



KING GEORGE COUNTY SCHOOLS ATHLETICS HANDBOOK



King George County Schools Athletic Program

The purpose of this handbook is to inform parents and student-athletes of policies set forth governing the athletic program and individual student-athletes in King George County Schools (KGCS). The Athletics Handbook is reviewed annually by a committee of athletic staff, administrators, and parents as a subcommittee of the Code of Conduct Workgroup and Health and Safety Advisory Committee.

The Athletics Handbook is intended to govern all KGCS student-athletes, at both the middle school and high school levels. However, there may be more stringent requirements that apply to particular grade levels. Parents and student-athletes should direct any questions to their athletic director (AD).

Participation in sports provides a wealth of opportunities and experiences which will assist students in the real-world atmosphere long after graduation. A properly structured, well-organized, sports program will facilitate students learning the value of setting goals, sportsmanship, citizenship and self-reliance. Ultimately, the student-athlete will develop an understanding of the necessity of self-discipline and hard work to attain success.

Virginia High School League Guidelines

The Virginia High School League (VHSL) is a member of the National Federation of State High School Associations. To be eligible to represent the school in any VHSL sponsored interscholastic contest a student shall meet the eligibility requirements. All rules and regulations governing secondary boys' and girls' interscholastic athletic contests, practices, and eligibility requirements are established by the VHSL, the King George County School Board, and the King George County School administration.

Student-athletes must meet specific academic requirements, including a specific number of courses they must be enrolled in, as well as minimum grades that must be earned in these courses each semester. For more information on academic eligibility, please contact the athletic-director at your school. Although the VHSL does not oversee middle school sports, KGCS requires all coaches, teams, and student-athletes to adhere to all VHSL requirements at both the middle school and high school level. The VHSL handbook has additional policies and regulations that are expected to be followed by our student-athletes and can be found on the VHSL website at www.vhsl.org.

NCAA College Eligibility Standards

The NCAA Eligibility Center outlines the NCAA academic requirements for high school athletes who aspire to participate in athletics at the collegiate level, including: high school course requirements, scoring requirements for the SAT and ACT, and GPA requirements. All potential college student-athletes must register with the NCAA Eligibility Center and meet NCAA academic requirements. It is the student-athlete's responsibility to assure all requirements are met. Please visit the NCAA Eligibility Center at <https://web3.ncaa.org/ecwr3/> for additional information. If collegiate play is a goal, please consider the following:

- Selection of classes
- Letters of recommendation
- Clean discipline record
- Realistic outlook and expectations

King George County Schools Athletics Policies and Procedures

Section I. Eligibility Requirements

The information in the KGCS Athletics Handbook is provided for convenience only and is intended as a brief summary of eligibility requirements for student-athletes. Final eligibility is governed by the VHSL Handbook. Please see Section 28: Individual Eligibility Regulations of the VHSL Handbook for more detailed information.

- I. Eligibility Verification
 - a. The athletic director must confirm the eligibility of each student-athlete prior to any participation in any sports. This includes summer and out-of-season conditioning.
 - b. The athletic director verifies applicable VHSL and/or school eligibility requirements, including but not limited to enrollment, grades, acknowledgement of receipt of Athletics Handbook, current sports physical, medical insurance, and health and safety training.
 - c. The athletic director provides a list of student-athletes who are eligible for participation to each member of the coaching staff prior to the beginning of any athletic programming, including summer and out-of-season conditioning. The athletic director will periodically update these lists as student-athletes become eligible.
 - d. Coaches are not permitted to allow student-athletes to participate in any athletic programming, including summer and out-of-season conditioning unless they have been notified directly by the athletic director that the student-athlete is eligible to participate.
- II. Enrollment
 - a. Students must be enrolled full-time in KGCS in order to participate in any athletic program. Part-time students are not eligible.
 - b. New students must be fully registered and enrolled within the first 15 days of the semester.
 - c. New students must be fully registered and enrolled prior to participating in any athletic programs, including summer and out-of-season conditioning, tryouts, or any other activity.
 - d. New students must meet the same eligibility requirements as returning students in regards to grades, discipline, attendance, physicals, and health and safety training.

****Due to recent changes by VHSL regarding eligibility for students transferring into a new county, it is recommended that parents contact the VHSL and/or athletic director to determine their student's eligibility for athletic participation prior to registering at a new school. See VHSL Handbook Section 28A-7-1 Transfer Rule.***

- III. Student Grades
 - a. Participation at the high school level is governed by the VHSL Handbook Section 28A-5-1 Scholarship Rule - *When a school offers four classes each semester (block scheduling), students must pass three of these four classes to be eligible the following semester.*
 - b. NEW FOR FALL 2026 – Students finishing the 8th grade and transitioning to the high school may have no more than one failing grade on their 8th grade end of year report card in order to be eligible for Fall Sports. Students may attend summer school to earn eligibility under this requirement. If a student is unable to attend summer school due to an extraordinary circumstance, KGHS may develop an individualized plan for a mid-Fall Semester academic review to consider eligibility for winter sports due to tryouts occurring prior to the end of the semester. This is only pertinent to rising 9th graders because all other KGHS students remain under VHSL eligibility rules in Section III.a.
- IV. Sports Physicals
 - a. A current and complete physical form must be submitted prior to any participation.
 - b. Physicals must be completed using the current version of the VHSL Athletic Participation/Parental Consent/Physical Examination Form, which can be found on the VHSL website.
 - c. Physicals are valid for 14 months from the date of the physical.
- V. Student-Athlete and Parent Health and Safety Education
 - a. Student-athletes and parents must complete annual education on a variety of health and safety topics, including but not limited to concussions, heat-related illnesses, cardiac arrest, and bullying and hazing prevention and reporting.
 - b. Student-athletes are not eligible for participation until all components are completed and verified by the athletic director or athletic trainer.
 - c. Student-athletes must complete all required minimum practice requirements (MPR) to allow for heat acclimation and physical conditioning prior to full participation.

