

Plainville Blue Devils Athletics



Athletics Handbook 2024-2025

Regulations & Guidelines
For the Athletic Program

Plainville High School

47 Robert Holcomb Way
Plainville, CT 06062
(860) 793-3220

<https://www.plainvilleschools.org>

Principal Jennifer DeLorenzo
Asst. Principal Jonathan Coe
Asst. Principal Kelly Hickey

Middle School of Plainville

150 Northwest Drive
Plainville, CT 06062
(860) 793-3250

Principal Aimee Roberts
Asst. Principal Ryan Cornelius
Asst. Principal Melissa Orfitelli

Plainville Athletics Department

47 Robert Holcomb Way
Plainville, CT 06062
(860) 793-3248

www.plainvilleathletics.com

Director of Athletics Mark Fritz
Athletic Asst. Laurice Doucette
Athletic Trainer Mary Cavallaro

CIAC

<https://ciac.fpsports.org>

Central Connecticut Conference

<https://centralconnecticutconference.org>

Plainville Athletics Social Media

Instagram: plvbluedeils
X: plvbluedeils

Athletics Registration

<https://plainville-ct.finalforms.com>

Tickets

<https://gofan.co/app/school/CT17453>

Livestream

<https://fan.hudl.com/plvbluedeils>



Plainville Athletics

47 Robert Holcomb Way
Plainville, CT 06062
(860) 793-3248

Mark Fritz
Director of Athletics
www.plainvilleathletics.com

Dear Student Athletes and Parent/Guardians,

The Athletic Department would like to thank you for the commitment it takes to be a student athlete in Plainville Community Schools and would like to express our dedication to providing you with the best possible support to achieve your academic and athletic goals.

As a Plainville Community Schools student athlete, you will be held to very high expectations and standards. This Athletics Handbook is provided to you to help detail the programs, policies, rules, resources which you will need to be familiar with in order to have a successful experience in athletics. If you have any additional questions, please contact your head coach, athletic director or member of the Athletic Department.

Thank you again for choosing to represent Plainville Athletics and good luck in your academic and athletic endeavors.

Sincerely,

Mark Fritz

Mark Fritz
Director of Athletics
Plainville High School

Once a Blue Devil, Always a Blue Devil

Philosophy

The Plainville Board of Education, the faculty and administration and the Athletic Department believe the competitive athletic program is an integral part of the overall educational program of the school.

To be of maximum effectiveness, the athletic program must be closely coordinated with the general instruction of the school. It must be such that the number of students accommodated, and the educational aims achieved, justify its inclusion in the overall educational program. It must be based on a spirit of non-professionalism so the participation is regarded as a privileged opportunity.

Athletics are for all students who are physically able to participate, who qualify under the eligibility requirements, and who adhere to the rules set forth by State and local school officials. We believe that participation in athletics will contribute to the following:

1. Improvement of health, fitness, and general welfare of all individuals taking part in the program
2. Stimulation of participants to achieve creditable academic progress and to make a contribution to the general education program of the school

Code of Conduct for Plainville Athletes

The following behavior will be considered serious violations of the Plainville High School athlete's code of school rules:

- Infraction of school rules requiring administrative action.
- Theft or malicious destruction of school property or individual equipment
- Unexcused absences from practices or contests.
- Unexcused absences from class.
- Unsportsmanlike conduct toward an opponent, official, fan, coach, or teammate, or use of profanity during practices or games.
- Unsportsmanlike conduct of any kind as a spectator at an athletic contest.
- Any form of hazing, which is defined as an activity that recklessly or intentionally endangers the mental or physical health or safety of a student for the purpose of initiation or admission to a team. Those responsible will be disciplined even if the student agrees to participate.

Disciplinary action, ranging from suspension from competition in a contest to removal from the team can be imposed for violation of rules. The nature of the offense and its frequency determine the appropriate disciplinary action. Any disciplinary action by a coach, that involves removal of an athlete from a team, must be approved by the Athletic Director and can be appealed by the athlete or their parents. Each case will be handled individually, but at the same time in a fair and consistent manner.

Objectives of the Athletic Program

- To provide the opportunity to engage in healthy competition
- To provide a "whole school" interest and activity, which will attract students other than athletes.
- To teach students proper habits of health, cleanliness, and safety
- To teach new skills and offer the opportunity to improve on those already possessed.
- To provide opportunities for the development of lasting friendships with both teammates and opponents
- To provide opportunities to observe, practice, and exemplify good sportsmanship.
- To give students an early understanding that participation in athletics provides leadership training.
- To provide opportunities for students to place the interest of the group above self and learn to practice self-discipline for the overall benefit of the team of which they are members
- To provide the student the opportunity to develop a feeling of unity and belonging, team pride, teamwork, and respect for rules and authority
- To consider membership on an athletic squad as an extended opportunity for the physically gifted.

Athletic Requirements for Participation

- Online Registration through FinalForms
- Up to date physical on file with school nurse
- All eligibility requirements must be satisfied

Interscholastic Athletic Teams

Athletic offerings at PHS

<i>Fall</i>	<i>Winter</i>	<i>Spring</i>
Cheerleading	Basketball (B&G)	Baseball (B)
Cross Country (B&G)	Cheerleading	Golf (B&G)
Football	Swimming and Diving (B)	Softball (G)
Soccer (B&G)	Wrestling	Tennis (B&G)
Swimming and Diving (G)	Indoor Track & Field (B&G)	Track & Field (B&G)
Volleyball (G)	Hockey (Rocky Hill Co-op)	

Athletic Offerings at MSP

<i>Fall</i>	<i>Winter</i>	<i>Spring</i>
Cross Country (Co-Ed)	Basketball (B&G)	Baseball (B)
Soccer (B&G)	Cheerleading	Softball (G)
	Swimming and Diving (Co-Ed)	Track & Field (Co-Ed)

Athletic teams may be added to the athletic program if there is sufficient student interest, adequate funding, opportunities to develop a viable and competitive schedule, and the necessary facilities. Addition of new programs must comply with Title IX policies. A newly organized team is considered a “Club” team. At the conclusion of the second consecutive year if the above qualifications have been met, the coach may request the Athletic Director to petition the Board of Education to add the team to our program with appropriate funding.

Student Athlete Responsibilities and Expectations

Here in Plainville we believe in Education Based athletics. As members of their team, a student-athlete is held to a higher standard than other students. They are admired and respected by many, including younger athletes and their behavior and actions often have a significant impact on others. The student athlete plays an essential role in the promotion of sportsmanship and they must accept the responsibility to always display high standards of sportsmanship. Each of our student athletes:

- Will meet all CIAC and Plainville BOE eligibility rules
- Will wear and care for all equipment necessary for participation in specific sports during all team activities.
- Will accept the responsibility and privilege they have in representing their school and community by learning and showing teamwork, sportsmanship, and discipline in all aspects of the game.
- Will win and lose graciously. Verbal and or physical abuse of officials, coaches, opponents, or spectators by student athletes may result in suspension or dismissal from the team.
- Will have a thorough knowledge of and abide by all rules of the game, athletic department, and CIAC.
- Will work for the good of the team at all times. They will promote their sport and participation in athletics in general. A positive attitude and approach from peers can encourage others to participate.
- Will demonstrate responsible behavior at all times, especially in the locker room, on the bus, and when they are guests at an opponent’s school.
- Will cheer for their team, not against their opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.
- Will refrain from the use of illegal or unhealthy substances to gain an unfair advantage.

Each team may have an extension of policies and procedures. The Plainville Athletic Department recognizes each sport's individuality. Team policies and procedures are designed to communicate expectations of the coaching staff to the student athletes and their parents. Coaches may develop higher expectations for team members than the school and athletic department, however, they may not be less restrictive than the regulations contained throughout this handbook.

