 11	By April 18	By April 24	By April 30	By May 6	May 11	
SOCCER	Jan. 15	Feb. 5	18 (13 JV)	April 13	April 13	April 16-19	April 23-26	April 29-30	May 2-3	May 7-10	
TRACK & FIELD	Jan. 8	Feb. 5	10 (7 JV)	April 27	April 27	May 4				May 9-11	
LACROSSE	Jan. 15	Feb. 5	18 (13 JV)	April 20	April 20	April 24-25	April 29-30	May 2-3	May 7-8	May 10-11	
BASEBALL	Jan. 15	Feb. 12	30 (21 JV)	April 20	April 20	April 23-25	April 29-May 1	May 4, 6-7	May 10-11, 13	May 17-18, 20	
GOLF	Jan. 31	Feb. 17	12 (8 JV) Dates	May 11	May 6 April 29 (5-7A)	May 6-7 (5-7A)				May 20-21	

NOTES: Dates and more information for Bass Fishing and Esports may be found on the GHSA web site ([www.ghsa.net](http://www.ghsa.net)).  
The "Dead Weeks" for the 2023-24 school year are Monday, May 27 through Sunday, June 2, 2024 and Monday, July 1 through Sunday, July 7, 2024. The GHSA office will be closed both weeks.

# **GCSS PHILOSOPHY OF EDUCATIONAL ATHLETICS**

## **COACHES**

Our coaches are the most significant components of the athletic programs within Gilmer County Schools. The coaches are both teachers and active participants at the same time. They have the responsibility to model proper behaviors and attitudes at all times.

In order to be an effective coach and role model, our coaches must also be thoroughly knowledgeable in their sport, capable of detailed preparation, able to motivate athletes, able to make adjustments during competition, and work effectively under the authority of the athletic director and school administration. Our coaches take seriously the opportunity they have to mold young lives.

## **PARENTS**

Parents of student athletes have a responsibility to both their child and to the team. Without strong parental support the student will not be able to achieve their greatest potential and the team may suffer. It is important that parents provide positive reinforcement and understand their role as being part of the team. Parents, as well as players, should be supportive and encourage coaches and teammates at all times.

## **STUDENT-ATHLETES**

Our student-athletes should be diligent in preparation, give 100% at all times, demonstrate personal discipline, be respectful in all situations, maintain self-control, show humility, and aggressively pursue excellence regardless of the score, opponent, time, referee, or situation. The ultimate and final responsibility rests upon the shoulders of the student-athlete, for it is the student-athlete who is accountable to their parents, coaches, and the team.

## **CODE OF ETHICS FOR COACHES**

Gilmer County Schools will uphold the Code of Ethics adopted by the Professional Standards Commission as accepted and approved by the State Board of Education and the Georgia High School Association.

## **SPORTSMANSHIP**

One of the primary objectives of educational athletics is good sportsmanship. The National Federation of State High School Associations has adopted guidelines for sportsmanship. High school students, parents, and coaches should set a good example concerning sportsmanship and quickly condemn unsportsmanlike conduct by others.

## **HAZING AND INITIATIONS**

Hazing in any form is neither tolerated nor consistent with any educational or athletic goal within Gilmer County Schools. Hazing refers to any activity expected of someone joining an athletic team that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate.

Any activity that causes or requires the student to perform a task that involves violation of state or federal law or Gilmer County Schools policies or regulations is considered hazing. Hazing in any form will not be tolerated and will result in disciplinary actions. There may be other disciplinary consequences as well administered by the Coach, Athletic Department, High School Principal, and/or Superintendent.



## GCSS GENERAL OPERATING PROCEDURES FOR ATHLETIC DEPARTMENT

No student is to participate in an athletic program in GCSS unless he/she meets the requirements for registration and participation in athletics. Every possible policy and procedure to protect the student-athlete have been adopted. PRIOR to any student participating in a tryout, in conditioning, in a practice, or in competition, the student must complete all requirements in Rank One.

Gilmer County Schools is utilizing Rank One as the new process for submitting athletic participation paperwork online. Please review all instructions before completing the electronic forms. You can access Rank One at: <https://gilmercountyschools.rankone.com/New/NewInstructionsPage.aspx> and simply follow the instructions to sign off on all forms, add insurance information, complete the student profile form, and MOST IMPORTANTLY, submit each page of the current physical as directed.

- To access the forms, click on “Proceed to Online Forms” at the bottom of the page. If you already have a parent account, login to your account to view and complete the forms. If you do not have a parent account, you must create an account before completing your student's forms.
- The parent account will allow you to review your student’s compliance status, receive schedule alerts and messages from your student’s school. You may also login to your parent account by downloading the Rank One mobile app. To access each child, the parent simply types the last name of that child and the corresponding lunch number.
- Once into the Rank One platform, please read each form carefully and place a check in each box to signify that you and your student understand and accept each policy (when applicable).
- To sign the document, click inside the signature box and hold your mouse down, this will allow you to create an “Electronic Signature.” If you make a mistake and need to start over, click on the refresh icon next to the signature box.
- Once you submit the first form you will be redirected back to the list of forms. All electronic forms MUST be submitted in order for your student to be eligible to participate in athletics.
  - Insurance Form (Form A)
  - Physical Upload Form (All four pages of completed current physical)
  - Student Profile Form (SPF)
  - GCS Signature Page (Forms B-J)
- Please note that the school’s Athletic Director will complete the GHSA Eligibility section to finalize all required documents. This form is to be completed prior to the Fall and Spring semesters.

### ATHLETIC TRAINER

An athletic trainer shall be a person licensed by the Georgia Board of Athletic Trainers who, upon the advice and consent of a physician, carries out the practice of prevention, recognition, evaluation, management, disposition, treatment, or rehabilitation of athletic injuries; and, in carrying out these functions, the athletic trainer is authorized to use physical modalities, such as heat, light, sound, cold, electricity, or mechanical devices related to prevention, recognition, evaluation, management, disposition, rehabilitation, and treatment. Schools may also utilize a team doctor who is a licensed physician in the State of Georgia.

The athletic trainer will have final authority on allowing students to re-enter competition after an injury or medical event.

### WEIGHT TRAINING

All weight rooms in GCSS are staffed with qualified individuals who will make decisions in the best interest of all student athletes. Specific in-season weight training will take into consideration student-athletes who are rehabbing after an injury, lifting on gameday, or instances when coaches have conversed regarding a concern.

Communication of all coaches with weight training staff is essential to the success of our students and athletic programs, but the final decision for class participation will rest with the weight training staff.

## **TEAM RULES, GUIDELINES, CONSEQUENCES**

All coaches are required to submit team rules, guidelines, lettering requirements, and consequences to the Athletic Director at GHS and to the Principal at CCMS. Makeup of team specific rules, guidelines, and consequences will be at the head coaches' discretion, but all parties are expected to follow them accordingly. Disciplinary measures should be incremental, enforceable and fair, and must be applied in a consistent manner.

## **SUPERVISION OF STUDENT-ATHLETES**

It is the head coach's responsibility to ensure all student-athletes are picked up before after practice and athletic competitions including away contests. If the head coach is not able to supervise, a designated, certified assistant coach should be assigned. At no times should a community coach or parent be assigned this role.

## **SCHOOL ATTENDANCE**

A student-athlete must be counted present at school to practice or participate in athletics on any school day. If a student-athlete misses more than a half day of school they cannot participate in athletics that day.

Under special circumstances, the student-athlete may appeal to the principal or Athletic Director for permission to participate in athletics.

## **GHSA - "DEAD WEEK"**

In 2006, at the request of a group of GHSA coaches, the GHSA Executive Committee approved implementing a "dead week" beginning in the summer of 2007. Each year the "dead week" will run from the Sunday through the Saturday in which the Fourth of July falls.