Section II. General Expectations for Student-Athletes

I. School Attendance

- a. All student-athletes must be in attendance for a full day of classes in order to participate in practice or a competition on that day.
- b. An “excused” absence, in accordance with the KGCS Student and Family Handbook, will not count against the athlete’s attendance requirement, with the following exception:

A hand-written note for "illness" is not acceptable for a student-athlete that is absent the majority of the day for illness. In these cases, the student-athlete should not be participating in practice or competition. Further, all illnesses and injuries must be reported to the athletic trainer.

- c. The principal or the athletic director are the only personnel authorized to review an absence outside of an excused absence as defined by the Student and Family Handbook in order to have game or practice rights reinstated.

II. Sport Participation and Attendance

- a. All student-athletes are required to attend practice, scrimmages, team meetings, games, and other events as scheduled by their coach and as established in the team rules.
- b. Notification to coaches regarding such absence, whether excused or unexcused, anticipated or unexpected, should be in accordance with team rules. Failure to do so could result in consequences including a loss of playing time up to dismissal from the team.
- c. Student-athletes must come to practice in the proper, required practice clothing and equipment for their sport. Failure to be properly dressed and prepared for practice may be considered an unexcused absence.

III. Out-of-Season Workouts and Conditioning

- a. VHSL determines in-season and out-of-season allowable schedules and “dead periods” for all sports.
- b. Summer “dead periods” are in effect for all sports for 2 weeks as determined on the NFHS and VHSL calendar. During the summer dead period:
 - i. No coach may have contact with or observe any student-athlete
 - ii. Schools will not schedule or hold practices, weight training, conditioning, out-of-season leagues, or school sponsored clinics or camps
 - iii. Schools will not open school athletic facilities for use
- c. Out-of-season “dead periods” are in effect for each sport that is not in season. The out-of-season dead period is a 15-day dead period beginning on the first permissible practice day of a sports season as outlined on the VHSL calendar. During the out-of-season dead period:
 - i. No out-of-season coach may have contact with or observe any out-of-season student-athlete
 - ii. Schools will not schedule or hold practices, weight training, conditioning, leagues, or school sponsored clinics or camps for the out-of-season athletes/teams
 - iii. Schools will not open school athletic facilities for use by out-of-season athletes/teams
- d. Out-of-season participation cannot be required of any student-athlete. Attendance at out-of-season workouts has no bearing on a student-athlete making the team or not during tryouts. They are strictly voluntary and dependent on availability of the coach and student-athlete.
- e. Student-athletes and teams participating in out-of-season activities are not covered by VHSL Catastrophic Insurance.

IV. Restricted Participation by In-Season Student-Athletes

If a student-athlete is on a team that is in season, participation in out-of-season workouts conducted by another KGCS sports team is permitted. Participation in out-of-season workouts by in-season student-athletes:

- a. Must only consist of sport specific skill development and/or sport specific conditioning.
- b. Is secondary to in-season training and competition schedule.
- c. Does not include scrimmages or similar practice competitions.
- d. Must conclude at least ten (10) days prior to the in-season sport’s post-season competitions, including district, regional, and state events.
- e. Is voluntary and has no bearing on the student-athlete making a team or not.

V. Leaving a Team

- a. If a student-athlete is dismissed from or suspended from a team that is in season, the student-athlete is suspended from all athletic participation for the remainder of that season, including out-of-season workouts.
- b. If a student-athlete quits a team that is in season, they are not eligible to participate in any other in-season sport for the remainder of that season. (This does not apply to dual-sport, same season, student-athletes. They may continue with their other in-season sport.) If extenuating circumstances exist, the student-athlete may request permission from the athletic director to participate in out-of-season workouts with an out-of-season team.

VI. Dual-Sport, Same Season Student-Athletes

- a. Student-athletes are permitted to participate in multiple sports in a single season.
- b. Sharing and scheduling of the student-athlete must be coordinated and agreed upon by the head coach of each sport prior to the start of the season.
- c. The student-athlete has the responsibility to keep both coaches informed of any changes to their schedule.
- d. Coaches have the responsibility to communicate with each other to ensure the student-athlete is not the communication go between.

VII. Team Transportation

- a. From KGCS to events: All student-athletes will be required to ride school transportation or school arranged transportation to their athletic events when it is provided.
- b. From away events, returning to KGCS: All student-athletes are expected to ride school transportation or school arranged transportation back to KGCS following athletic events when it is provided. However, student-athletes may be picked up from away events under standard student pick-up procedures:
 - i. Student-athletes must get permission from and sign out with the head coach prior to leaving the site of an away athletic event. This includes leaving and returning (such as during a break in competition) and leaving after the event is over.
 - ii. Students may only be picked up from an away event by a parent or legal guardian.
 - iii. If a student-athlete will be riding home with an adult other than their own parent/guardian, written permission from the parent must be given to and approved by the head coach prior to the competition.

VIII. Athletic Fees

- a. KGCS provides all required safety equipment and uniforms required to participate in athletic activities.
- b. Some athletic activities may have other fees or the purchase of specialized equipment, special event uniforms, or other materials and supplies not provided by KGCS.
- c. Coaches should offer fundraising opportunities to limit any out-of-pocket expenses for families.
- d. Students who are financially unable to pay fees may be eligible for a reduction or waiver of fees. This includes families receiving unemployment benefits or public assistance such as TANF, SSI, SNAP, or Medicaid; children in foster care; and families in unstable housing situations. If you have concerns regarding the payment of any fee, please speak with your child's coach or the athletic director. Coaches should contact the student's counselor, social worker, or the Supervisor of Student and Family Services for more information on fee assistance.