Athletic Department Expectations

- **Gameday:** Student athletes are expected to conform to the proper dress code set forth by the coach/team on game day.
- **Uniforms:** Uniforms are supplied by the Athletic Department and are purchased on a four year rotation. Coaches will hand out uniforms prior to the first official contest and will collect them at the end of each season. Do not return uniforms to the Athletic Offices. Failure to return a uniform or if the uniform is damaged will result in the student paying for it to be replaced. All students are expected to dress and look like a team. Accessories, if worn, must be school/team colors and approved by the coach.
- **Equipment:** Student athletes are responsible for the care and use of all required equipment for a particular sport during all official team activities. If equipment is damaged or faulty, please inform your coach immediately. Any malicious destruction of equipment will result in the student athlete being financially responsible for replacing the equipment in addition to further consequences.
- **Away Events:** Student athletes must travel to and from each contest on the team bus accompanied by the coach. Athletes will stay with your team at all times and are not permitted to leave the facility for any reason, this is considered “leaving school grounds”. Athletes will behave appropriately and represent the Plainville community in an exemplary manner.
- **Attendance:** Student athletes participating in athletics have made a commitment to a team, their peers, their coach, and themselves. They are expected to be at any and all official team functions. If something comes up, it must be communicated with the coach effectively and in a timely manner.
- **Vacations:** Students are expected to attend all official team functions (practices, games, etc.) including those scheduled during vacation periods. Parents are advised to check with the appropriate coach as to their policy on missing team functions during vacations. It is advisable to do this early in the school year to avoid any misunderstandings later in the year. If time is missed, coaches will determine when the student athlete is in the appropriate condition to return to practice/competition. While no student athlete will be removed from a team for going on vacation, missed practice time may negatively impact an athlete’s standing/role with the team.
- **Jobs in Season:** While it may be necessary for some to work during the season, it is discouraged for student athletes participating on a school team. The limited number of hours available to a student athlete after school and for practices makes it difficult to be employed, participate in athletics as a committed member of the team, and do well academically.

Team Limitations

In any given year, each coach may be forced to reduce the size of their teams due to safety concerns, space limitations, and/or availability of coaches. The program coach, hired by the Board of Education, is the person responsible for selecting student athletes to compete on a given athletic team. Final decisions will be at the discretion of the coach and Athletic Director in accordance with CIAC rules.

- If a student is “cut”, they may switch to another sport with the consent of the receiving coach prior to the first athletic contest.
- Seniors are not entitled to a varsity roster spot nor playing time at the varsity level.

Conflict Resolution

Throughout the athletic season there are many positive and some negative moments that will occur. These moments are what make athletic competition so beneficial and meaningful in the development of student athletes. In order to encourage self-advocacy for our students we ask that the following procedure be followed in order to deal with all situations in an appropriate manner. Only issues dealing with the safety, health, and welfare of a student will be discussed by the coach, AD, or the PHS Administration. The student athlete and coach can discuss other topics, such as position on the team and specific participation issues.

Conflict Resolution Steps:

- A student athlete and coach should first attempt to resolve any issues.
- If the conflict cannot be resolved between the student athlete and the coach, the student athlete and their parent should meet with the coach at an agreed upon time.
- If the problem is still unresolved, then the parent should contact the Director of Athletics to establish a meeting time with the student athlete, parent, coach and Director of Athletics.
- No meetings will occur without the presence of the student athlete
- Issues that will NOT be discussed

- Playing time
- Captain selection
- Coaching strategy
- Other student athletes

We understand that it is difficult to accept that your child may not be playing as much as you would hope. As a coach of an athletic team there are decisions that need to be for the good of the team as a whole even if an individual may not believe it is in their best interest. The decision is never an easy one for the coach to make, but it is the coach's decision alone. The Plainville Athletic Department always encourages what is best for all of our student athletes and if a decision has been made that a student athlete does not agree with, it is up to the student athlete and his/her family to make the decision to continue to participate.

Attendance

- Student athletes must attend classes on the day of a contest/for at least half of the school day. Absence on a Friday will disallow participation on the following Saturday contest. Unexcused absences from school or practice can result in the student athlete being suspended from school/team activities that day.
- Exceptions to the attendance policy must be approved by the Athletic Director.
- If a student does not follow attendance rules, skips a class, is suspended (ISS or OSS) or is unable to participate in PE class on a particular day due to a medical excuse, that student may not participate in any athletic activity on that particular day.
- Students with significant family or religious obligations are not required to attend practice held on Saturday, Sunday or religious holidays. If a student is unable to attend a weekend practice, the student should inform the advisor/coach prior to the event, performance, or practice.

Behavior

- Student athletes are expected to conform to the proper dress code set forth by the coach/team on game day.
- Student athletes must travel to and from each contest on the team bus accompanied by the coach. Athlete's involved in damaging the bus will pay for the repairs. Said athlete(s), by this behavior, will be subject to dismissal from the team and may face school discipline as well.
- Student athletes are encouraged to promote their sport and participation in athletics in general. A positive attitude and approach from peers can encourage others to participate.
- Any student athlete who participates in a fight during team activities will be suspended immediately from the team for a period to be determined by the team coach.
- Verbal and or physical abuse of officials, coaches, opponents, or spectators by student athletes may result in suspension or dismissal from the team.
- Any student-athlete who damages school property will be subject to suspension and/or dismissal from the team.
- Athletes suspended from playing due to an unexcused absence or violation of a school rule shall sit on the bench as a team member the day of the game.
- Athletes are expected to demonstrate responsible behavior at all times, especially in the locker room, on the bus, and when they are guests at an opponent's school.

Hazing

Hazing is prohibited at all times. Hazing activities of any type are inconsistent with the educational goals of the school system. "Hazing" means committing an act against a student, or coercing a student into committing an act, that creates a risk of physical or emotional harm to a person, in order for the student to be initiated into or affiliated with a student organization or any other purpose.

Supervision and Facility Priority

- No one is allowed in any athletic facility unless it is his/her designated practice period and they are under direct supervision of a coach.
- Athletes practicing for one sport will refrain from using equipment not specifically designated for their sport.
- Teams "in season" will have priority of athletic facilities.
- Abide by all safety rules and regulations posted at PHS Facilities.

- Please report any issues or damage done to the facilities immediately.

Physical Examinations and Health

The Plainville Board of Education requires that all students have a physical examination before being permitted to practice in interscholastic sports. Coaches in all sports will be provided with the proper forms and/or information, which will be required of all participants. Once a student has received a physical examination, that examination will serve for the entire year unless the student has been injured during the season. Each physical examination will be valid for a period of thirteen months. If the time period expires during an athletic season, the athlete will not be allowed to participate.

If an athlete suffers any injury requiring medical attention beyond casual observation during a sport season, that athlete must obtain a note from a medical professional stating the athlete may continue in the sports program. This note must be given to the coach. Without a re-entry slip, the athlete will NOT be allowed to participate in practice or compete in a contest.

Student athletes shall maintain proper health and fitness levels to properly train and compete in the current sport. Areas of concern include proper diet, sleep, personal hygiene, weight training and cardio-vascular fitness. Athletes affected with communicable diseases should report details to the coach and athletic trainer.

Insurance

Students participating in interscholastic sports are automatically covered under the school's athletic insurance program. The sports insurance program does NOT cover any medical expense, which is paid, or payable under any other insurance policy. Therefore, a family's regular insurance (Blue Cross/Blue Shield, etc.) will cover the student initially and the school's insurance will take effect when the individual's insurance does not apply to cover the situation.

Accident Reports

It is the obligation of any athlete injured during a sports season to report the injury to his/her coach and the athletic trainer. After consultation with the injured athlete, the coach/athletic trainer has the responsibility of completing an accident report form and submitting it to the athletic secretary within 24 hours after the report of the injury.

Substance Abuse

Any violation of the school district's policies related to being in the presence of underage drinking or illegal drug use, or to the possession or use of drugs, tobacco and/or alcohol, e-cigarettes, vape pens etc. on or off school property, will result in discipline.

- First offense will result in no less than a 14 calendar day suspension from all team activities (practices, games, fundraisers, etc). Failure to adhere to these guidelines will result in removal from the team for the remainder of the season.
- The second offense, occurring within the same school year, will result in removal from participation in all athletic programs for the remainder of the school year (consequences may be increased based on severity).
 - *School policy and consequences may supersede athletic consequences.

Equipment

All issued school equipment will remain the property of the school and must be properly cared for by the student athlete to whom it is issued. School issued equipment/uniforms not returned at the end of the season or upon departure from the team will result in the student athlete being held financially responsible for the items. Return all equipment and uniforms to the coach. No items should be returned to the athletic office. Any student athlete failing to return a cleaned uniform or failing to make payment for a lost uniform or equipment, at the end of a season, is ineligible to play in the next sport season. Note: Graduating seniors will not receive their cap and gown until they have returned all equipment/uniforms.

Locker Rooms

- 1. Do not bring valuable items or large amounts of money to school.
- 2. Use a locker and keep it locked at all times. Do not share your combination with anyone.
- 3. The school is not responsible nor is it liable for your personal property brought to school.
- 4. Lockers will be cleaned out at the conclusion of each season.

- 5. Athletes will leave locker rooms in a clean condition.

Team Bench and/or Area

Other than players, coaches, medical personnel, and student managers, no other persons are permitted on or near the team benches. Coaches must enforce this rule with assistance from athletic personnel. At the conclusion of each contest, whether home or away, the athletes will leave the team bench area in a clean condition.