Beginning with the 2020-2021 year, GHSA voted to add a second "dead week" to be acknowledged from Memorial Day Monday through the following Sunday.

For the 2023-2024 school year the "dead week" dates will be: Monday, May 27, 2024 through Sunday, June 2, 2024 AND Monday, July 1, 2024 through Sunday, July 7, 2024.

During the "dead week" no school teams may conduct conditioning drills, practices, or be involved in competitions on or off the school's campus. This means that weight training, running drills, passing league games in football, school-based summer league games in baseball, team camps in a variety of sports may not occur during this week. Violations of this rule will be handled similarly to out-of-season practices.

Non-school programs organized by such groups as AAU, JO, ASA, etc., are not covered by this rule.

## **OFFICIALS**

All officials are assigned and designated by the Georgia High School Association.

## **TRAVEL EXPENSES**

All travel expenses for post-season competition limited to state level contests and sectional competitions must be approved by the Athletic Director and school Principal in advance. Travel reimbursement forms must be submitted within ten calendar days after the event.

## **OVERNIGHT STAYS**

The Athletic Department will pay to assist teams to stay overnight in conjunction with athletic events when the team is involved in sectional and state level contests and in consideration of amounts paid to other school athletic teams (Not per person but per team and to meet Title IX obligations). Only in such cases, and only when absolutely necessary, will overnight stays be approved whereby any of the housing charges will be defrayed upon the overall athletic budget. Each case will be evaluated on an individual basis considering the

distance of travel and the schedule for the athletic events. It is the Head Coach's duty to see the Athletic Director to submit the request and for prior approval of the school Principal before any funds from the school's general athletic budget will be utilized.

## MEALS

Meals will not be provided by the school to participating athletes unless a part of a school wide program. It is the Coach's responsibility to ensure the athletes, parents and booster organizations are made aware of any monetary or meal needs of the athletes.

## Transportation to/from Games

School buses will be utilized to transport student-athletes to away events. Student-athletes and coaches are expected to ride the team bus to all games/events. Students can be signed out by their parent/guardian to return home from a game/event under the following conditions:

- **If Riding Home With An Adult Other Than Parent/Guardian:** A written note signed by parent/guardian submitted to Coach the day before contest/game clearly stating the adult with whom their child will be riding home.
- **If Riding Home With Parent/Guardian:** Student may be signed out by parent/guardian following the game/contest. The Coach will have a sign-out sheet available at the conclusion of the game/contest.

In limited circumstances, personal vehicles will only be permitted with written prior approval from the principal. (An example of such an exception would be a student taking a Saturday SAT, and that student requesting to drive to the event upon completion of SAT testing).

If charter buses are used, all expenditures are the responsibility of the team or school organization in question and the charter company must be approved by the Georgia Department of Public Safety; as well as, meet all requirements of Georgia Statutes and State of Georgia Board of Education Administrative Rules. Call the Gilmer County Transportation Department for a list of licensed bus carriers.

## RULES OF ELIGIBILITY

A student who participates on an athletic team at any level must meet eligibility requirements of the Georgia Department of Education, Gilmer County Schools Board of Education, and of the GHSA. Events in any sport, frequently called exhibition or unattached events, which involve students who are not eligible, or students who are not members of the school team, are strictly prohibited.

Eligibility to participate in practice or in competition is gained or lost on the first day of the semester, except the fall semester, when eligibility shall be declared based on Carnegie units accumulated according to year in school. Summer school is an extension of the second semester.

Make-up work for athletes will be accepted on the same basis that make-up work is accepted for all other students in the school. Make-up work to remove an incomplete must be completed within fourteen calendar days after the close of the semester. If the make-up work is necessary for the student to pass the minimum of five courses or to be "on track", the student is ineligible until the make-up work is completed and the passing grade assigned. Academically ineligible students shall not be allowed to participate in conditioning, in tryouts, in practice, in competition, or to travel with any team.

There is no provision in the no pass/no participate policy to permit a student to contract to do additional assignments in order to change a failing grade to a passing grade. Once a failing grade is assigned in a respective course, and the student is ineligible as a result, the student does not regain eligible status for the semester even if the grade is changed to a passing grade within the fourteen calendar days. The one exception is when the grade is changed to passing due to an error by the teacher in assigning the failing grade. In this event, the student can regain eligibility status with proper notification to the GHSA through the Athletic Director.

Under usual circumstances, a student will not be permitted to join an athletic team after the second scheduled contest. Exceptions to this will be students who enter the school after that date and students who were unable to participate earlier due to eligibility, medical reasons, or play-offs in another sport or with approval of the head coach and the athletic director. Under no circumstances will a student be permitted to come out for a team after the second contest if the result is the displacement of a member of the team.

A student-athlete can participate in two sports (including cheerleading) with coinciding season dates as long as he/she gets permission from both coaches and parents. Coaches should clearly communicate a practice/play plan to allow the student-athlete's participation to be maximized by each of the sports involved. This includes priority of Region competition, Region playoffs, Sectionals and State Playoff competitions, etc. Careful consideration should also be given to the student-athlete's safety and well-being. The ultimate decisions in regards to practice, play, participation, and withdrawal will be made by the head coaches involved. Should a student-athlete choose to withdraw from one of the sports after the season begins, permission from the coach of the sport must be granted and a written excusal request from the student-athlete must be signed by his/her parents and submitted to both coaches and the school's athletic director.

Once a student has been named as a member of a team by the coach, he/she is making a commitment to the team for the entire season. Therefore, under usual circumstances, when a student quits a team, he/she will not be permitted to go out for a team during the same season, or for the ensuing season, until after the season for the sport he/she quit has ended. Any exception to this rule must be approved by the head coach and the athletic director. Example -- A student who quits the football team will not be permitted to go out for basketball until the football season at his/her level of competition is over.

No player may exceed the maximum game limit for any sport.

A student must be an amateur. An amateur is one who has never violated his or her amateur standing by receiving money, tuition, board, or pay of any description as compensation for playing on a professional athletic team or in a professional participation.

## **TRANSFER STUDENTS**

A student who transfers from one school to another with a corresponding change of residence by the parents into the attendance area for the new school, shall maintain eligibility as soon as it is certified that he meets all other eligibility requirements. The Athletic Director must be notified so that proper documentation may be submitted to the GHSA for clearance. The student will be ineligible to compete until the GHSA certifies the student athlete.

The migratory rule applies only to varsity level competition and does not affect eligibility for any other level of competition.

A student who transfers from a non-member school to a member school where the parents reside shall be eligible as soon as properly certified.

## **HOME SCHOOL STUDENTS**

Gilmer County Schools adopts GHSA policy in regard to home school students.

## **DUAL ENROLLMENT**

A student participating in Dual Enrollment (institution of higher learning) will be eligible to participate in a high school athletic program representing the high school in which the student is enrolled, provided the student meets all other eligibility requirements, and:

- A. Is carried on the attendance register of the parent high school and that the parent high school

- receives state funds for the student's attendance.
- B. Is carrying work in the school which he/she is attending equivalent to five courses and is passing five. A student that is in a state-approved dual enrollment plan must earn 2.5 Carnegie Units and meet the "on track" requirement for high school credit.
  - C. Is given credit by the parent high school for work done.
  - D. Is not, and has not, participated in athletics and/or activities in the vocational-technical school, alternative school, or college.

## **DISABLED STUDENTS**

Disabled students are afforded an opportunity to participate in co-curricular activities. A student attending a special education center may participate in co-curricular activities at his/her home school as long as all eligibility requirements are met.

## **MIDDLE SCHOOL STUDENTS PARTICIPATING IN HIGH SCHOOL SPORTS**

Per Gilmer County School System Board Policy IDE (3), #2-"A student wishing to participate in interscholastic competitive activities must be enrolled full time in the school that sponsors the competitive activity.