Section III. Student-Athlete Code of Conduct

It is expected that student-athletes, parents, and coaches understand, embrace, and adhere to the rules, regulations, and policies of the VHSL, the KGCS Athletics Handbook, and the KGCS Student Code of Conduct. Please review these documents and all relevant policies and regulations. From the KGCS Student Code of Conduct:

“In addition to the information provided here, students found to be in violation of the Student Code of Conduct or Honor Code may face additional consequences specific to their sport or activity. Further, sports and activities may have member handbooks, by-laws, and codes of conduct separate from and in addition to this Student Code of Conduct. Participation in such activity constitutes acceptance of those handbooks and codes of conducts. Students should address any questions or concerns with their coach or activity advisor.”

I. General Disciplinary Procedures

Any violation of the KGCS Student Code of Conduct may result in additional consequences related to a student's participation in extracurricular activities, including athletics.

- a. First Offense: School discipline that results in KGHS or KGMS administration action may also lead to specific team discipline that will be administered by the head coach of the student-athlete's team. Based on the severity of the violation, the Suspension Rule may apply.
- b. Second Offense: After the 2nd offense that leads to disciplinary action taken by the KGHS or KGMS administration, the coach and athletic director will schedule a meeting with the student-athlete and parent to review the history of offenses and communicate an appropriate plan of action. Based on the severity of the violation, the Suspension Rule may apply.

II. Suspension Rule

Violations of the KGCS Student Code of Conduct, VHSL Guidelines, KGCS Athletics Handbook, or rules and regulations specific to each team will result in penalties.

- a. Disciplinary action taken by the coach or sponsor may range from a conference with the student to dismissal or suspension from the team, depending on the nature and severity of the violation.
- b. Incidents which may result in consequences including suspension from the team must be referred to the athletic director for appropriate disposition.
- c. Prior to deciding and imposing an exclusionary consequence, the athletic director shall give students the opportunity to explain their conduct and provide a written statement.
- d. The athletic director shall record in writing the factors which led to the decision to exclude the student from the team and shall stipulate the consequence(s) to the student.
- e. Dismissal or suspension from a team precludes a student-athlete from participating (including practice or conditioning) in any other sport during the same season. Suspensions under this section may apply to dual-sport, same season, student-athletes. If extenuating circumstances exist, the athletic director may review this on an individual basis.
- f. Athletics suspension into the next season/school year may occur under certain circumstances.
- g. The Principal may review such suspension at the request of the parent if the parent believes the student was not in violation of the rule. This request must be presented in writing within two (2) days of the suspension and must document why the rule was not violated. Students shall not participate in practices, competitions, or other team activities during the review. The Principal will review the decision with the athletic director and coach and will provide notice to the parent of the outcome. The decision of the Principal is final and cannot be appealed.

III. Social Media

- a. Student-athletes are responsible for their actions and content posted on social media and other web-sites, including but not limited to: Facebook, X (Twitter), Instagram, Snap Chat, YouTube, and so forth.
- b. Any photos, comments, or other evidence that suggests an Athletic Handbook or Code of Conduct violation has occurred will be investigated by the coach and Athletic Director.
- c. Inappropriate postings include but are not limited to obscene or vulgar language; graphic images or videos; sexually explicit language, imagery, or videos; threats; and unkind or inflammatory remarks about KGCS, its faculty, staff, and administration, coaches, and students, or other schools and their coaches and athletes, faculty and staff and so forth.
- d. Any evidence that shows a student-athlete using or in possession of alcohol, drugs, tobacco, or other smoking devices will fall under the consequences of this Handbook and applicable Student Code of Conduct.
- e. Violations under this section may be reportable to school officials and law enforcement as provided by School Board policy and the Code of Virginia.

IV. Substance Use – Alcohol, Drugs, Tobacco, Alternative Smoking Products

- a. A student shall not possess, attempt to possess, use, consume, procure and/or purchase, or distribute restricted substances.
- b. A student shall not be under the influence of any of these substances or products, regardless of whether the student's condition amounts to legal intoxication.
- c. Restricted substances include but are not limited to alcohol, inhalant products, and other controlled substances, including stimulants, depressants, hallucinogens, marijuana, imitation and look-alike drugs, drug paraphernalia, tobacco products or related paraphernalia to include but not limited to cigarettes, smokeless tobacco, nicotine vapor product, or alternative nicotine product, cigars, pipe tobacco, snuff, chewing tobacco, or any other form of tobacco or nicotine dispensing articles. This includes any prescription or non-prescription drug possessed in violation of School Board policy.
- d. Any violation under this section shall result in immediate dismissal from the team and removal from all athletic participation.
 - i. 1st offense: Suspension/Removal from athletics for the remainder of the season at minimum.
 - ii. 2nd offense: Suspension/Removal from athletics for the remainder of the school year at minimum.
 - iii. 3rd offense: Permanent suspension from athletic participation.
 - iv. Additional consequences, including school discipline and law enforcement reporting as required, may occur under KGCS policy and Student Code of Conduct.
 - v. Athletics suspension into the next season or school year may occur under certain circumstances.