Captains

- Captains must meet the established criteria by the athletic department and coaches of each sport to be considered.
- Students who violate the basic school conduct rules will jeopardize the privilege of serving in leadership roles. In all cases in which students are suspended and/or expelled, students will be removed from any/all leadership positions immediately.
- The term “captains practice” usually means the team’s captain organizes and conducts practice sessions for the sport without adult supervision. The CIAC and CCC conference does not in any way sanction, encourage or condone “captains practices” in any sport. “Captains practices” are a clear violation of the spirit of the rule and are not permitted.
- Just because a student athlete is a senior does not mean they will automatically be named a captain.
- Responsibilities of a Captain
 - Attend all Athletic Leadership meetings.
 - Set an example of sportsmanship and good behavior at all times.
 - Assist coaching staff with duties such as: water, ice, med-kits, bus checks, communication, etc.

Athletic Training Room Procedures

- Proper footwear must be worn at all times. Bare feet are not allowed unless being treated.
- Equipment (balls, pads, etc.), food, and drinks are not permitted.
- Horseplay and foul language will not be permitted in the room
- Athletes are not allowed to use the treatment room as a social setting
- No supplies or materials are to be touched or removed from training room without the approval of the AT
- Training room hours (subject to change) 2:10- 5:00 PM
- In-season athletes have priority; Student athletes with games that day will have priority over others.
- Personal belongings should be placed in your locker before entering the training room.
- Student’s are not permitted to leave class to go to the training room unless given permission by AD.

Awards

At the conclusion of each sport season, student athletes will be presented letters, pins, and certificate awards according to their participation level.

- Participation certificates: These are given to athletes who participated in a sport.
- Varsity letter: how an athlete earns a letter is up to the coach. The coach will notify the team of the specific requirements at the start of the season. The first time an athlete earns a letter in a sport, they receive a P felt letter. If they have received a letter in another sport, they would receive the first year pin. Regardless of how many varsity letters an athlete earns for various sports over their career, they should have only one felt P.
- Second, third, fourth year pins: An athlete would receive one sport pin for earning a second year letter, a bar pin or third year letter and a bar pin for a fourth year letter. This would be true regardless of what they may have achieved in another sport. These pins are generic bars and are the same for every sport.
- CCC All-Academic Team: A certificate is awarded to those athletes who received a varsity letter and overall average of 88% or above.
- All Conference: Selections are based on performance, ability, and statistics. Team sports are usually selected by position. In individual sports, like track and field, swimming and tennis, the candidates are awarded by specific performances, usually conference championship meets/tournaments.
- All State: Athletes are chosen in the same manner as All-Conference, yet there are a greater number of student-athlete candidates. Selections are made by division (ex. Class M, etc.)

Sportsmanship

The Plainville Community Schools conduct an athletic program to enhance the personal and educational growth of its participants by providing healthy and challenging competition. All spectators are asked to contribute to these goals by vocally supporting the efforts of our athletes and by refraining from any actions toward our opponents and officials, which interfere with the realization of our stated objectives. Any spectator not abiding by the principles of good sportsmanship will be asked to leave the contest and may have the privilege of attending future contests revoked.

Ways to Promote and Display Good Sportsmanship

- Emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- Maintain self-control at all times, do not start up a rivalry.
- Establish a pleasant relationship between visitors, hosts and officials.
- Respect the integrity and judgment of sports officials.
- Accept the results gracefully and act courteously at all times.
- Applaud during introduction of players, coaches and officials for both teams.
- National Anthem - Stand at attention and applaud when the anthem is finished.
- Applaud at the end of contests for the performance of all participants.
- Shake hands with the opponents and coaches to recognize them for good play.
- Seek out opposing coaches and players to recognize them for good play.
- Recognize that the basic purpose of our athletic program is to promote the physical, mental, moral, social and emotional well-being of the individual players.
- Always show concern for injured players, regardless of which team they play for.
- Always strive to represent yourself, your team, your school and your community with class and integrity.

Hazing and Bullying

Please refer to the CIAC or PHS Student Handbook respectively.

Athlete's Role

An athlete is respected and admired by the student body, the spectators, and the children in the community. It is a role filled with responsibility, and good sportsmanship can be shown by:

- Living up to the standards of sportsmanship established by your coach
- Learning the rules of the game and discussing them with parents, fans, and students of all ages so all can have a better appreciation of the game.
- Remembering that you are representing yourself, your school, family, and community.
- Respecting your opponents.
- Respecting the integrity and judgment of officials.
- Displaying positive actions in public at all times.

Coach's Role

A coach's exposure and influence makes this role the most important in forming positive attitudes about sportsmanship to students, spectators, and the community. For good sportsmanship to become a reality, a coach should always strive to:

- Set a positive example for athletes, fans, and the community
- Abide by the rules of the game in letter and in spirit
- Teach good sportsmanship to athletes and parents, and reward those who abide by your high standards
- Treat opposing players and coaches with respect
- Respect all officials, and understand that their contribution to high school athletics is an admirable one
- Display modesty in victory and graciousness in defeat in public and with the media
- Exemplify the highest moral character, behavior and leadership

Spectator's Role

Let Plainville be known for our sportsmanship! The spectators at an athletic contest have an extremely important role in displaying good sportsmanship. As a group, your actions may have the greatest impact on how others view the reputation of your school and community.

Fans should always:

- Compliment student-athletes in their attempts to improve and learn.
- Respect officials, opponents, and their fans.
- Learn and understand the rules of the game.
- Respect the decisions of officials, and admire their efforts to officiate in the best interest of interscholastic sports.
- Acknowledge good performance, regardless of uniform color
- Recognize and complement the efforts of coaches, officials, and school administrators for their interest in expanding education.
- Never make derogatory comments to or about the opponent, or game officials.
- Singling out individual players or numbers is not permitted.
- Remove hat during the playing of the National Anthem.
- Stand at attention and remain quiet throughout the playing of the national anthem.
- There is a charge for most home events that start at 5:00pm or later. This charge helps defray the cost of officiating, contest support personnel and security.
- Advocate that any spectator who continually shows poor sportsmanship be directed not to attend future contests.

Expectations of Parents

- Be positive with your athlete. Let them know that they are accomplishing something by being part of a team.
- Do not offer excuses to your athlete if he/she is not playing. There is usually a reason for it. Encourage athletes to advocate for themselves.
- Do not criticize your athlete's coach in front of your athlete. It will distort their perception of the coach and overall attitude toward playing.
- Always encourage your athlete to put forth their best effort.
- Insist on good grades for your student athlete all year long.
- Do not compare or contrast athletes with a family member who previously played. Each athlete is unique in their own way.
- Being a fan does not entitle you to be belligerent or abusive towards players, coaches, opponents, officials or your son/daughter. This type of behavior is embarrassing to your child, and may result in being prohibited at contests.
- Encourage your athlete to play for the love of the game and what participating in a sport teaches about life and adulthood. De-emphasize playing for scholarships or college admission.
- Keep the game in perspective and always be a role model of sportsmanship.

Away events (As a participant or spectator)

PHS students will be held accountable for their actions and behaviors at away contests within the guidelines of the PHS Student/Parent Handbook. Spectators who are identified as not abiding by these standards set forth by Plainville High School and other CIAC member schools, will be subject to suspension or ban from attending contests.

Home Event Game fees:

All varsity home events at PHS are subject to a gate fee after 5:00pm. Plainville Athletics is 100% cash free. Digital tickets and season passes can be purchased through GoFan. Gate fees are \$5 Adults and \$3 Students. Senior citizens (65 & over) and children under 12. Anyone middle school age or younger must be accompanied by an adult for the entire event. Events sponsored by the CIAC, CCC, and special tournaments are subject to those rates set by those organizations.

Directions to opponent schools can be found on the CIAC website.

Expectations of Spectators and Fans

- Always support both teams in a positive manner
- Display appropriate signs and select appropriate cheers.
- Refrain from yelling derogatory comments at officials, coaches, or participants.
- Never single out a player by name or number.
- Advocate that any spectator who continually shows poor sportsmanship be directed not to attend future contests.

The Plainville Athletic Department reserves the right to remove, suspend, or ban any spectator they deem is a disruption to any athletic contest, each incident will be reviewed on a case by case basis. If a parent/student is removed from a contest they will be required to complete courses on NFHS and meet with the Director of Athletics as a condition of their return. Other conditions may apply.