## GHSA ELIGIBILITY REQUIREMENTS

HIGH SCHOOL GRADES 9-12	MIDDLE SCHOOL GRADES 6-8
<p>To be eligible to participate and/or try-out for a sport or activity, a student must be enrolled full time in grades 9-12 inclusive at the school seeking eligibility for that student.</p> <p>A. Enrollment is defined as follows:</p> <ol style="list-style-type: none"> <li>a. Fall Semester: when the student participates in a practice or contest before classes begin, or the student attends classes.</li> <li>b. Spring Semester: when the student attends classes.</li> <li>c. A student may be enrolled in only one (1) high school at a time.</li> </ol> <p>B. The student must be in regular attendance.</p> <p>C. The student must be taking courses that total at least 2.5 Carnegie Units that count toward graduation.</p> <p>D. All or part of the course load of a student may be taken online through a virtual school as long as the student's grades are being kept at the school in which the student is enrolled. Grades from virtual school courses must be on file at the school by the first day of the new semester in order for the student to be eligible.</p>	<p>State Board Rules apply to grades 6, 7, and 8; the previous semester must be used to determine eligibility. Therefore, fall sport eligibility is determined by the grades earned for second semester after the previous year.</p> <p>Example: The eligibility for middle school football or cheerleading would be determined by checking the grades from second semester of the previous year. It should not be assumed that because a child is in the next grade they are automatically eligible. Eligibility to participate or try out always depends on the number of courses passed in the semester preceding participation.</p>
<p><b>AGE</b> To be eligible to participate in interscholastic activities, a student must not have reached his 19th birthday prior to May 1st, preceding his year of participation.</p> <p>A student has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition.</p>	<p>Eligibility for middle school basketball and cheerleading is also determined by the grades for second semester of the previous years.</p> <p>Basketball starts in October and students must have passed four of six courses in the second semester of the previous year. Grades for first semester need to be checked to determine continued eligibility in second semester sports. (Winter and spring sports). Students gain or lose eligibility on the first day of the new semester based on the credits earned the 1st semester of the current year.</p>

<ol style="list-style-type: none"> <li>1. A student is not considered to have entered the 9th grade when a 9th grade course is taken if: <ol style="list-style-type: none"> <li>a. the student is regularly enrolled in a member's feeder school in a grade below the ninth, AND</li> <li>b. the course is taken as an advanced course, AND</li> <li>c. the principal of the school attended by the student certifies to the GHSA that the subject and course(s) meet the criteria set forth above.</li> </ol> </li> <li>2. Credits earned toward high school graduation which are taken below the ninth grade may be used when considering high school eligibility.</li> </ol>	
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### GHSA ELIGIBILITY REQUIREMENTS

<p>Students enrolled in grade 8 in a middle school or junior high school which is a feeder school to the member high school may participate in Spring football practice. These students must be pre-enrolled at that member high school, and once pre-enrolled, the student has established eligibility at that high school.</p>	<p>Eighth graders may only participate one year on an athletic middle school athletic team as an eighth grader. Seventh graders may participate one year on middle school athletic teams as a seventh grader.</p>
<p>Students must accumulate Carnegie units towards graduation according to the following criteria:</p> <ol style="list-style-type: none"> <li>A. First-year students (entering 9th grade) are eligible academically. Second semester first-year students must have passed courses carrying at least 2.5 Carnegie units the previous semester in order to participate.</li> <li>B. Second-year students must have accumulated five (5) total Carnegie units in the first year, AND passed courses carrying at least 2.5 Carnegie units in the previous semester.</li> <li>C. Third-year students must have accumulated ten (11) Carnegie units in the first and second years, AND passed courses carrying at least 2.5 Carnegie units in the previous semester.</li> <li>D. Fourth-year students must have accumulated seventeen (17) Carnegie units in the first three years, AND passed courses carrying at least 2.5 Carnegie units in the previous semester.</li> <li>E. Students may accumulate the required Carnegie units for participation during the school year and eligibility will be reinstated at the beginning of the next semester.</li> </ol>	

**Ninth Grade Football/Basketball**

Students entering the ninth grade for the first time may participate on the 9th grade teams for one year only. First year ninth graders will be the only students eligible for participation on a 9th grade team. Ninth graders should follow the same guidelines established by the GHSA regarding eligibility.

**NO PASS/NO PARTICIPATE IN ATHLETIC ACTIVITIES**

GRADES 6-12: COMPETITIVE INTERSCHOLASTIC ACTIVITIES are defined as any organized competition between schools that is held outside the regular instructional day. A competitive interscholastic activity is an activity specifically pertaining to any organized athletic sport including cheerleading. To be eligible for participation, a resident student, other than home study students, must be enrolled and attending the full six segments as defined in the Quality Basic Education Act or the equivalent thereof.

**NOTE:** The Georgia High School Association has a cooperative relationship with the Georgia Board of Education to establish statewide regulations for interscholastic competition in grades 9-12.

Gilmer County Schools endorses and adopts the requirements set forth in the GHSA constitution when making decisions regarding rules and policies for competitive interscholastic activities.

Residents students, other than home study students, eligibility requirements:

REQUIREMENT	COMPETITIVE INTERSCHOLASTIC ACTIVITIES
<b>All Students Grades 9-12</b>	Pass 2.5 units the semester immediately preceding participation (except first semester 9 <sup>th</sup> grade students) and be enrolled and attending the full six segments as defined in the Quality Basic Education Act or the equivalent thereof during the semester of participation.
<b>First Year Participants (9<sup>th</sup> Grade)</b>	First semester: No Requirements; 2 <sup>nd</sup> semester: Pass a minimum of 2.5 units previous semester.
<b>Second Year Participants</b>	Pass a minimum of 2.5 units previous semester; earn 5 units leading toward graduation



<b>Third Year Participants</b>	Pass a minimum of 2.5 units previous semester; earn 11 units leading toward graduation
<b>Fourth Year Participants</b>	Pass a minimum of 2.5 units previous semester; earn 17 units leading toward graduation
<b>Fifth Year Participants</b>	Not Eligible
<b>Age</b>	Must NOT have attained the 19 <sup>th</sup> birthday prior to May 1 <sup>st</sup> preceding the year of participation
<b>Enrollment</b>	Must meet Gilmer County BOE Policy JBCC: Student Assignment
<b>Residency</b>	Must reside within the school's designated attendance zone with a custodial parent/guardian and have not previously attended another high school (public or private) while living in this attendance zone as required for GHSA activities.
<b>Medical</b>	Must satisfy medical clearance procedures including an annual physical exam/medical history, proof of insurance, consent form as required for certain GHSA activities.
<b>Drug Screening</b>	Sign a "Consent for Drug Screening" and agree to participate in the Gilmer County Schools Drug Screening Program.

## SCHEDULING

### SUNDAY PRACTICE AND/OR TEAM MEETINGS

So that school activities will not interfere with family activities, mandatory team meetings and/or practices are not to be conducted on Sunday. No athlete will be penalized for not attending non mandatory Sunday activities.

### SCHEDULE FOR PRACTICE DATES AND ATHLETIC EVENTS

The earliest date for practice for a respective sport, the first day of competition, and the maximum number of contests in each sport are regulated by the GHSA. Refer to "Activity in Season Dates" in the GHSA's Constitution table of contents for this very important information or go to <http://www.ghsa.net/beginning-and-ending-dates>.

**When building a schedule, consideration is always given to:**

- A. Safety of athletes and spectators
- B. Local rivals: Pickens, Fannin, Union, Dawson, Lumpkin, (Murray, Sonoraville, N. Murray, and Gordon Central are more recent additions)
- C. Integrated experiences
- D. Economics
- E. Relative strengths
- F. Awareness of lost instructional/classroom time

**Varsity Schedules:** The first consideration is given to scheduling contests which are needed for region play. Additional games are scheduled by athletic coaches.