V. Court Involved Disciplinary Action

- a. School officials may suspend a student from participation in a sport when the student-athlete has been arrested or charged by a law enforcement officer with an act which would be a crime if committed by an adult and in accordance with School Board policy JFC, which can be found on the KGCS website and in the Student Code of Conduct.
- b. The student-athlete or parent must immediately report the incident, arrest, or any charges, to the Principal or the Principal's designee (athletic director). The Principal, or the Principal's designee (athletic director), will report the offense to the Supervisor of Student and Family Services.
- c. The administrative team will review the charges and determine participation eligibility.
- d. Upon the disposition of charges and/or further disciplinary action by the school, further consequences may result that could affect participation in athletics.

VI. Team Specific Rules

In addition to the KGCS Athletic Handbook and Student Code of Conduct, each student-athlete agrees to follow the specific team rules developed by the coach. At the beginning of each season, each coach will discuss the rules and procedures for their specific sport concerning the following at a minimum:

- a. Academic and Behavior Expectations
- b. Parental Involvement and Contact Information
- c. Practice Schedule
- d. Training and Safety Rules
- e. Returning from Sickness or Injury
- f. Health and Wellness Information
- g. Practice and Competition Attendance
- h. Competition Participation Criteria
- i. Transportation to and from Competitions
- j. Criteria for Receiving Participation Certificates, Letters, and Other Awards
- k. Senior Night
- l. Reporting of Concerns and Violations

VII. Hazing and Bullying

- b. Hazing: VA Code §18.2-56 defines hazing as *“recklessly or intentionally endanger the health or safety of a student or students or to inflict bodily harm on a student or students in connection with or for the purpose of initiation, admission into or affiliation with or as a condition for continued membership in a club, organization, association, fraternity, sorority, sports team, activity, or student body regardless of whether the student or students so endangered or injured participated voluntarily in the relevant activity.”*
 - i. No student or other shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily damage, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person attending the school.
 - ii. The principal of any school at which hazing occurs shall report the hazing to the local Commonwealth Attorney, Superintendent, and to the parents of all students involved within 24 hours of the allegation.
 - iii. VA Code §18.2-56 further imposes a Class 1 misdemeanor penalty for violations, that is, confinement in jail for not more than 12 months and a fine of not more than \$2,500, either or both.
- c. Bullying: VA Code §22.1-276.01 defines bullying as *“any aggressive and unwanted behavior that is intended to harm, intimidate, or humiliate the victim; involves a real or perceived power imbalance between the aggressor or aggressors and victim; and is repeated over time or causes severe emotional trauma. Bullying includes cyber bullying. Bullying does not include ordinary teasing, horseplay, mutual arguments, or peer conflict.”*
 - i. All incidents of bullying, teasing, intimidation or hazing should be reported to a coach, teacher, school administrator, counselor, or other school staff immediately.
 - ii. A bullying report form is available at all schools and online on the KGCS website. Bullying report forms may be turned in to any school staff.
 - iii. The Code of Virginia 22.1-279.6. directs the principal to notify the parent of any student involved in an alleged incident of bullying of the status of any investigation within 24 hours of the allegation of bullying.

VIII. Harassment and Discrimination

- a. In accordance with law, KGCS prohibits harassment and discrimination against students, employees, or others on the basis of sex, sexual orientation, gender, gender identity, race, color, national origin, disability, religion, ancestry, age, marital status, pregnancy, childbirth or related medical conditions, military status, genetic information or any other characteristic protected by law or based on a belief that such characteristic exists, hereinafter referred to as protected group status, at school or any school-sponsored activity.
- b. It is a violation for any student or school personnel to harass or discriminate against a student or school personnel based on protected group status at school or any school-sponsored activity.
- c. It is a violation for any school personnel to tolerate harassment or discrimination based on a student's or employee's protected group status at school or any school-sponsored activity, by students, school personnel, or third parties participating in, observing or otherwise engaged in school-sponsored activities.

All complaints or concerns related to Harassment or Discrimination should be made to the designated Compliance Officer. In KGCS, contact:

- **Compliance Officer: Mary Fisher, Supervisor of Student and Family Services**
- **Alternate Compliance Officer: Dani Rule, Deputy Superintendent**
- **Alternate Compliance Officer: Michelle Gordon, Coordinator of Human Resources**

Phone: (540) 775-5833 Email: Compliance@kgcs.k12.va.us

Section IV. Student-Athlete Health and Well-Being

* KGMS does not have an Athletic Trainer on staff. Therefore, portions of Section IV may not apply or may apply in a different context if required. If you have questions, please contact the KGMS Athletic Director or administrator. If the KGAT responds to an injury or illness for a middle school student-athlete, all applicable guidelines apply as determined by the KGAT and AD.

I. Injuries and Illnesses Occurring Off Site

- a. All illnesses or injuries, whether occurring on or off site, must be reported to the coach and King George Athletic Trainer (KGAT) as soon as possible.
- b. When possible, student-athletes should be seen by the KGAT before being taken to medical appointments for non-emergency injuries.
- c. If a student-athlete is injured, he/she may not return to practice or competition until the KGAT releases him/her to return.
- d. While the Athletic Trainer may consult and collaborate with the student-athlete's private physician, the KGAT makes the final determination regarding returning to play.
- e. Failure to comply with treatment or restrictions while under the KGAT's care could result in disciplinary action, including suspension from athletics.
- f. If a doctor has given a note to the student-athlete, this note must be on file with the KGAT.

II. Injuries Occurring at the Playing Site

- a. The KGAT is in charge of any injury scene.
- b. Any person, including medical professional(s), that enters the playing area will be asked to identify him/herself and will remain only as determined by the KGAT or AD in the best interest of the student-athlete.
- c. Parents: If your student-athlete is injured during a contest, the best way to help is to remain on the sidelines. Please do not enter the playing area unless requested to do so by the KGAT, AD, or coach.
- d. The KGAT, AD, or coach will contact the parent if the parent is not present when an injury occurs.