Transportation

Students riding on the school bus shall be expected to behave in an orderly manner which is conducive to the safety and comfort of their fellow students and themselves. Students not behaving accordingly will be reported to school administration. A student may be reported for any of the following reasons: Violation of safety procedures, destruction of property, fighting, pushing, tripping, excessive mischief, vandalism, eating, drinking, littering, rude or discourteous behavior, and inappropriate language. Any violation may result in disciplinary action being taken by administration.

Student athletes cannot transport themselves to any athletic contest. They will not be eligible to participate if they choose to do so. A parent can transport the student athlete after following the proper protocol.

- Student athletes must travel to and from all contests on the team bus.
- Students requesting alternative transportation must have approval from the AD and fill out the travel release form on the athletic website.
 - Student athletes must inform the coach in advance of the contest and upon arrival or departure.

NCAA/Collegiate Athletics

Student-athletes need to be aware of the rules regarding the N.C.A.A. Clearing-House and may obtain these forms ONLINE at www.ncaaclearinghouse.com. Students are recommended to register for the NCAA Clearinghouse at the end of the Junior year, if not sooner.

Student-athletes need to be aware of the academic requirements to be eligible to participate at the Division I, II, or III levels. If you have any questions about NCAA Eligibility please call the NCAA Initial Eligibility Center toll-free at 877-262-1492. If you are interested in participating in collegiate athletics please contact your guidance counselor and ask your coach to assist you in selecting a school that will meet your needs.

Plainville Board of Education and CIAC Rules and Regulations for Athletic Eligibility

In order to participate on an interscholastic athletic team or extracurricular activity, a student must have satisfied all of the scholastic eligibility requirements prior to participation. All Plainville High School students are subject to eligibility standards set by the Connecticut Interscholastic Athletic Conference (CIAC) and the Plainville Board of Education.

Athletic Eligibility

- The student must be taking six (6) courses **AND** passing a minimum of five (5) courses each quarter.
 - If a student is taking less than six (6) courses, the student is **INELIGIBLE**.
 - If a student does not pass at least five (5) courses per quarter, the student is **INELIGIBLE**.

- If a student passes at least five (5) courses AND fails a course(s), please see below:
 - Student has at least five (5) passing grades AND one (1) or two (2) F/FS on their report card:
 - If the overall average of all classes is 70% or higher, the student is **ELIGIBLE**.
 - If the overall average of all classes is below 70%, the student is on **PROBATION**.
 - Student has at least five (5) passing grades AND three (3) F/FS on their report card:
 - The student is **INELIGIBLE** regardless of their overall average.

*If a course is dropped after the add/drop period, the grade earned in that course will still be calculated in eligibility status and may impact the student's eligibility in the upcoming sports season.

Initial Eligibility by Marking Period and Athletic Season	
Fall	Determined by Q4 grades of the previous school year <i>*All first-time 9th grade students are deemed eligible upon entering high school</i>
Winter	Determined by Q1 grades on report card
Spring	Determined by Q2 grades on report card

***Please note that Q2 and Q3 grades can impact eligibility status during the Winter and Spring seasons, respectively.**

Academically Eligible: No restrictions. Allowed to participate in all athletic events.

Academic Probation: Allowed to try out and practice but is not allowed to participate in any interscholastic events. Students will be on academic probation until progress reports are issued. On the date that progress reports are issued, if the student is passing all of their classes (no F's) they will become eligible to compete immediately. At this time, if they are failing a class the student will be deemed academically ineligible and unable to continue participating for the remainder of the season.

- Progress reports will only be utilized to monitor students with a probationary status.

Academically Ineligible: Not allowed to participate in any team activities. Eligibility status can only change at the end of the next marking period.

Summer School: Summer school at PHS is a credit recovery system. A student's academic eligibility for the fall season

is based on quarter four grades from the previous school year. Summer school can help you earn credits toward graduation but will **NOT** change your eligibility status.

Transfer Students: Eligibility will be determined based on their last complete marking period grades earned at their most recent placement.

Incompletes: Scholastic incompletes must be made up within ten (10) school days following the date that student eligibility was determined for the respective marking period. Incomplete grades are not to be considered passing grades.

Fall Eligibility: Eligibility for the fall season is determined using the last quarterly report card issued in June from the previous school year for all student athletes except first-time ninth graders. First-time ninth graders will automatically be deemed eligible to start their fall season in high school. All other students must have fulfilled the eligibility policy outlined above **AND** received at least 5 credits towards graduation in the previous school year.

Winter & Spring: Eligibility for the winter and spring seasons is based on the quarterly report cards, Q1 and Q2 respectively, issued during the school year (see chart above). Should a marking period conclude during an athletic season, eligibility of all student athletes will be reevaluated at that time. A student's eligibility is determined on the report card distribution date, noted on the school calendar.

Transfer Students: Eligibility will be determined based on their last complete marking period grades earned at their most recent placement.

CIAC In-Season Rule: During the high school season, starting with the first scheduled contest through the CIAC and New England tournaments, you may not participate or play with an outside team in the same sport.

Changing Teams: Student athletes may not switch from one school team to another after the first scheduled contest in that sport.

Eligibility Clock: A student has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into ninth grade to be eligible for interscholastic competition. You may not participate in a specific school sport for more than four seasons in grades 9-12. See complete rule for exceptions.

CIAC Age Rule: The student shall not have reached his or her twentieth (20th) birthday to participate. A student-athlete will not be allowed to start a season or compete during a season in which his/her twentieth (20th) birthday falls.

Any questions regarding eligibility should be directed first to the Athletic Director and then to the Principal, if necessary.

Plainville Athletics

PHS & MSP



Emergency Action Plans

TABLE OF CONTENTS

Recent Changes	
Introduction	
Contacts and Important Numbers	
Emergency Situation Contact Tree	
Emergency Equipment Location	
High School AED Locations	
Middle School AED Location	
General Guide	
Emergency Action Plans By Location	

Recent Changes

- **AED was added to the pool deck (2023/24)**
 - AED is located on the wall next to the locker rooms and coaches offices.
- **EAP for Hawk's Landing added (2024)**
- **Maps of AED locations at PHS added (2024)**
- **Contact information updated (2024)**

Introduction

Plainville Public Schools are committed to provide a sound, competitive, high school /middle school athletic program that represents the town of Plainville in a positive manner and allows our student athletes the opportunity to develop physically, mentally, ethically and socially. We are also committed to develop a safe interscholastic athletics program by protecting the health and well-being of its student-athletes, as well as by providing a safe sports environment. The National Athletic Trainers Association's Policy Statements are used as a guide in establishing recommendations and procedures for preventing and managing athletic-related injuries at Plainville High School and the Middle School of Plainville. This policy & procedures manual is a working document and will be revised to reflect current methods in sports medicine.

Components of an Emergency Plan

1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment

Emergency Personnel

The first responder in an emergency situation during an athletic practice or competition is typically a member of the sports medicine staff, such as a certified athletic trainer. However, the first responder may also be a coach or another member of the school personnel. Certification in cardiopulmonary resuscitation (CPR), first aid, automated external defibrillator (AED), prevention of disease transmission, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instructions, and strength and conditioning [including also: athletic director, school nurse, certified athletic trainer, all coaches, etc.]. Copies of training certificates and/or cards are maintained with the athletic director. **All coaches are required to have CPR, First Aid, AED, and concussion management training certifications.**

Athletic Personnel Responsibilities

1. Establish scene safety and immediate care of the athlete
2. Activation of the Emergency Medical System
3. Emergency equipment retrieval
4. Direction of EMS to scene

Emergency Communication

In any emergency situation, communication will play a key role in obtaining appropriate care for the athlete in a prompt manner. With the prevalence of cell phones now, knowing the whereabouts of the nearest working landline may not seem important. Coaches will familiarize themselves with the location of a landline, in addition to having knowledge of the whereabouts of a charged, available cell phone at all venues (home and away). Emergency contact information of all members of the team will be kept with the coach at all times. In the event of an emergency, this information should be reviewed, kept nearby and turned over to emergency medical personnel upon arrival. This form will go to the hospital with the athlete.

Activating the EMS System

Call 9-1-1

Providing Information:

- name, address, telephone number of caller
- nature of emergency, whether medical or non-medical
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician
- specific directions as needed to locate emergency
- other information as requested by dispatcher
- Be the last to hang up!!

Emergency Equipment

Each season the athletic trainer will provide to each team (one per level) a medical kit that includes the supplies needed for basic first aid. Coaches are expected to have this kit with them on site at every practice and game. Kits are to be easily accessible by any member of the coaching staff. It is the responsibility of the coaching staff to ensure the kit stays stocked. When supplies are low, the kit should notify the athletic trainer in order to be filled. All efforts should be made to keep students from accessing the supplies in the medical kit so a better inventory can be kept. In the event the athletic trainer is not present, emergency medical services should be contacted and coaches should rely on the equipment they have on hand.