**Non-Varsity Schedules:** Follow the same guidelines as those set above with the exception of following the Varsity region play. J.V. and Middle School games have more latitude to keep most travel to a minimum standard.

J.V. teams may not play more than 70% of the number of regularly scheduled games played by the varsity in any sport. Middle School teams are limited to 60% of the number of varsity games.

**Eighth Grade Schedules:** Coaches are responsible for meeting obligations to attend meetings, make and submit schedules, keep website over their respective teams current, keep and protect inventory and meet schedule obligations. Failure to meet these responsibilities may lead to negative adjustments of the supplement salary or termination.

## **TOURNAMENTS OR INVITATIONAL MEETS**

Requests to host a tournament or invitational meet must be submitted in writing and approved by the Athletic Director and the school Principal.

All requests must include a complete format including the entrants for the tournament or invitational meet.

Ticket revenues will be deposited in the school athletics account. The Athletic Department will assume no financial responsibility for the event unless pre-approved with the Athletics Director and the school Principal.

Requests to host an area, regional, or state tournament must be reviewed by the Athletic Director and the school Principal prior to submitting the request to the GHSA.

## **CANCELLATION/POSTPONEMENT/INCLEMENT WEATHER**

If it is necessary to postpone or cancel an athletic event due to inclement weather, the following guidelines should be followed:

- A. Athletic events can only be canceled or postponed by the Head Coach, the Athletic Director, the school Principal, or the School Superintendent. If canceled by the Head Coach, the Athletic Director should be notified as soon as possible.
- B. A gentlemen's agreement currently exists with our region counterparts that the host school will do everything possible to make a game day decision by 12:00pm of the day the game is to take place. High likelihood of a weather event and openings within a schedule are good indicators that a cancellation is needed and to reschedule the event so that the visiting school does not waste valuable transportation dollars.
- C. Safety is the most important consideration. No outdoor contest or practice may continue if lightning is present.
- D. If rain occurs without lightning, a delay may occur.
- E. Within reason and sound judgment, every effort should be made to complete the contest.
- F. If inclement weather causes cancellation of an event, every effort will be made to reschedule the event.
- G. When an event needs to be rescheduled, varsity teams will have priority.
- H. Once an event is scheduled with another school we are obligated to do everything possible to meet our obligation. An away event could potentially be another school's "senior night" or other special event.

## **SELECTION OF HEAD COACHES AND SUPPLEMENTED COACHES**

The number of supplemented coaches for each sport is regulated by Board of Education policy. At the beginning of each school year, the principal will complete a supplement form listing all supplemented coaches

and submit it to the School Superintendent. Any changes will be submitted to the Board of Education for approval.

**Coaches in Gilmer County Schools must:**

- A. Be a certified professional and be employed full time by the Board of Education, or
- B. Be a retired teacher or supervising less than one half time, and
- C. Attend the GHSA Rule Interpretation Clinic in the their sport annually, and complete all other required safety courses as required by the GHSA and GCSS Board of Education and
- D. Obtain first aid, CPR, and AED certification as offered by GCSS.

Note: A paraprofessional must meet the same requirements as those that are set forth for Community coaches.

A coaching supplement is paid for the entire sports season. If a coach does not complete the season or, if for any reason, the team does not compete for the entire season, including region meets or sectional contests, the coach's supplement will be prorated.

**Guidelines for the Selection Community Coaches**

The Gilmer County School System Board of Education authorizes the School District's participation in the Community Coach program as adopted by the Georgia High School Association (GHSA). The Community Coach program shall be operated in full compliance with rules and regulations of the GHSA (specifically Section 2.52 in White Book/Constitution) and the Gilmer County School District.

A 'community coach' is defined as a person who is not otherwise employed by the school system as a certified staff member, who relates in role and function to a professional and does a portion of the professional's job or tasks under the supervision of the professional, and whose decision-making authority is limited and regulated by the professional.

Available community coaching positions will be advertised by the Human Resources Department on the GCSS website so that all interested potential candidates may apply. The community coach will be hired upon recommendation of the head coach, principal and superintendent; completion of a Criminal Background check; and the approval of the Board of Education.

In selecting a community coach the following will be considered:

- a. Coaching experience
- b. Participation in sports
- c. Educational background
- d. Philosophy of coaching

Community coaches must be a minimum of 21 years of age and serve under the immediate supervision of a certificated GCSS employee at all times. The Athletic Director and Head Coach of the sport are responsible for ensuring that community coaches adhere to all policies, rules, regulations, guidelines and procedures of the local school district and GHSA. The coach shall serve at the pleasure of the principal of the school and the local school district, either of which may terminate the services of the community coach at any time for any reason at the sole discretion of the principal or local school district.

An annual evaluation shall be conducted by the Certified Coach and Athletic Director.

Community coaches must sign a Hold Harmless agreement with the Gilmer County School System agreeing to Hold Harmless the members of the Gilmer County School System Board of Education and any of its employees in the event of an injury the coach might sustain while carrying out their responsibilities.

The community coach shall not serve as a community coach until all requirements below have been completed, documented and approved by the Gilmer County School System Board of Education.

1. Georgia High School Association (GHSA) Community Coaches Education Training Program (paid at candidate or booster club expense)
2. Community coaches must attend the Principles for Coaching clinic and PREPARE/First Aid clinic and successfully complete each assessment.
3. Satisfactory Criminal Background Check
4. Signed Hold Harmless Agreement
5. Interview with head coach, athletic director, building principal
6. Recommendation of the head coach, athletic director, building principal, to the district human resources department and Superintendent
7. Approval of the Gilmer County Board of Education

The community coach may not assume coaching duties until all conditions in this policy are met, as well as completion of GHSA sport specific rules clinic, NFHS Concussion course, and CPR/First Aid certification.

The community coach may not coach out of season with any community team that has one or more students from GHSA member schools, including 8th grade students enrolled in a school district.

The position of community coach shall be a temporary position and must be approved annually and shall receive compensation as determined by the Gilmer County School District for his/her service not to exceed \$2000.

\*This policy does not apply to retired educators/coaches per GHSA White Book/Constitution Section 2.51.

## **BOOSTER CLUBS**

The head coach of all sports is also responsible for his/her associated booster club. Booster clubs should never use GHS or CCMS when making any purchases other than as an address for shipping purposes. Neither GHS nor CCMS is responsible for any purchases made by a booster club and should not receive any billing requests because of an order made at the behest of any booster organization. All purchases made by any coach should first have a purchase order number and the approval of the athletic director and school principal before any order is processed.

## **COMPLIMENTARY PASSES**

Neither head coaches nor any booster organization has the authority to issue any complimentary passes to any athletic event at GHS or CCMS. Booster organizations may make a request for purchasing complimentary tickets in bulk and in advance through the head coach of the sport in question. That coach can then send in a request to the athletic director who will then also seek principal approval before discounted tickets/passes can be granted.

## **BOOSTER ADVERTISEMENT**

Any advertisement located in or around any athletic venue must have a contract on record in the athletic director's office. This document should list when the donation was received and for what season it is in effect. It is the head coach's responsibility to remove any out of date advertisements from the facility at the end of the season or the contracted sponsorship agreement.

## **DRINK VENDING**

GHS and CCMS both separately have contracts with a specific "soft drink" vendor. All athletic teams are authorized to only use the vendor that currently has the contract for the school in question. It is the athletic director's responsibility to inform each head coach of this contractual obligation. It is the head coach's responsibility to make sure his booster organization uses only those products as concessions. At GHS vending purchases should be made directly with the vendor using the vending number associated with the group making the order. No GHS booster organization should be avoiding our contractual obligations by purchasing from outside companies without prior approval of the school principal.