III. Treatment by the Athletic Trainer

- a. Student-athletes must meet with the KGAT as required. However, being in the athletic training room for unexcused reasons will not excuse a player from being late to practice. Student-athletes will be provided notes to their coaches when appropriate.
- b. The training room is a treatment area and is not for socializing. Please only enter to get treatment.
- c. The KGAT is the only person authorized to use equipment or distribute materials from the training room.

IV. Mental Health and Wellbeing

Anyone having concerns regarding a student-athlete's mental health should immediately report these concerns to appropriate resources such as the student-athlete's parent.

Parents, student-athletes, and KGCS school staff, including coaches, are required to report any such concerns immediately to the head coach and athletic director and follow all required protocols outlined in the KGCS Suicide Prevention and Awareness Protocols. In summary:

- In all situations, the student must remain under constant adult supervision, utilizing a "warm hand-off" at all times. A "warm hand-off" means a student is handed off directly from one responsible adult to another responsible adult until the student is with their parent or legal guardian.
- During school hours, the student will be escorted by an adult to the school counselor or social worker. The adult will discuss the concerns with the counselor or social worker directly, and will hand the student off to the counselor or social worker directly.
- Outside of school hours, the student will remain under constant adult supervision until the student's parents or emergency personnel arrive and a warm hand-off can be completed.

V. Energy Drinks

- a. Students are prohibited from consuming energy drinks during any practice or competition.
- b. Energy drinks contain carbohydrates (sugar) and caffeine as their main ingredients along with unregulated additives such as herbal supplements and other potentially dangerous stimulants.
- c. Energy drinks may cause dangerous side effects including:
 - i. Racing heart rate, arrhythmia
 - ii. High blood pressure
 - iii. Heart attack
 - iv. Diarrhea, bloating, and cramping
 - v. Dehydration
 - vi. Positive drug tests due to unregulated additives
- d. From the VHSL Handbook:

PM 27-10-1 (1) SAFETY/Energy Drinks (9-10)-Athletes are prohibited from consuming energy drinks during participation in VHSL practices and competitions. VHSL will issue an official warning for first violation.

- a. *Energy drinks shall not be used for hydration.*
 - b. *Energy drinks shall not be consumed by athletes who are dehydrated.*
 - c. *There is no regulatory control over energy drinks, thus their content and purity cannot be ensured.*
 - d. *This may lead to adverse side effects, potentially harmful interactions with prescription medications (particularly stimulant medications used to treat ADHD), or positive drug tests.*
- e. To learn more about the dangers of energy drinks and the difference between energy drinks and sports drinks, please read the [NFHS and SMAC Position Statement on the Use of Energy Drinks by Young Athletes](#)

VI. Steroids

- a. Use of steroids without a prescription will result in a suspension of no less than two years from all VHSL athletics.
- b. The possession or sale of anabolic steroids without a prescription is illegal.
- c. Steroid use without a prescription is dangerous:
 - i. Users are at greater risk for infections, including HIV and hepatitis.
 - ii. Steroid use will result in stunted growth.
 - iii. Girls who use steroids can grow body and facial hair and experience permanent voice lowering.
 - iv. Boys who use steroids can form breast tissue, lose their hair (go bald), and have their testicles shrink.
 - v. Steroids cause thick, oily skin, which often leads to severe acne on the face and body.
 - vi. Steroid users report mood swings, depression, thoughts of suicide, loss of sleep, and paranoia.
- d. From the VHSL Handbook:

PM 27-10-1 (6) SAFETY/Steroids (9-05)-Member schools are required to develop an education program outlining the dangers of steroids for all student athletes and administer such a program at the start of each sports season.

VII. Lightning and Other Weather Delays

KGCS administration, athletic director, and athletic training will monitor local weather conditions before and during events. A Weather Response Plan, including evacuation plans, will be established, practiced periodically, and reviewed at least annually as part of the school's Emergency Response Plan.

KGCS adopts the following recommendations from VHSL and SMAC:

When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning.

- ⇒ Suspend play and take shelter immediately.
- ⇒ Thirty Minute Rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
- ⇒ Any subsequent thunder or lightning after the beginning of the 30-minute count, resets the clock and another 30-minute count shall begin.

- VIII. Concussion and Brain Injury Awareness and Education
In accordance with KGCS Policy JJAC, and VA Code § 22.1-271.5, KGCS will provide student-athletes, families, and coaches with information, policies, and procedures on concussions, brain injury, removal from and return to play procedures, and the dangers of not reporting symptoms. Each student-athlete and parent must sign a statement acknowledging receipt of information prior to participating in athletics.
- Appendix A: Health and Safety: Concussion Guidelines
- IX. Cardiac Arrest Prevention Education
In accordance with KGCS Policy JJAF, and VA Code § 22.1-271.8., KGCS will provide student-athletes and families with information, policies, and procedures regarding the nature and risk of sudden cardiac arrest, removal from and return to play procedures, and the dangers of not reporting symptoms. Each student-athlete and parent must sign a statement acknowledging receipt of information prior to participating in athletics. Further, the administrator, athletic director, athletic trainer, and coaches will participate in the Health and Safety Advisory Subcommittee to establish and annually review the Cardiac Emergency Response Plan for athletic events.
- Appendix B: Health and Safety: Cardiac Arrest Guidelines
- X. Heat-Related Illness
In accordance with KGCS Policy JJAG, and VA Code § 22.1-271.10, KGCS will provide student-athletes, families, and coaches with information, policies, and procedures on heat-related illness, removal from and return to play procedures, and the dangers of not reporting symptoms. Each student-athlete and parent must sign a statement acknowledging receipt of information prior to participating in athletics.
- Appendix C: Health and Safety: Heat-Related Illness Guidelines