Location of AED's

Members of the coaching staff should also be aware of the location of the AED's (4) on site. At the high school, AED's can be found mounted on the wall outside of the Wood Gymnasium, Kegel Gymnasium, and inside the pool. An AED is also located in the cement shed located between the baseball, softball, and football field (in the door to the left).

Conclusion

Understanding emergency situations may arise at any time during athletic practices and games, a little pre-planning will go a long way in getting you through a stressful situation. The timely response of those in charge could affect the outcome of the emergency. Being effective in communicating and dealing with the situation is a necessary requirement of the position. Using detailed preparation in order to understand and implement the Emergency Action Plan, we ensure the student athletes, under our supervision, will be provided the best care when an emergency presents itself.

Contacts & Important Numbers

Off Campus Contacts	Phone Number
Emergency	9-1-1
Plainville Police Department	(860) 747-1616
Fire Department	(860) 747-2728
Hazardous Materials	1-800-424-8802
Poison Control Center	1-800-222-1222
Dattco Bus Company	(860)747-3018

On Campus Offices	Phone Number
Athletic Training Room	(860) 793-3220- ext 1386
High School Nurse's Office	(860) 793-3220 ext 1158
Middle School Nurse's Office	(860) 793-3250 ext 2107
Athletic Director	(860) 793-3248
High School Main Office	(860) 793-3220
Middle School Main Office	(860) 793-3250
Administrative Office	(860) 793-3220 ext1444
High School Counselor Office	(860) 793-3220 ext 1350
Middle School Counselor Office	860-793-3250 ext 2110

Title	Name	Office	E-mail
Athletic Trainer	Mary Cavallaro	(860) 793-3220 ext 1386	cavallarom@plainvilleschools.org
Athletic Director	Mark Fritz	(860) 793-3248 ext 2	fritzm@plainvilleschools.org
High School Principal	Jennifer DeLorenzo	(860) 793-3220 ext 1141	delorenzpj@plainvilleschools.org
Middle School Principal	Aimee Roberts	(860)793-3250 ext 2051	robertsa@plainvilleschools.org
High School Nurse	Tricia Rapacky	(860) 793-3220 ext 1158	rapackyt@plainvilleschools.org
Middle School Nurse	Margaret Bovol	(860)793-3260 ex 2107	bavolm@plainvilleschools.org
Team Physician	Dr. Scarlett	via Select Medical/ AT	N/A
Security Director	Richard Marques	(860) 793-3220 ext 1262	marquesr@plainvilleschools.org
School Resource Officer	SRO Guerrette	(860) 793-3220 ext 1261	guerrettej@plainvilleschool.org

Emergency Situation Contact Tree

Emergency Situation Flow Sheet

Injury or Sudden Illness

Coach or First Responder on Scene

CHECK

Life Threatening Condition
Threatening

Non-Life

CALL

CALL

CALL
911
*Have someone get
the AED

Call Parent/Guardian

Call Athletic Trainer

Call Athletic Director

Call
Athletic
Trainer

CARE

CARE

Provide care until
EMS arrives.
Do not leave
victim.

Provide **proper
first aid and care**
until athletic
trainer arrives.
Do not leave
victim.

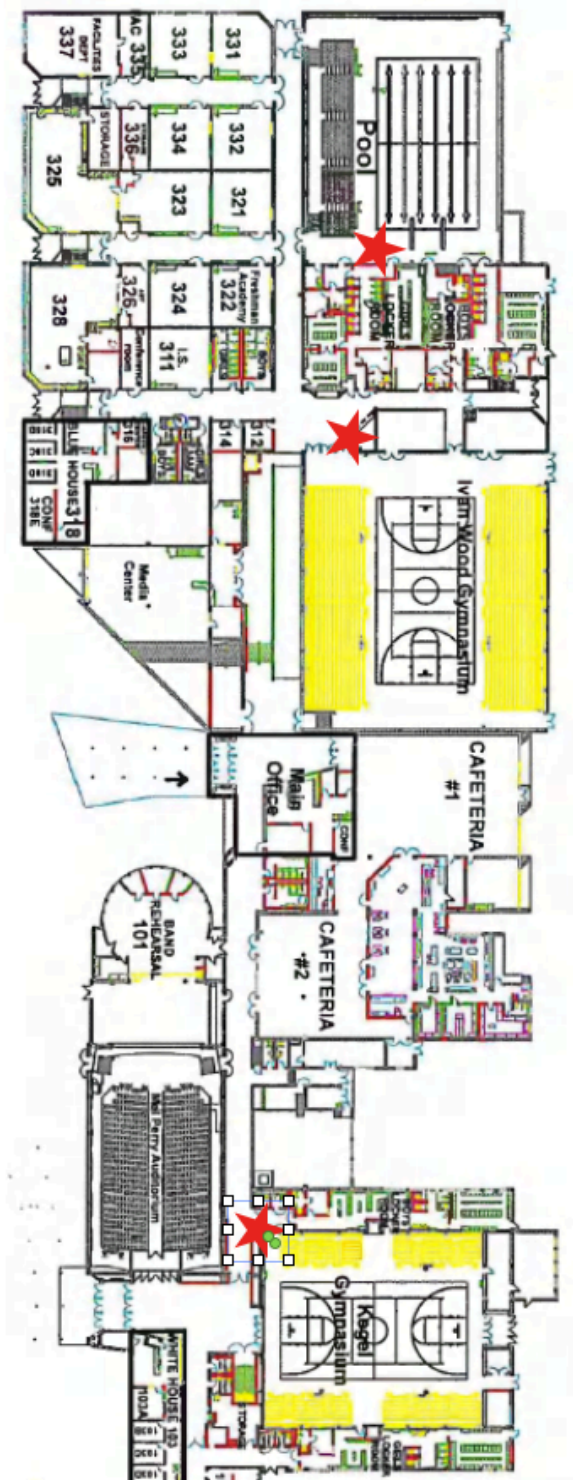
After the situation is controlled the AT and AD should be contacted immediately. Athletic Trainer may contact the sports medicine physician at their discretion for guidance.

Emergency Equipment Locations

Emergency Equipment:

- Athletic Training Kit (Med Kit), Splint Bag, Biohazard/First Aid Kit on site for events covered by ATC
 - First Aid Kit with coach
- 1. AED**
 - a.** High School: Located outside both gymnasiums and inside the pool. Outside in the cement shed (inside garage door to the left).
 - b.** Middle School: Located outside of the gymnasium.
 - 2. Nearest Phone**
 - a.** Athletic Training Room phone
 - b.** Athletic Trainer's personal cell phone when covering events
 - c.** Coaches' personal cell phones (with emergency numbers attached here)
 - 3. Rescue Inhaler**
 - a.** Coaches are responsible for each student who has an inhaler (who can't self-carry) and is responsible for bringing the inhaler with them to all practices/games/competitions
 - b.** Inhaler must be left with the coach (labeled with name) during games (not left in personal bag) and on athlete during practices.
 - 4. EpiPen**
 - a.** Coaches are responsible for each student who has an Epi Pen and is responsible for bringing their Epi-Pen with them to all practices/games/competitions
 - b.** Epi Pen must be left with coach (labeled with name) during practices and games (not left in personal bag)
 - 5. Splints**
 - a.** With ATC during events or in Athletic Training Room
 - 6. Spine Board**
 - a.** Located on the pool deck and in first aid room of pool (2)
 - b.** Will be provided by EMS upon arrival
 - 7. Cervical Collars**
 - a.** With ATC during high school events or in Athletic Training Room
 - b.** May be provided by EMS upon arrival
 - 8. Biohazard Materials**
 - a.** Red bags- in each First Aid Kit and in Athletic Training Room
 - b.** Disposal Bin- in Athletic Training Room
 - c.** In both MS and HS Nurse's office

PHS Interior AED Locations



PHS Exterior AED Locations



General Guide

1. Most medically qualified person will lead
2. Check the scene – is it safe to help?
3. Is the athlete breathing? Conscious? No Pulse?
-If NO, instruct someone to call 911 – LOOK PERSON DIRECTLY IN EYES and make sure they call!
 - a. Check below for 911 call instructions for your location
4. Perform emergency CPR/First Aid
 - a. If severe bleeding – instruct individual to assist with bleeding control
5. Instruct coach or bystander to get AED
6. Instruct coach or bystander to control crowd
7. Contact the Athletic Trainer of PHS if at PHS
8. Contact parents
9. Contact Athletic Director
10. Contact Principal/Vice Principal
11. Instruct individual to meet ambulance to direct to appropriate site
12. Assist with care as necessary
13. Assistant coach must accompany athlete to hospital – either in ambulance or follow by car
14. Document the event