## **EMERGENCY MANAGEMENT FOR ATHLETIC PROGRAMS**

(Precautions and Guidelines)

### **Emergency Procedures for Athletic Practice Sessions and Athletic Contests**

In each sport at all levels, coaches must have a preseason meeting with the parents. At this meeting, the coach will have the student information/insurance forms completed, (see Appendix B) distribute schedules, and cover all procedures necessary to insure a safe, cooperative, and successful season. The student may not practice until the student information/insurance form is completed and returned. The insurance form must be available to the coach at all practices and contests. It is recommended they be kept in the medical kit.

A communication link is absolutely essential at practice and all competitions. A cellular telephone is the ideal link but the two-way radio could be used at specific events.

At all away contests, bus drivers are to remain at the site unless completing another task necessary for the athletic team in question. In case of an injury, the bus driver has a radio and could be of assistance in contacting emergency help. Bus drivers should also allow the athletes to eat and drink on buses for any scheduled athletic event. The Coaches are responsible for a general clean-up of the bus before the team is dismissed. If a coach or coaches fail to maintain a general clean bus – the driver should report this violation to the transportation director and he will then report the violation to the Athletic Director of the school in question. First offense will be a verbal warning to the coach/coaches in question. Second offense will be a withdrawal of this privilege for the team in question for the remainder of that season.

The coach is responsible for having first aid supplies available at each practice and at each contest. In addition to the standard first aid supplies, a blanket should be included to prevent shock from occurring, and ice should always be readily available.

In the event a student is injured on school grounds or at athletic contests and requires the services of the physician, the following procedure should be followed:

- A. When clear and present danger exists for any athlete, 911 should be contacted immediately.
- B. Call the emergency numbers listed for the parents on the Student Information Form.
- C. The coach should contact the athletic director as soon as possible, and no later than the following morning. The coach should complete an incident report.
- D. The coach should make every attempt to follow-up with the injured athlete.

### **GCSS Heat & Humidity Practice/Play Policy**

Gilmer High School must follow the statewide policy for conducting practices and voluntary conditioning workouts in all sports during times of extremely high heat and/or humidity. Each head coach will sign this document at the beginning of each season and distribute to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

- A. The scheduling of practices at various heat/humidity levels.
- B. The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels
- C. The heat/humidity level that will result in practice being terminated

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading must be utilized at each practice to ensure that the written policy is being followed properly. This reading will be done by the Head coach of the particular sport at Gilmer High School. A record of this information is to be turned in to the Athletic Director's at the conclusion of the season.

<b>WBGT READING</b>	<b>ACTIVITY GUIDELINES &amp; REST BREAK GUIDELINES</b>
UNDER 82.0	Normal activities --Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
82.0 – -86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of four minutes duration each.
87.0 – 89.9	Maximum practice time is two hours. For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each.
90.0--92.0	Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.
OVER 92	No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs.

**Guidelines for hydration and rest breaks:**

- A. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved
- B. For football, helmets should be removed during rest time
- C. The site of the rest time should be a “cooling zone” and not in direct sunlight.

- D. When the WBGT reading is over 86:
  - a. Ice towels and spray bottles filled with ice water should be available at the “cooling zone” to aid the cooling process.
  - b. Cold immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.

### **Extreme Heat and Precautions**

These precautions must be followed carefully due to high temperatures and the danger these temperatures present to student athletes.

- A. Head Coach should take WBGT readings daily to guide the practice schedule – A daily log of these recordings is required and should be turned in to the Athletic Director at season conclusion.
- B. Have fluids (water and ice) on hand and easily accessible during all practices.
- C. Take frequent fluid and rest breaks.
- D. Schedule practices in the coolest part of the day - early morning or late afternoon.
- E. Be sure you have the first aid kit and student information forms at each practice. It is also important to have some means of communication at every practice (walkie talkie, cellular telephone, etc).
- F. Be prepared to cancel practice or modify the practice schedule when extreme temperatures exist.
- G. Remove helmets and pads when not scrimmaging.
- H. Do not use salt tablets.
- I. Be attentive to heat illness and dehydration symptoms in players and treat them appropriately.
- J. Encourage players to drink fluids in the hours before practice (no soft drinks or beverages containing caffeine).

### **Guidelines for outdoor extracurricular activities during extreme hot and humid weather**

- A. Weather conditions should be observed daily by all coaches involved in outdoor extra-curricular activities. This can be done with a digital psychrometer or other device to measure heat and humidity. Documentation of hydration schedules and a practice plan should be available for each practice.
- B. When possible, practices should be held early in the morning or later in the evening to avoid times when environmental conditions are generally more severe.
- C. An unlimited supply of cold water shall be available to participants during all practices and games.
- D. Adequate rest periods should be given during extreme weather conditions. It is recommended that heat trapping equipment should be removed during breaks when possible.
- E. Practices should be gradually acclimatized for the participants. Length and intensity of practices should reflect this acclimatization process.
- F. It is recommended that all athletic participants weigh in and out each day of practice and document changes in weight gain/loss.
- G. Participants should wear clothes that are light in weight and color.
- H. Students who need careful monitoring include: overweight students, weight control problems, students taking over-the-counter medications, and students that have done absolutely no exercise at all prior to practice.
- I. Be familiar with all heat related symptoms and corresponding treatments.
- J. Be familiar with any emergency and 911 procedures.
- K. Student physicals, insurance forms, and emergency contact numbers must be stored in a central location near a phone and taken to all away games.
- L. Directives from the central office related to practice guidelines during extreme weather should be strictly followed.

### **Definitions**

- A. PRACTICE: the period of time that a participant engages in a coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the field until they leave.
- B. WALK THROUGH: this period of time shall last no more than one hour, is not considered to be a part of the practice time regulation, and may not involve conditioning or weight-room activities. Players may not wear protective equipment.

### Heat-Related Illnesses

During the early stages of heat-related illnesses, the athlete may experience cool, moist, pale, ashy or flushed skin. Often there are complaints of headache, nausea, dizziness, weakness, exhaustion, and heavy sweating. During the late states of the onset of heat-related illnesses, the athlete's skin tone may change, (for example it may appear red in some athletes). The skin may feel hot and dry, and the athlete may experience changes in level of consciousness. It is not uncommon for the athlete to experience vomiting.

#### Suggested Care for Athletes with Heat-Related Illnesses

- A. Move athlete to a cool place. Offer a drink of cool water as soon as possible.
- B. Loosen tight clothing.
- C. Remove wet clothing. Cover with a blanket or appropriate covering.
- D. Cool down the athlete by fanning him/her.

If the athlete refuses water, vomits or starts to lose consciousness:

- A. Call 911 immediately.
- B. Place athlete on his/her side.
- C. Cool with ice or cold packs on wrists, ankles, groin, neck and armpits.
- D. Monitor breathing and pulse carefully.
- E. If choking - check airway for obstruction.

### Guidelines for Preventing Dehydration

Dehydrated athletes do not perform well. Fluid loss through sweating directly impacts strength, endurance, power, and cognitive abilities. Excessive fluid loss may cause an athlete to feel fatigued, weak, irritable, nauseous, dizzy, and even disoriented.

Dehydration occurs when athletes fail to drink enough liquids to replace fluids lost through perspiration or urine output. Other causes include:

- A. Inadequate fluid intake.
- B. Profuse sweating.
- C. Reduced electrolyte intake, such as potassium found in some foods (e.g., fruit) and fluids.
- D. Injection of hypertonic solutions, such as intravenous solutions while under medical care.
- E. Ingestion of diuretic substances (e.g., salt, caffeine).

If the precautions listed below are followed, the student athlete runs fewer risks of becoming dehydrated.

- A. The athlete should drink two cups of fluid two to three hours before a workout or competition.
- B. One hour before a workout or competition, the athlete should drink one cup of fluid
- C. 15 minutes before a workout or competition; drink ½ cup of fluid.
- D. Before a workout or competition, the athlete should be weighed.
- E. Every 10 to 20 minutes during a workout or competition, provide a cup of fluid.
- F. After a workout or competition: Weigh each athlete and have the athlete drink two cups of fluid for every pound of weight lost.