Section V. Order of Authority for Returning to Play

- I. The VHSL Handbook outlines the following protocols regarding the Order of Authority for the safety of student-athletes who may be injured before, during, or after athletic participation.
- a. Parents have the ultimate authority to exclude their child from competition, but cannot overrule the exclusion requirement of a physician acting in an official capacity or a team or tournament certified trainer.
 - b. The coach has the authority to exclude a member of his/her team from competition, but cannot overrule the exclusion requirement of a physician acting in an official capacity or a team or tournament certified trainer.
 - c. A physician acting in an official capacity has the authority to exclude any competitor from competition. No one, including the team or tournament certified trainer, can overrule the physician.
 - d. The team or tournament certified trainer should make it clear when evaluating an injured athlete for return to competition whether he or she is **recommending** the athlete not return or **requiring** that the athlete not return. Coaches may elect to reintroduce a competitor against the recommendation of the athletic trainer but cannot reintroduce a competitor against a requirement of the athletic trainer.
 - e. If the team or tournament certified trainer observes an injured athlete continuing to compete against his or her requirement that the athlete not compete, the certified trainer shall notify an official that competition must be stopped until the injured athlete has left the competition.
 - f. In disagreements between the tournament and team certified trainers, the team certified trainer has the final authority.

Section VI. Responsibilities of Students, Staff, Parents, and Spectators

VHSL Handbook Section 27-11-8 Code of Interscholastic Athletics

To assist schools in the implementation of this program, the Code for Interscholastic Athletics must be in place. Failure of an administrator, spectator, athlete, coach or official to follow those directions provided for in the Code for Interscholastic Athletics may result in penalties for the member school and/or participants.

I. CODE FOR INTERSCHOLASTIC ATHLETICS

a. The School Administrator Shall:

- i. Encourage and promote friendly relationships and good sportsmanship throughout the school by requiring courtesy and proper decorum at all times, by acquainting students and others in the community with ideals of good sportsmanship and by so publicizing these concepts and attitudes that all members of the school community will understand and appreciate their meaning.
- ii. Insist upon implicit compliance with all rules and regulations of the Virginia High School League.
- iii. Secure qualified officials for all contests.
- iv. Insist upon adequate safety provisions for all activities, for both participants and spectators.
- v. Approve only those activities and schedules which are educationally and physically sound for the school pupil.
- vi. Encourage all to judge the success of the athletic program on the basis of the attitude of the participants and spectators, rather than on the basis of the number of games won or lost.
- vii. Insist that the school cheerleaders exemplify the highest standard of good sportsmanship as a means of inculcating desirable spectator attitudes.
- viii. Provide adequate hygienic, sanitary and attractive facilities for the dressing and housing of visiting teams and officials.
- ix. Provide for the efficient handling of all athletic funds, with such safeguards as audits, insurance and proper bookkeeping, in order that maximum benefits may be had from available funds.
- x. Review with staff the Sportsmanship Rule.

b. The Spectator Shall:

- i. Realize that he/she represents the school just as definitely as does the member of a team and, therefore, has an obligation to be a true sportsman, encouraging through this behavior the practice of good sportsmanship by others.
- ii. Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team.
- iii. Recognize that since the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social and emotional well-being of the players through the medium of contests, victory or defeat is in reality of secondary importance.
- iv. Treat visiting teams and officials as guests, extending to them every courtesy.
- v. Be modest in victory and gracious in defeat.
- vi. Respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions as they observe them.

c. The Athlete Shall:

- i. Be courteous to visiting teams and officials.
- ii. Play hard and to the limit of his/her ability, regardless of discouragement. The true athlete does not give up nor does he/she quarrel, cheat, bet or grandstand.
- iii. Retain his/her composure at all times and never leave the bench or enter the playing field/court to engage in a fight.
- iv. Be modest when successful and be gracious in defeat. A true sportsman does not offer excuses for failures.
- v. Maintain a high degree of physical fitness by observing team and training rules conscientiously.
- vi. Demonstrate loyalty to the school by maintaining a satisfactory scholastic standing and by participating in or supporting other school activities.
- vii. Play for the love of the game.
- viii. Understand and observe the rules of the game and the standards of eligibility.
- ix. Set a high standard of personal cleanliness.
- x. Respect the integrity and judgment of officials and accept their decisions without questions.
- xi. Respect the facilities of host schools and the trust entailed in being a guest.