Emergency Action Plan

PHS Wood Gymnasium

Emergency Procedures:

- 1) Check the scene
 - a) Is it safe for you to help?
 - b) What happened?
 - c) How many victims are there?
 - d) Can bystanders help?
- 2) Perform emergency CPR/First Aid
 - a) If the athletic trainer is present she will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - b) If the athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - c) **Instruct coach or bystander to GET AED!!**
- 3) Instruct coach or bystander to call 911
 - Provide the following information
 - a) Who you are
 - b) General information about the injury or situation
 - c) Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). **47 Robert Holcomb Way, Plainville CT 06062**
Continue straight down Robert Holcomb Way and enter the last parking lot on the right. Go around the back of the school to the Wood Gym Entrance.
 - d) Any additional information
 - e) ***BE THE LAST TO HANG UP***
 - f) Meet the ambulance and direct it to the site
- 4) Designate coach or bystander to control crowd
- 5) Contact the Athletic Trainer for PHS if not present on scene
- 6) Meet ambulance and direct to appropriate site
 - a) Open Appropriate Gates/Doors
 - b) Designate an individual to "flag down" and direct to scene
 - c) Control injury site, limit care providers etc.
- 7) Assist ATC and/or EMS with care as directed
 - a) Retrieve Necessary Supplies/Equipment
- 8) An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance
- 9) Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
- 10) A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Emergency Action Plan

PHS Kegel Gymnasium

Emergency Procedures:

- 11) Check the scene
 - a) Is it safe for you to help?
 - b) What happened?
 - c) How many victims are there?
 - d) Can bystanders help?
- 12) Perform emergency CPR/First Aid
 - a) If the athletic trainer is present she will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - b) If the athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - c) **Instruct coach or bystander to GET AED!!**
- 13) Instruct coach or bystander to call 911
 - Provide the following information
 - g) Who you are
 - h) General information about the injury or situation
 - i) Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). **47 Robert Holcomb Way, Plainville CT 06062**
Continue straight down Robert Holcomb Way, enter the bus loop and continue to the main office entrance (first overhang).
 - j) Any additional information
 - k) ***BE THE LAST TO HANG UP***
 - l) Meet the ambulance and direct it to the site
- 14) Designate coach or bystander to control crowd
- 15) Contact the Athletic Trainer for PHS if not present on scene
- 16) Meet ambulance and direct to appropriate site
 - a) Open Appropriate Gates/Doors
 - b) Designate an individual to "flag down" and direct to scene
 - c) Control injury site, limit care providers etc.
- 17) Assist ATC and/or EMS with care as directed
 - a) Retrieve Necessary Supplies/Equipment
- 18) An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in an ambulance and no parent/guardian are present.
- 19) Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
- 20) A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Emergency Action Plan

PHS Tinty Stadium and Track

Emergency Procedures:

1. Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
2. Perform emergency CPR/First Aid
 - a. If the athletic trainer is present she will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - b. If the athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - c. **Instruct coach or bystander to GET AED from cement shed!!**
3. Instruct coach or bystander to call 911
Provide the following information
 - a. Who you are
 - b. General information about the injury or situation
 - c. Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). **47 Robert Holcomb Way Plainville CT 06062**
 - i. **Continue down Robert Holcomb way. Stadium is directly at the end of the field. Gate by entrance or softball field.**
 - d. Any additional information
 - e. ***BE THE LAST TO HANG UP***
4. Meet the ambulance and direct it to the site
5. Designate coach or bystander to control crowd
6. Contact the Athletic Trainer for PHS if not present on scene
7. Meet ambulance and direct to appropriate site
 - a. Open Appropriate Gates/Doors
 - b. Designate an individual to "flag down" and direct to scene
 - c. Control injury site, limit care providers etc.
8. Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
9. An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in the ambulance and no parent/guardian is present.
10. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
11. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Emergency Action Plan

PHS Baseball, Softball, and JV Practice fields

Emergency Procedures:

1. Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
 2. Perform emergency CPR/First Aid
 - a. If the athletic trainer is present she will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - b. If the athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - c. **Instruct coach or bystander to GET AED out of the cement shed!!**
 3. Instruct coach or bystander to call 911
- Provide the following information
- a. Who you are
 - b. General information about the injury or situation
 - c. Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). **47 Robert Holcomb Way, Plainville CT 06062**
 - i. **Continue down Robert Holcomb way. Enter the last parking lot at the end of the road on the right. Stadium is directly at the end of the field. Gate by entrance or softball field.**
 - d. Any additional information
 - e. ***BE THE LAST TO HANG UP***
4. Meet the ambulance and direct it to the site
 5. Designate coach or bystander to control crowd
 6. Contact the Athletic Trainer for PHS if not present on scene
 7. Meet ambulance and direct to appropriate site
 - a. Open Appropriate Gates/Doors
 - b. Designate an individual to "flag down" and direct to scene
 - c. Control injury site, limit care providers etc.
 8. Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
 9. An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in the ambulance and no parent/guardian are present.
 10. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
 11. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Emergency Action Plan

PHS Pool

Emergency Procedures:

1. Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
 2. Perform emergency CPR/First Aid
 - a. If the athletic trainer is present she will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - b. If the athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - c. **Instruct coach or bystander to GET AED!!**
 3. Instruct coach or bystander to call 911
- Provide the following information
- a. Who you are
 - b. General information about the injury or situation
 - c. Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). **Continue straight down Robert Holcomb Way and enter the last parking lot on the right. The pool entrance is the first door on the right facing the playing fields.**
 - d. Any additional information ***BE THE LAST TO HANG UP***
4. Meet the ambulance and direct it to the site
 5. Designate coach or bystander to control crowd
 6. Contact the Athletic Trainer for PHS if not present on scene
 7. Meet ambulance and direct to appropriate site
 - a. Open Appropriate Gates/Doors
 - b. Designate an individual to "flag down" and direct to scene
 - c. Control injury site, limit care providers etc.
 8. Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
 9. An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in the ambulance and no parent/guardian are present.
 10. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
 11. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Emergency Action Plan

PHS Tennis Courts

Emergency Procedures:

1. Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
 2. Perform emergency CPR/First Aid
 - a. If the athletic trainer is present she will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - b. If the athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - c. **Instruct coach or bystander to GET AED!!**
 3. Instruct coach or bystander to call 911
- Provide the following information
- a. Who you are
 - b. General information about the injury or situation
 - c. Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). **Continue straight down Robert Holcomb Way and go around the bend with the stadium to your right. The courts are 75 yards from the bend on the right hand side.**
 - d. Any additional information
 - e. ***BE THE LAST TO HANG UP***
4. Meet the ambulance and direct it to the site
 5. Designate coach or bystander to control crowd
 6. Contact the Athletic Trainer for PHS if not present on scene
 7. Meet ambulance and direct to appropriate site
 - a. Open Appropriate Gates/Doors
 - b. Designate an individual to "flag down" and direct to scene
 - c. Control injury site, limit care providers etc.
 8. Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
 9. An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in the ambulance and no parent/guardian are present.
 10. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
 11. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Emergency Action Plan

MSP Cross Country Course

Emergency Procedures:

1. Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
2. Perform emergency CPR/First Aid
 - a. If the athletic trainer is present she will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - b. If the athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - c. **Instruct coach or bystander to GET AED!!**
3. Instruct coach or bystander to call 911
Provide the following information
 - a. Who you are
 - b. General information about the injury or situation
 - c. Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). **150 Northwest Drive Plainville Ct 06062**
 - i. **Enter the MSP entrance and a flagger will be visible. (Dependent on where the emergency is)**
 - d. Any additional information
 - e. ***BE THE LAST TO HANG UP***
4. Meet the ambulance and direct it to the site
5. Designate coach or bystander to control crowd
6. Contact the Athletic Director or MSP Principal for if not present on scene.
7. Meet ambulance and direct to appropriate site
 - a. Open Appropriate Gates/Doors
 - b. Designate an individual to "flag down" and direct to scene
 - c. Control injury site, limit care providers etc.
8. Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
9. An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance
10. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
11. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Emergency Action Plan

PHS Athletic Training Room

Emergency Procedures:

1. Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
2. Perform emergency CPR/First Aid
 - a. If the athletic trainer is present she will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - b. If the athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding. **Instruct coach or bystander to GET AED!!**
3. Instruct coach or bystander to call 911