#### Guidelines for Rehydration

- A. The athlete should drink large amounts of cool fluid at one time.
- B. The athlete should drink cool fluids, such as water.
- C. The athlete should drink 4-8 ounce glasses of fluid per 1000 calories expended.
- D. The athlete should not drink soft drinks containing caffeine.

### Cold Weather Policy

GCSS reserves the right to cancel events and/or practices due to cold weather conditions.



By signing below, I am acknowledging that I have read and understand the Emergency Management for Athletic Programs section of the GCSS Athletic Handbook. Furthermore, I will be compliant with heat related symptoms and corresponding treatments, emergency and 911 procedures, and the Heat and Humidity Chart.

\_\_\_\_\_  
(Name)

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

\_\_\_\_\_  
(Sport)

## SUPERVISION OF ATHLETIC EVENTS

The home school is responsible for providing primary administrative supervision for all athletic contests. In the case of events held at the stadiums or other sites, the designated home school has responsibility for supervision. This procedure applies to all middle school, junior varsity and varsity sports. Varsity football games and rivalry games in basketball, baseball, and soccer should have administrative coverage from both schools. This includes holiday tournaments. Athletic contests at any level or in any sport where you feel a problem could occur should have administrative coverage by both schools. Some examples of these types of problems include, but are not limited to, an intense rivalry with a school, previous problems that have occurred with the other school, problems that exist between parents and a coach, or other events or community problems that have or are occurring that might spill into the game. In addition to administrative coverage, please communicate your concern to the other school's Athletic Director and make necessary adjustments for safety to include increased security and administrative presence. It will be much easier to be proactive and prepared for potential problems than to deal with the aftermath. All schools should have administrative representation at region, and state athletic events.

### Suggested Procedures for Athletic Supervision

1. For athletic contests held in stadiums, game-day Administration should introduce themselves to the stadium manager and identify where they will sit.
2. If visiting a school, game-day Administration should identify themselves to the gym manager, administration, and police officer on duty. Assist, as needed, if a problem occurs at the event.
3. Administrative coverage needs to be provided for the entire athletic contest. Administration should not leave until the visiting team's bus has left the event.
4. Be ever vigilant for problems and be involved as necessary.
5. Make sure you are aware of the emergency plans available for the event you are covering (Weather, human, and facility plans should be included with the gate working documents). Coaches, gate workers, SRO's and game admin should be familiar with the most likely emergency contingencies that the event is most likely to experience.

### INSURANCE INFORMATION - FORM A

Name of Insurance Company (required): \_\_\_\_\_

Policy Holder/Relationship: \_\_\_\_\_

Group Number: \_\_\_\_\_ ID Number: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Phone Number: \_\_\_\_\_

List any allergies or medical conditions: \_\_\_\_\_  
\_\_\_\_\_

In the case of sickness or a medical emergency, I give the coach or athletic trainer permission to obtain or provide medical attention to my child \_\_\_\_\_, for whom I am legally responsible.

I understand that further medical attention may be recommended, and it is the responsibility of the parent/legal guardian to obtain further medical care from the medical provider of his/her own choosing.

It is the responsibility of the parent/legal guardian to notify the coach of changes in insurance coverage. This notification must take place immediately to the coach, Athletic Director, or school office.

I also understand that payment for medical services rendered as a result of an injury to a student-athlete are solely the responsibility of the parent/legal guardian and are in no way reimbursed by the Gilmer County Board of Education or any member of the Gilmer County Schools.

\_\_\_\_\_ Parent/Guardian Signature

\_\_\_\_\_ Date

OR

### WAIVER OF INSURANCE COVERAGE

As the parent/guardian for \_\_\_\_\_, I do not wish to disclose insurance information. I understand that I am responsible for any fees incurred as the result of an injury or

medical emergency.

\_\_\_\_\_ Parent/Guardian Signature

\_\_\_\_\_ Date

**GCS REQUIRED ATHLETIC FORMS**  
**GCS ATHLETIC INFORMATION - FORM B**

It is the responsibility of the parent/legal guardian to update Rank One with any changes in insurance coverage, emergency contacts, and new medical information.

In the case of sickness or a medical emergency, I give the coach or athletic trainer permission to give medical attention to my child, for whom I am legally responsible.

I understand that further medical attention may be recommended, and it is the responsibility of the parent/legal guardian to obtain further medical care from the medical provider of his/her own choosing.

I also understand that payment for medical services rendered as a result of an injury to a student-athlete are solely the responsibility of the parent/legal guardian and are in no way reimbursed by the Gilmer County Board of Education or any member of the Gilmer County Schools.

\_\_\_\_\_ Parent/Guardian Signature

\_\_\_\_\_ Date

## EMERGENCY MEDICAL TREATMENT AUTHORIZATION - FORM C

Please read the following statement closely. This form is mandatory for each athlete in our athletic program.

The undersigned hereby authorizes Gilmer County Schools athletic personnel (coaches and trainer) to act as our agent and can give consent to surgical or medical treatment by any licensed physician or hospital in the state of Georgia for our child if/when such treatment is deemed necessary by such physicians and we cannot be reached within a reasonable length of time.

Such consent may include, but is not limited to, transportation to a hospital emergency room, administration of necessary anesthetics, medical treatment, tests, x-ray, examination, transfusions, injections or drugs, and the performing of whatever operation may be deemed necessary or advisable. It is understood this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required.

\_\_\_\_\_ Parent/Guardian Signature

\_\_\_\_\_ Date

## MEDICAL INFORMATION RELEASE AUTHORIZATION - FORM D

Please read the following statement closely. This form is mandatory for each athlete in our athletic program.

Medical information concerning your child will be released to medical and school personnel who need that information. If you desire to withhold or restrict the release of medical information regarding your child, you must notify the school athletic director in writing. Your signature on this form acts as the authorization to release this medical information.

\_\_\_\_\_ Parent/Guardian Signature

\_\_\_\_\_ Date

## GHSA CONCUSSION AWARENESS - FORM E

**SCHOOL:** \_\_\_\_\_

**DANGERS OF CONCUSSION** Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor “ding” to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death. Player and parental education in this area is crucial – that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in GHSA athletics. One copy needs to be returned to the school, and one retained at home.

### **COMMON SIGNS AND SYMPTOMS OF CONCUSSION**

- Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness
- Nausea or vomiting
- Blurred vision, sensitivity to light and sounds
- Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments
- Unexplained changes in behavior and personality
- Loss of consciousness (NOTE: This does not occur in all concussion episodes.)

**BY-LAW 2.68: GHSA CONCUSSION POLICY:** In accordance with Georgia law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. (NOTE: An appropriate health care professional may include licensed physician (MD/DO) or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management. a) No athlete is allowed to return to a game or a practice on the same day that a concussion (a) has been diagnosed, OR (b) cannot be ruled out. b) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance.

**By signing this concussion form, I give \_\_\_\_\_ High School permission to transfer this concussion form to the other sports that my child may play. I am aware of the dangers of a concussion and this signed concussion form will represent myself and my child during this school year. This form will be stored with the athletic physical form and other accompanying forms required by the \_\_\_\_\_ School System. I HAVE READ THIS FORM AND I UNDERSTAND THE FACTS PRESENTED IN IT.**

\_\_\_\_\_  
Name (Printed) Student Name (Signed) Date Student

\_\_\_\_\_  
Name (Printed) Parent Name (Signed) Date Parent

### HEAT POLICY AWARENESS - FORM F

Gilmer County School System (GCSS) in conjunction with the Georgia High School Association (GHSA) has instituted a heat and humidity policy. The policy is designed to help protect student athletes in times of extreme heat and humidity. The measuring device used is referred to as a Wet Bulb Globe Tester (WBGT). This device takes into account air temperature, relative humidity and direct solar radiation on the body. It uses a complex math formula to calculate the WBGT reading. This reading is then digitally displayed for athletic and medical personnel to see. Both our athletic staff and our athletic trainer will monitor and track the WBGT reading and record it.