- d. The Coach Shall:
- i. Exemplify behavior that is representative of the educational staff of the school and a credit to the teaching profession.
 - ii. Demonstrate high ideals, good habits and desirable attitudes in personal behavior and demand the same standards of the players.
 - iii. Emphasize to his/her players and bench personnel the importance of proper sideline behavior and the necessity of restraining from entering the playing field/court to engage in a fight.
 - iv. Recognize that the purpose of competition is to promote the physical, mental, social and emotional well-being of the individual players and that the most important values of competition are derived from playing the game fairly.
 - v. Be a modest winner and a gracious loser.
 - vi. Maintain self-control at all times, accepting adverse decisions without public display of emotion or of dissatisfaction with the officials.
 - vii. Cooperate with the school principal in the planning, scheduling and conduct of sports activities.
 - viii. Employ accepted educational methods in coaching; giving all players an opportunity to use and develop initiative, leadership and judgment.
 - ix. Pay close attention to the physical condition and well-being of players, refusing to jeopardize the health of an individual for the sake of improving his team's chances to win.
 - x. Teach athletes that it is better to lose fairly than win unfairly.
 - xi. Discourage gambling, profanity, abusive language and similar violations of the true sportsman's code.
 - xii. Refuse to disparage an opponent, an official or others associated with sports activities and discourage gossip and questionable rumors concerning them.
 - xiii. Properly supervise student athletes under his/her immediate care and specifically observe a coach's responsibilities in conjunction with district and state contests.
- e. The Official Shall:
- i. Know the rules and their interpretations and be thoroughly trained to administer them.
 - ii. Maintain self-control under all conditions.
 - iii. Report for duty well in advance of game time, in a rested condition and with an alert mind, and dressed appropriately in the specified uniform.
 - iv. Make clear all interpretations and rulings during the progress of a game, yet conduct the game in an unobtrusive manner.
 - v. Be impartial and fair, yet firm, in all decisions. A good official does not attempt to compensate later for an unpopular decision.
 - vi. Refrain from commenting upon or discussing a team, play or game situation with those not immediately concerned.
 - vii. So conduct the games as to enlist the cooperation of players, coaches and spectators in the interests of good sportsmanship.
 - viii. Honor all commitments and abide by all school, district, regional and League regulations in a professional manner.

Section VII. Student-Athlete Awards and Honors

I. Criteria for Varsity Letters

Student-athletes competing at the Varsity Level may earn Varsity Letters. Coaches have discretion in making the final determination regarding the awarding of letters, as long as criteria is followed consistently. The information below is a guideline only. Student-athletes should address any specific questions to the head coach of their sport or the athletic director.

FALL SPORTS

Cross Country	Compete as a Top 7 runner in six different events
Competition Cheer	Participate in two contests
Field Hockey	Participate in sixteen halves
Football	Participate in one hundred (100) plays
Golf	Place in the Top 6 in three matches
Volleyball	Participate in half of the matches

WINTER SPORTS

Basketball	Participate in forty quarters
Sideline Cheer	Make team and actively participate as a positive contributor to the team
Swimming	Earn twelve team points
Track	Earn twenty team points
Wrestling	Earn twenty team points

SPRING SPORTS

Baseball	Participate in twenty-five innings or twenty at bats
Soccer	Participate in sixteen halves
Softball	Participate in twenty-five innings or twenty at bats
Tennis	Compete as a top scorer in five different matches
Track	Earn twenty team points

II. Criteria for KGHS Certificates

- Student-athletes earning a Varsity Letter will receive a certificate of lettering.
- Varsity players not lettering will receive a participation certificate.
- All JV players will receive a participation certificate.

III. Criteria for KGHS Season Plaques

- Two Varsity plaques will be awarded by each Varsity Team.
- Two JV plaques will be awarded by each JV Team.
- In addition to the Athletic Department plaques, individual teams may award additional plaques using established criteria with the advance approval of the athletic director.

IV. Additional Criteria for KGHS Honors

- Student-athletes may not earn a letter or receive a plaque or certificate if a student-athlete is suspended or removed from a team, quits the team, or is otherwise not in good standing in KGCS athletics.
- Senior student-athletes and injured players may be eligible to earn a letter at the discretion of the head coach or Athletic Director.

V. Other Athletic Honors at KGHS

King George Athletic Boosters is a non-profit organization that supports all KGHS athletics. However, KGAB is an independent organization that operates under its own bylaws.

Criteria for the KGAB Athlete of the Year Scholarships and KGAB Athletic Honor Cords for Graduation is determined by the KGAB Board of Directors and cannot be appealed to KGHS athletics or administration.

VI. King George Middle School

KGMS Athletics presents awards and certificates after each season. Team specific awards are determined by each head coach. For more information, please contact the KGMS athletic director or your child's middle school coach.

Section VIII. Attending Athletic Events

I. Tickets

Tickets are available for purchase online for all athletic events. Ticket prices are determined by the district, region, and state depending on the event. Ticket prices will be posted on the KGHS and KGMS webpages.

II. Employee Entrance

Permanent employees (employees under contract, not including substitutes or other temporary employees) of KGCS are given ONE COMPLIMENTARY ENTRY for themselves to each regular season home event. The employee must present their KGCS ID badge and sign in at each event. This complimentary entry is NOT transferable to any other person.

All other guests must purchase a ticket according to the ticket prices listed on the school webpages.

III. Special Event Pricing

District, region, and state tournaments, as well as special events and away competitions, may have different ticket prices in accordance with VHSL and their governing bodies. KGCS Season Passes are not valid at away games or in post-season play, regardless of the location of the event.

IV. Event Information

a. Schedules

- i. Athletic schedules can be found on the KGHS Athletics website.
- ii. Schedules are subject to change. Please confirm schedules prior to game day and leading up to the event start time as inclement weather and other unanticipated conflicts may cause start times to change. Occasionally, a decision is made to begin play earlier than scheduled. This is often due to impending weather. While KGCS does its best to notify the community, this is not always possible.
- iii. Subscribe to KG Alerts and KGCS Messenger for school closing information. When school is closed due to inclement weather, activities are typically suspended as well.
- iv. Follow KGCS Division, KGHS Athletics, and KGMS Athletics social media pages and communication apps to stay up to date on changes.

b. Facilities

- i. Pets are not permitted at any school facility at any time.
- ii. Smoking, vaping, or the use of any other alternative nicotine product, the use or possession of any illegal substance, alcohol, or weapon as defined by local policy, state, or federal law, is prohibited at all school facilities - including outside and in parking lots.
- iii. Schools may implement additional security procedures at any time, including but not limited to: metal detectors, canines, security personnel, or the prohibition of additional items including but not limited to bags.
- iv. Failure to comply with any rules or directives of school staff or security personnel will result in removal from the facilities without refund and may include additional law enforcement involvement.
- v. An administrator is always on site. If you have any questions or concerns, please notify administration as soon as possible.