Provide the following information

- a. Who you are
- b. General information about the injury or situation
- c. Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). **47 Robert Holcomb Way, Plainville CT 06062**
Continue straight down Robert Holcomb Way and enter the last parking lot on the right. Go around the back of the school to the Wood Gym Entrance on the right.
- d. Any additional information ***BE THE LAST TO HANG UP***
4. Meet the ambulance and direct it to the site
5. Designate coach or bystander to control crowd
6. Contact the Athletic Trainer for PHS if not present on scene - Should be there.
7. Meet ambulance and direct to appropriate site
 - a. Open Appropriate Gates/Doors
 - b. Designate an individual to "flag down" and direct to scene
 - c. Control injury site, limit care providers etc.
8. Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
9. An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance
10. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
11. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Emergency Action Plan

PHS Weight Room

Emergency Procedures:

1. Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
2. Perform emergency CPR/First Aid
 - a. If the athletic trainer is present she will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - b. If the athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding. **Instruct coach or bystander to GET AED!!**
3. Instruct coach or bystander to call 911
Provide the following information
 - a. Who you are
 - b. General information about the injury or situation
 - c. Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). **47 Robert Holcomb Way, Plainville CT 06062**
Continue straight down Robert Holcomb Way and enter the last parking lot on the right. Go around the back of the school to the Wood Gym Entrance on the right. Up the back stairwell.
 - d. Any additional information ***BE THE LAST TO HANG UP***
4. Meet the ambulance and direct it to the site
5. Designate coach or bystander to control crowd
6. Contact the Athletic Trainer for PHS if not present on scene
7. Meet ambulance and direct to appropriate site
 - a. Open Appropriate Gates/Doors
 - b. Designate an individual to "flag down" and direct to scene
 - c. Control injury site, limit care providers etc.
8. Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
9. An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance and there is no parent/guardian on site
10. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
11. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Emergency Action Plan

MSP Gymnasium

Emergency Procedures:

1. Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
2. Perform emergency CPR/First Aid
 - a. If the athletic trainer is present she will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - b. If the athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - c. **Instruct coach or bystander to GET AED!!**
3. Instruct coach or bystander to call 911
Provide the following information
 - a. Who you are
 - b. General information about the injury or situation
 - c. Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). **150 Northwest Drive Plainville Ct 06062**
 - d. **Enter the entrance. The first overhang directly in front of you is the gym entrance.**
 - e. Any additional information ***BE THE LAST TO HANG UP***
4. Meet the ambulance and direct it to the site
5. Designate coach or bystander to control crowd
6. Contact the Athletic Director or MSP Principal for if not present on scene
7. Meet ambulance and direct to appropriate site
 - a. Open Appropriate Gates/Doors
 - b. Designate an individual to "flag down" and direct to scene
 - c. Control injury site, limit care providers etc.
8. Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
9. An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance
10. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
11. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness

Emergency Action Plan

MSP Baseball, Softball, and Soccer Fields

Emergency Procedures:

1. Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
2. Perform emergency CPR/First Aid
 - a. If the athletic trainer is present she will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - b. If the athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - c. **Instruct coach or bystander to GET AED!!**
3. Instruct coach or bystander to call 911
Provide the following information
 - a. Who you are
 - b. General information about the injury or situation
 - c. Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). **150 Northwest Drive Plainville Ct 06062**
 - i. **Enter MSP Entrance. Stay to the right. Fields on the right hand side.**
 - d. Any additional information
 - e. ***BE THE LAST TO HANG UP***
4. Meet the ambulance and direct it to the site
5. Designate coach or bystander to control crowd
6. Contact the Athletic Director or MSP Principal for if not present on scene
7. Meet ambulance and direct to appropriate site
 - a. Open Appropriate Gates/Doors
 - b. Designate an individual to "flag down" and direct to scene
 - c. Control injury site, limit care providers etc.
8. Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
9. An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance
10. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
11. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Emergency Action Plan

Hawk's Landing Golf Course

Emergency Procedures:

- 21) Check the scene
 - a) Is it safe for you to help?
 - b) What happened?
 - c) How many victims are there?
 - d) Can bystanders help?
- 22) Perform emergency CPR/First Aid
 - a) If the athletic trainer is present she will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - b) If the athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - c) **Instruct coach or bystander to GET AED!!**
- 23) Instruct coach or bystander to call 911
 - Provide the following information
 - m) Who you are
 - n) General information about the injury or situation
 - o) Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). **201 Pattonwood Dr. Southington CT 06489**
Enter the driveway, proshop is directly in front of you (building closest to the parking lot). Depending on where the emergency is on the course, additional information may be necessary.
 - p) Any additional information
 - q) ***BE THE LAST TO HANG UP***
 - r) Meet the ambulance and direct it to the site
- 24) Designate coach or bystander to control crowd
- 25) Contact the Athletic Trainer for PHS if not present on scene
- 26) Meet ambulance and direct to appropriate site
 - a) Open Appropriate Gates/Doors
 - b) Designate an individual to "flag down" and direct to scene
 - c) Control injury site, limit care providers etc.
- 27) Assist ATC and/or EMS with care as directed
 - a) Retrieve Necessary Supplies/Equipment
- 28) An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in an ambulance and no parent/guardian are present.
- 29) Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
- 30) A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Student and Parent Concussion Information

This was developed to provide students and parents with current and relevant information regarding concussions and to comply with Connecticut General Statutes (C.G.S.) Chapter 163, Section 149b: *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education* and Section 10-149c: *Student athletes and concussions. Removal from athletic activities. Notification of parent or legal guardian. Revocation of coaching permit.*

What is a Concussion?

National Athletic Trainers Association (NATA) - *A concussion is a “trauma induced alteration in mental status that may or may not involve loss of consciousness.”*

Centers for Disease Control and Prevention (CDC) - *“A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth.”* -CDC, Heads Up: Concussion

http://www.cdc.gov/headsup/basics/concussion_what.html

Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious” -CDC, Heads Up: Concussion Fact Sheet for Coaches http://www.cdc.gov/concussion/HeadsUp/pdf/Fact_Sheet_Coaches-a.pdf

Section 1. Concussion Education Plan Summary

The [Concussion Education Plan and Guidelines for Connecticut Schools](#) was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Plan. The complete document is accessible on the CSDE Web site: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=335572>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum the following:

- The recognition of signs or symptoms of concussion.
- The means of obtaining proper medical treatment for a person suspected of sustaining a concussion.
- The nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion.
- The proper procedures for allowing a student athlete who has sustained a concussion to return to athletic activity.
- Current best practices in the prevention and treatment of a concussion.

Section 2. Signs and Symptoms of a Concussion: Overview

A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure, following an impact or suspected impact as described in the CDC definition above.

Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/ slurred speech
- Slow/clumsy movements
- Loses consciousness
- Amnesia/memory problems
- Acts silly/combative/aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play

- Constant motion
- Disproportionate/inappropriate reactions
- Balance problems

Symptoms of a concussion may include (i.e. what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

State law requires that a coach **MUST** immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred. **Upon removal of the athlete, a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited signs and symptoms of a concussion.**

Section 3. Return to Play (RTP) Protocol Overview

Currently, it is impossible to accurately predict how long an individual's concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until they have received written medical clearance from a licensed healthcare professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

Concussion Management Requirements:

- 1. No athlete **SHALL** return to participation in the athletic activity on the same day of concussion.
- 2. If there is any loss of consciousness, vomiting or seizures, the athlete **MUST** be immediately transported to the hospital.
- 3. Close observation of an athlete **MUST** continue following a concussion. The athlete should be monitored for an appropriate amount of time following the injury to ensure that there is no worsening/escalation of symptoms.
- 4. Any athlete with signs or symptoms related to a concussion **MUST** be evaluated by a licensed healthcare professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
- 5. The athlete **MUST** obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity*.
- 6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP protocol (Recommended one full day between steps)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling maintaining intensity ,<70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport specific exercise No contact	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact sport drills	Progression to more complex training drills, ie. passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full contact sport drills	Following final medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Full activity	No restrictions	Return to full athletic participation

* If at any time signs or symptoms should worsen during the RTP progression the athlete should stop activity that day. If the athlete's symptoms are gone the next day, she/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don't resolve, the athlete should be referred back to her/his medical provider.

Sudden Cardiac Arrest Information

NOTE: This was developed to provide student-athletes and parents/guardians with current and relevant information regarding sudden cardiac arrest. A new form is required to be read, signed, dated and kept on file by the student-athlete's associated school district annually to comply with Connecticut General Statutes Chapter 163, Section 10-149f: SUDDEN CARDIAC ARREST AWARENESS EDUCATION PROGRAM.