The state has set guidelines to the practice lengths and rest periods for the athletes, given certain WBGT readings. Any WBGT reading that exceeds 92 degrees will render immediate stoppage of practice until the reading drops below 92. Understand that a 92 on a WBGT and a 92 on a regular thermometer are not the same.

It is our intention to keep all athletes safe in every aspect of their participation in athletics within GCS and that every precaution is being taken to do so. Should you have any questions concerning this heat policy, please contact the athletic department of either GHS or CCMS.

Heat-related illnesses are some of the most common problems for youth athletes playing in the heat. These conditions can be dangerous, or even fatal. Heat-induced illness is one of the most preventable sports injuries. Parents, athletes and coaches need to understand the physiological factors that increase the risk for heat-related illness and take steps to prevent it.

**Heat factor - warning signs:**

Noticeable Thirst, Muscle Cramps, Weakness, Decreased Performance, Nausea, Headache, Fatigue, Lightheaded feeling or dizziness, and/or Difficulty paying attention.

More information can be found at [www.kendrickfincher.org](http://www.kendrickfincher.org)

*I HAVE READ THIS FORM AND I UNDERSTAND THE CAUTIONS PRESENTED IN IT.*

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

## GILMER COUNTY SCHOOL SYSTEM ATHLETIC RULES - FORM G

### STUDENT ACTIVITY CODE OF CONDUCT

#### I. Introduction

The Gilmer County School System has determined that participation in interscholastic/extracurricular activities is a privilege for students enrolled in the School System. A student participating in such activities is considered to be a school leader; and, with leadership comes responsibility, so students must adhere to the standards and expectations contained in the School System's Activity Code of Conduct.

In addition, they understand that drugs and alcohol are harmful, and that all athletes in the Gilmer County School System are subject to drug/alcohol testing in accordance with Gilmer County School System Board of Education drug testing policy.

They recognize that the use of tobacco and vaping products is a major health risk and is prohibited by school policy; therefore, they agree not to use or possess tobacco or vaping products at any time during the school year.

As such, if a student violates these standards, schools may withdraw the privilege of participating in these activities, regardless of whether the violation occurred at a school-related or non-school-related activity. Schools may also withdraw the privilege of participating in these activities if the student violations occur outside of the scope of the activity's "season"; or, beyond the scope of the school day/year.

#### II. Student Infractions and Standards of Behavior

Student Infractions: Any student who commits the following infractions may be suspended or permanently dismissed from the team:

- A. Hazing other students: school clubs and student organizations will not use hazing or degradation of individual dignity;
- B. Missing practice, rehearsal or activities (unless excused by the coach or sponsor);
- C. Truancy and/or skipping classes;
- D. Acting in an unsportsmanlike manner when representing the school;
- E. Violating team curfews (as established by the coach or sponsor);
- F. Any behavior which results in discipline by the school administration.

Standards and Expectations for Behavior: Students participating in interscholastic/extracurricular activities must comply with the following standards and expectations for behavior:



- A. Establishing and promoting a positive self-image for the program, school and School System.
- B. Exhibiting good sportsmanship.
- C. Supporting team/activity rules developed by the activity's coaches or sponsors.
- D. Adhering to the School System's Code of Student Conduct.
- E. Observing all standards and guidelines established by the Georgia High School Association (GHSA) Constitution and by-laws.
- F. Obeying local, State and Federal laws governing behavior and conduct.\*

*Note: Provisions for dealing with starred (\*) items above are contained in Section V of this document.*

### **III. Dispositions for Student Infractions and Standards of Behavior**

Dispositions for student infractions and violations of standards and expectations of behavior include, but are not limited to, the following:

- A. Additional practice or conditioning time
- B. Conferencing between sponsor/parent or sponsor/student athlete
- C. Loss of position or awards privileges
- D. Suspension and/or removal from team

### **IV. Suspensions for Student Infractions and Standards of Behavior**

Applying Suspensions: Relative to suspensions, progressive discipline processes will be utilized in order to create the expectation that the degree of discipline will be in proportion to the severity of the behavior, as well as consideration given to each student's previous discipline history and other relative factors.

Reporting Suspensions: Parent/guardian will be notified of the student's suspension. A suspension report will be filed with the Superintendent or designee.

Player assigned to Out-of-School Suspension: No player may practice or participate in an athletic contest if currently serving an out of school suspension (OSS). The player may resume practice or participate in an athletic contest on their first full day of regular school attendance.

### **V. Dealing with Student Arrests**

Reporting of Misdemeanor or Felony Arrests: A student (or his/her parent/guardian) is responsible for informing a school official, which may include the Principal, Athletic Director or his/her Head Coach or sponsor, of misconduct which results in a misdemeanor or felony arrest. This report must occur within five calendar days of the arrest or the student faces disciplinary action up to, and including, partial or permanent suspension.

Confirming Student Arrests: Student arrests that are verified through a reliable source (school administrator, teacher, coach/sponsor, staff member, parent of involved student, law enforcement, etc.) will be appropriately investigated by the school administration or designee.

Addressing Misdemeanor Arrests and/or Convictions: Misdemeanor arrests and/or convictions that will cause suspensions from activities may include, but are not limited to, the following areas:

- A. Disruption of school or school events
- B. Threats of violence or acts of violence against school employees or students
- C. Sexual Offenses
- D. Weapons Offenses
- E. Alcohol or Drug Offenses

Addressing Felony Arrests and/or Convictions: Felony arrests constitute an immediate

suspension from activities. Relative to that arrest, any subsequent felony conviction of a student may result in a permanent dismissal from activities.

Student Arrest Panel Process: Investigations arising from student arrests will be reviewed by a panel comprised of staff from the offending student's school, to include, but not be limited to the following: a school administrator, the school's athletic director, the coach/sponsor of the student, one additional coach/sponsor (as selected by the Principal), and one teacher (as selected by the Principal) . It will be the role of this panel to review all information available as a result of the investigation and recommend potential dispositions for any confirmed infraction to the Principal for his/her consideration—it will ultimately be the responsibility of the Principal to administer consequences. The student may present a written response to the alleged infractions being presented to the panel, but the student and parent/guardian will not be present at the panel hearing. The student's parent/guardian will be notified in writing of the panel's decisions.

**The school reserves the right to suspend and/or permanently dismiss a student from all extracurricular/interscholastic programs for the remainder of their school career for misconduct, which could result in the arrest or conviction of select misdemeanor or felony crimes.**

**VI. Duration of Code of Conduct**

The Student Activity Code of Conduct will be in effect year round.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

## **GCS CONSENT TO DRUG SCREENING - FORM H**

### **Gilmer County Schools Extracurricular Drug Testing Program**

Gilmer County Schools is committed to preventing the use and/or presence of drugs, alcohol, tobacco, and vaping products in schools and on school property, and is committed to encouraging all students to say "no" to drugs, alcohol, and tobacco/vaping products. It is also the commitment of Gilmer County Schools to promote the health of our students and to provide a safe environment for students to learn and to grow.

A student may not use, possess, or transmit drugs (narcotic hallucinogens, intoxicants, steroids or body-building drugs, stimulants, counterfeit drugs), controlled substances, alcohol, tobacco, or vape devices or the like at any time. Students violating this prohibition will be referred to rehabilitation, counseling, and/or disciplined according to the Gilmer County Schools Student Code of Conduct.

Gilmer County Schools will utilize drug and alcohol testing to help administer this program. Gilmer County Schools also reserves the right to drug and/or alcohol test students through random drug testing or by reasonable suspicion based on behaviors, reports, etc. Random testing for the presence of drugs and alcohol is a condition of participation in privileged/extracurricular activities within Gilmer County Schools.

#### **Types of Drug Testing:**

A. Random Testing. All students participating in extracurricular activities and/or student parking in grades 9 through 12 will be subject to random testing throughout the school year.

B. Reasonable Suspicion Testing. Students will be tested when reasonable suspicion exists such that their behavior or performance indicates possible alcohol or other drug use. The decision to test a student under reasonable suspicion rests with the high school principal.

C. Follow-up Testing. Students will be tested when there has been an admission of alcohol/drug use, detection of alcohol/drug use, or when returning from counseling/rehabilitation, which was the result of a positive test and the involuntary referral of the student to rehabilitation.

Follow-up testing can randomly be conducted any time and without advance notice due to the above conditions and without advance notice to the student and at the discretion of the High School Principal.

**Self-Referral:**

A self-referral occurs when a student or his/her parent reports to a coach, or school administration that the student has been using drugs, alcohol, and/or a tobacco or vape product. The timeline for this referral is within one school day of the infraction or the first opportunity to contact the previously identified sources. The self-referral provision will only be available prior to the involvement of law enforcement. A self-referral constitutes a 1st Offense according to the consequences set forth in the Gilmer County Schools Drug Testing Program.

- A. Following a self-referral, the student will not be denied athletic participation, but the student and their parents must meet with school Administration. The student will also be required to undergo intervention/counseling through a certified agency, at the expense of the parent, and will be put on an Alcohol and Drug Contract, subject to further drug testing. In the event of a failure to complete the requirements, the student will receive the same penalties as a Second Offense consequence listed below.
- B. All self-referrals will be kept on file in the athletic director's office. A student is allowed one self-referral in Grades 9-12.
- C. Any student who is under investigation for an infraction is denied the self-referral process.

**Refusal Conditions:**

Any refusal to take a drug and/or alcohol test will result in a "positive test" and will follow the list of consequences below.

**Consequences:**

Any student violating the Gilmer County School Drug Program is subject to the following consequences. Violations are cumulative throughout the student's school career (Grades 9-12):

1<sup>st</sup> Offense (Any Self-Referral, Refusal to Drug Test, or Positive Test Result): Parents will be notified of the 1st Offense, and will be required to meet with the school administration. The student will then be put on an Alcohol and Drug contract, and the student will also be required to undergo intervention/ counseling through a certified agency and be subject to further drug testing. Additionally, any 1st Offense will result in loss of driving/parking privileges on the Gilmer High School campus for 25% of the school year (45 Days).

2<sup>nd</sup> Offense (Any Self-Referral, Refusal to Drug Test, or Positive Test Result): Parents will be notified of the 2nd Offense. The student will lose 20% of contests/games in the specific athletic season; AND within five days, set an appointment with a certified agency for intervention/counseling and follow the recommendations of the counselor. The student will continue on the Drug and Alcohol contract, and continue to be subject to further drug testing. Additionally, any 2nd Offense will result in loss of driving/parking privileges on the Gilmer High School campus for 50% of the school year (90 Days).

3<sup>rd</sup> Offense(Any Self-Referral, Refusal to Drug Test, or Positive Test Result): Parents will be notified of the 3rd Offense. The student will lose 50% of contests/games in the specific athletic season; AND within five days, set an appointment with a certified agency for intervention/counseling and follow the recommendations of the counselor. The student will continue on the Drug and Alcohol contract, and continue to be subject to further drug testing. Additionally, any 3rd Offense will result in loss of driving/parking privileges on the Gilmer High School campus for one calendar year.

4<sup>th</sup> Offense (Any Self-Referral, Refusal to Drug Test, or Positive Test Result): Parents will be notified of the 4th Offense. The student will be permanently denied participation in athletics and extracurricular activities for one calendar year; AND within five days, set an appointment with a certified agency for intervention/counseling and follow the recommendations of the counselor. The student will continue on the Drug and Alcohol contract, and continue to be subject to further drug testing. Additionally, any 4th Offense will result in loss of driving/parking privileges on the Gilmer High School campus for the remainder of the student's career.

5<sup>th</sup> Offense (Any Self-Referral, Refusal to Drug Test, or Positive Test Result): The student will be permanently denied participation in athletics and extracurricular activities, as well as driving/parking privileges for the remainder of their academic career.

**Conditions for Appeal:**

Students who have been permanently denied participation are eligible to appeal their denial of participation to the Superintendent after the following conditions have been met:

1. The student enters into the drug testing pool and submits to testing for 12 consecutive months (at the family's expense). **All test results must be negative.**
2. The student is in good academic standing during the 12-month testing period (student remains academically eligible).
3. The student maintains a clean discipline record during the 12-month testing period. Students whose appeals are denied by the Superintendent may appeal their permanent denial to the Board of Education.

I hereby consent to the administration of the drug test and to the conditions listed in this form.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

## FIELD TRIP WAIVER OF RESPONSIBILITY - FORM I

Whereas, I (We) recognize that the trip is a voluntary educational opportunity. I (We) the parent(s) of legal guardian does grant him/her permission to travel with the chosen group of students under the supervision of the school board-approved chaperones of the school-board approved trip. I (We) agree not to hold responsible the following: chaperones, Gilmer High School or Clear Creek Middle School, its officers, or Gilmer County Schools for accidents, injuries, or illness of our child during this trip.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date

## SUDDEN CARDIAC ARREST AWARENESS FORM - FORM J

# Georgia High School Association Student/Parent Sudden Cardiac Arrest Awareness Form

### 1: Learn the Early Warning Signs

If you or your child has had one or more of these signs, see your primary care physician:

- Fainting suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks or ringing phones
- Unusual chest pain or shortness of breath during exercise
- Family members who had sudden, unexplained and unexpected death before age 50
- Family members who have been diagnosed with a condition that can cause sudden cardiac death, such as hypertrophic cardiomyopathy (HCM) or Long QT syndrome
- A seizure suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks or ringing phones

### 2: Learn to Recognize Sudden Cardiac Arrest

If you see someone collapse, assume he has experienced sudden cardiac arrest and respond quickly. This victim will be unresponsive, gasping or not breathing normally, and may have some jerking (Seizure like activity). Send for help and start CPR. You cannot hurt him.

### 3: Learn Hands-Only CPR

Effective CPR saves lives by circulating blood to the brain and other vital organs until rescue teams arrive. It is one of the most important life skills you can learn – and it's easier than ever.

- Call 911 (or ask bystanders to call 911 and get an AED)
- Push hard and fast in the center of the chest. Kneel at the victim's side, place your hands on the lower half of the breastbone, one on top of the other, elbows straight and locked. Push down 2 inches, then up 2 inches, at a rate of 100 times/minute, to the beat of the song "Stayin' Alive."
- If an Automated External Defibrillator (AED) is available, open it and follow the voice prompts. It will lead you step-by-step through the process, and will never shock a victim that does not need a shock.

***By signing this sudden cardiac arrest form, I give High School permission to transfer this sudden***

*cardiac arrest form to the other sports that my child may play. I am aware of the dangers of sudden cardiac arrest and this signed sudden cardiac arrest form will represent myself and my child during this school year. This form will be stored with the athletic physical form and other accompanying forms required by the Gilmer County School System.*

I HAVE READ THIS FORM AND I UNDERSTAND THE FACTS PRESENTED IN IT.

Student Name (Printed) \_\_\_\_\_ Student Signature \_\_\_\_\_

Parent Name (Printed) \_\_\_\_\_ Parent Signature \_\_\_\_\_

Date \_\_\_\_\_ Date \_\_\_\_\_

### **GHSA PHYSICAL FORM**

[Use this link to download and print the GHSA Physical Form.](#) This form is required for all athletes.