Part I – SUDDEN CARDIAC ARREST - What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

PART II - HOW COMMON IS SUDDEN CARDIAC ARREST IN THE UNITED STATES?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. It is a leading cause of death for student athletes.

According to an April 2014 study for PubMed the incidence was

- 0.63 per 100,000 in all students (6 in one million)
- 1.14 per 100,000 athletes (10 in one million)
- 0.31 per student non-athletes (3 in one million)
- The relative risk of SCA in student athletes vs non-athletes was 0.65
- There is a significantly higher risk of SCA for boys than girls

Leading causes of sudden death among high school and college athletes, according to the NCAA (on CBS News, June 28, 2012)* are heat stroke, heart disease and traits associated with sickle cell anemia. Prevention of sudden death, the same study concludes, is associated with more advanced cardiac screening with attention to medical histories and birth records, improved emergency procedures, and good coaching and conditioning practices.

PART III - WHAT ARE THE WARNING SIGNS AND SYMPTOMS?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as: fainting or seizures during exercise; unexplained shortness of breath; dizziness; extreme fatigue; chest pains; or racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

Sudden cardiac arrest is a medical emergency. If not treated immediately, it causes sudden cardiac death. With fast, appropriate medical care, survival is possible. Administering cardiopulmonary resuscitation (CPR) — or even just compressions to the chest — can improve the chances of survival until emergency personnel arrive.

(<http://www.mayoclinic.org/diseases-conditions/sudden-cardiac-arrest/basics/>)

WHAT ARE THE RISKS OF PRACTICING OR PLAYING AFTER EXPERIENCING THESE SYMPTOMS?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

REMOVAL FROM PLAY

Any student-athlete who shows signs or symptoms of SCA must be removed from athletic activity and referred to a licensed healthcare professional trained specifically in the treatment of cardiac care. The symptoms can happen before, during or after activity.

RETURN TO PLAY

Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must

be performed and written clearance be provided by a licensed medical provider.

To summarize:

- SCA is, by definition, sudden and unexpected.
- SCA can happen in individuals who appear healthy and have no known heart disease.
- Most people who have SCA die from it, usually within minutes.
- Rapid treatment of SCA with a defibrillator can be lifesaving.
- Training in recognition of signs of cardiac arrest and SCA, and the availability of AEDs and personnel who possess the skills to use one, may save the life of someone who has had an SCA.

(National Heart, Lung, and Blood Institute)

Exertional Heat Illness Program
 Annual Review
 Required for ALL School Coaches in Connecticut

NOTE: This document was developed to provide coaches with an annual review of current and relevant information regarding exertional heat illness. In addition to reviewing this document, the annual review must include the following prescribed resource - https://www.youtube.com/watch?v=1lmy_o7k1B4 . A new form is required to be read, signed, dated and kept on file by their associated school district annually to comply with Connecticut Interscholastic Athletic Conference requirement for Exertional Heat Illness Awareness Education program.

Part I – Exertional Heat Illness - What is exertional heat illness?

There are four types of Exertional Heat Illnesses:

1. Heat Cramps - are painful, involuntary cramping often in the legs, arms and abdomen with muscle contraction.
2. Heat Syncope - is a fainting episode that occurs when an individual in a hot environment does not have adequate blood flow to the brain and loses consciousness.
3. Heat Exhaustion - is the inability to continue to exercise in the heat due to cardiovascular insufficiency and energy depletion that may not be associated with physical collapse and is the most common heat related condition.
4. Heat Stroke - occurs when the body’s temperature rises so much that the cooling system stops working. Heat Stroke is a life threatening condition and should be treated immediately.

Part II - Signs and Symptoms of Heat Exhaustion and Heat Stroke

	Signs and Symptoms	
Heat Exhaustion	Cool, moist skin Heavy sweating Headache Nausea or vomiting Dizziness	Lightheadedness Weakness Thirst Irritability Fast heart beat
Heat Stroke	Temperature greater than 105°F (40.5°C) Altered consciousness, disorientation or Dizziness Headache Confusion or just look “out of it” Nausea or vomiting Loss of muscle function/balance Profuse sweating Rapid pulse Low blood pressure Quick breathing	

PART III - Heat Acclimatization and Prevention of Exertional Heat Illness

Heat acclimatization is a series of adaptations that helps the body prepare for exercise in the heat. These changes help the body maintain lower temperature and heart rate, enhance sweating, and store more water. The lower heart rate and body temperature means that athletes can exercise longer and at a higher intensity, which lowers the risk for heat illness. This complex series of changes or adaptations occur in a controlled environment over the course of 7 to 14 days.

To prevent exertional heat illness, a coach must be aware of an athlete’s medical history. Some health conditions such as

obesity can cause athletes to be more vulnerable to heat, which can lengthen their adaptation to the heat. A coach must make sure athletes are hydrating enough. Athletes should have unlimited access to water during exercise/activity. When exercise is greater than 60 minutes or in exercise is going to be intense and in the heat, athletes should have access to sports drinks. Coaches should encourage athletes to hydrate before and after practice. Every athletic program should have guidelines for activity regarding heat. The best practice for determining these guidelines is using a Wet Bulb Globe Temperature (WBGT). Activity should be modified based on the on-site WBGT reading. Coaches must keep track of the duration of practices by having a practice plan based on the heat acclimatization progression and periodization coaches are kept on track with regards to length and intensity of practice.

Part IV Treatment

Heat Cramps - rest, stretching of the muscle, and provide fluids for rehydration. .

Heat Syncope - cool the individual by moving them to a shaded/cool area and elevate legs to promote blood returning to the heart.

Heat Exhaustion - move the individual to a cool/shaded area and remove excess clothing; elevate legs to promote blood return; cool the individual with fans, rotating ice towels, or ice bags; and provide fluids for rehydration.

Heat Stroke - Remove all equipment and excess clothing; cool the individual as quickly as possible via whole body ice water immersion (place them in a tub/stock tank with ice and water approximately 35–58°F); stir water and add ice throughout the cooling process. If immersion is not possible (no tub or no water supply), take the individual to a shaded, cool area and use rotating cold, wet towels to cover as much of the body surface as possible. Maintain airway, breathing and circulation, After cooling has been initiated, activate the EMS by calling 911. Exertional heat stroke has had a 100% survival rate when immediate cooling (via cold water immersion) was initiated within 10 minutes of collapse. Cooling should continue until the body temperature reaches 102°F, known as “Cool First, Transport Second.”

RETURN TO PLAY

Individuals suffering from heat cramps may return to play as soon as cramp has subsided. Individuals who suffer from an EHI must be cleared by a healthcare professional. The athlete must be asymptomatic and lab tests must be normal. The length of recovery time is primarily dictated by the severity of the incident. In cases of heat stroke, the athlete should avoid exercise for at least one (1) week after the incident. When the athlete returns, they should begin a gradual RTP protocol in which they are under the direct supervision of an appropriate health-care professional such as an athletic trainer or physician. The type and length of the RTP program may vary among individuals, but a general program may include:

- Easy-to-moderate exercise in a climate-controlled environment for several days, followed by strenuous exercise in a climate-controlled environment for several days
- Easy-to-moderate exercise in the heat for several days, followed by strenuous exercise in the heat for several days
- If applicable to the individuals sport: easy-to-moderate exercise in the heat with equipment for several days, followed by strenuous exercise in the heat with equipment for several days

I have read and understand this document and understand the requisite that requires me to annually review this Connecticut Coaching Education Program requirement for Exertional Heat Illness Awareness Education program.

Coach: _____ School _____
(Print Name)

Coach Signature: _____ Date _____

ADDENDUM

HEAT ACCLIMATIZATION GUIDE FOR FOOTBALL

(should be modified for all sports)

Preseason Heat-Acclimatization Guidelines

Area of Practice Modification	Practices 1-5		Practices 6-14
	Days 1-2	Days 3-5	
# of Practices Permitted Per Day	1		2, only every other day
Equipment	Helmets only	Helmets & Shoulder Pads	Full Equipment
Maximum Duration of Single Practice Session	3 hours		3 hours (a total maximum of 5 hours on double session days)
Permitted Walk Through Time	1 hour (but must be separated from practice for 3 continuous hours)		
Contact	No Contact	Contact only with blocking sleds/dummies	Full, 100% live contact drills

NOTE: warm-up, stretching, cool-down, walk-through, conditioning, and weight-room activities are included as part of practice time