Section IX. Appendices

Appendix A. Concussion Guidelines and Protocols

Appendix B. Cardiac Arrest Guidelines

Appendix C. Heat Related Illness Guidelines



King George County Schools

Health and Safety: Concussion Guidelines

Concussion Guidelines for Coaches, Parents, and Student-Athletes

VA Code § 22.1-271.5. and KGCS Policy JJAC (summarized below) require schools to develop policies and procedures in accordance with guidelines established by the Virginia Board of Education to educate and inform coaches, student-athletes, and parents about concussion related injuries.

Each school board shall develop policies on concussion awareness, prevention, and response. Such policies shall:

- *Provide information on the identification and handling of suspected concussions in student-athletes.*
- *Address the academic needs and gradual reintroduction of cognitive demands for all students who have a concussion*
- *Prior to participation in any extracurricular athletic activity, each student-athlete and the student-athlete's parent or guardian shall review, on an annual basis (every 12 months), information on concussions provided by the school division and sign a statement acknowledging receipt, review, and understanding of such information.*
- *A student-athlete suspected of sustaining a concussion or brain injury shall be removed from the activity immediately and evaluated. The student-athlete shall not return to play that same day nor until (i) evaluated by an appropriate licensed health care provider and (ii) the athletic trainer is in receipt of written clearance to return to play from such licensed health care provider, and (iii) the athletic trainer releases the student-athlete to return to play following the VHSL Order of Authority Protocols and Return to Play procedures.*
- *Appropriate licensed health care providers or properly trained individuals evaluating student-athletes at the time of injury will utilize a standardized concussion sideline assessment instrument, such as Sideline Concussion Assessment Tool (SCAT-II, SCAT III, ChildSCAT3), the Standardized Assessment of Concussion (SAC), or the Balance Error Scoring System (BESS).*
- *The policy must be reviewed annually by a health and safety team which may include a school administrator, teacher, school counselor, school psychologist, school nurse, athletic administrator, licensed health care provider, coaches, and parents.*

Education Requirements:

All coaches, student-athletes, and parents must complete the National Federation of State High School Associations (NFHS) Concussion in Sports Course. **This is required annually prior to participation in any KGCS athletic program.**

The NFHS has teamed up with the Centers for Disease Control and Prevention (CDC) to educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. This course highlights the impact of sports-related concussion on athletes, teaches how to recognize a suspected concussion, and provides protocols to manage a suspected concussion with steps to help players return to play safely after a concussion. The course is offered for free on the NFHS website at: <https://nfhslearn.com/courses/concussion-in-sports-2>.

Coaches

- Coaches must register for an individual account on NFHS. The Athletic Director, Athletic Trainer, and/or Lead Nurse and Clinical Coordinator may also distribute required courses to coaches.
- Coaches must complete the Concussion in Sports Course on the NFHS website, save their Certificate of Completion as a PDF file, and provide a copy to the Athletic Director (AD).
- Coaches must review the supplemental Concussions in Sports Information with student-athletes and parents.
- This must be completed annually.

Student-Athletes

- Each student-athlete must register for an individual account on NFHS. Students should not use their KGCS email address to prevent blocking of incoming mail. Students must ensure they register using their full legal name as this will be printed on the certificate upon completion of the course and cannot be changed.
- Student-athletes must watch the NFHS course and should discuss the risks with their parents.
- Student-athletes must save their Certificate of Completion as a PDF file and upload it during Athletic Registration.
- Student-athletes must review the supplemental Concussion in Sports Information with their parents and sign the Acknowledgement form. This will be submitted to the Athletic Director.
- Student-athletes are not eligible for participation (including out of season conditioning, tryouts, practice, or competition) if they have not completed this course and submitted their Certificate of Completion.
- This must be completed annually.

Parents

- Parents should review the NFHS course with their student and discuss the dangers of Concussions in Sports.
- Parents must review the Concussions in Sports Information with their student-athlete.
- Parents must sign the Acknowledgement form with their student-athlete and submit to the Athletic Director.
- This must be completed annually.



King George County Schools

Health and Safety: Concussion Guidelines

Concussions in Sports Information for Coaches, Parents, and Student-Athletes

IMPORTANT INFORMATION—READ CAREFULLY

The Code of Virginia 22.1-271.5 directs Virginia school divisions to develop and distribute guidelines on policies to inform and educate coaches, student-athletes, and student-athletes' parents or guardians about the nature and risk of concussions in sports, procedures for removal from and return to play, and the risks of not reporting symptoms. The guidelines shall also be posted on the Athletic Department's section of the KGCS website.

Concussion Related Facts

- A concussion is a brain injury that is characterized by an onset of impairment of cognitive and/or physical functioning, and is caused by a blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head (i.e., a helmet to the head, being knocked to the ground).
- A concussion can occur with or without a loss of consciousness, and proper response is essential for the student's immediate safety and long-term health.
- Concussions typically result in the rapid onset of temporary impairment of neurologic function that resolves spontaneously, but may evolve over a number of minutes, hours, or days.
- Concussions may result in neuropathological changes, but often there is no structural injury or abnormality seen on standard medical imaging.
- Concussions result in a graduated in a set of clinical symptoms that may or may not involve loss of consciousness. Resolution of symptoms typically follows a sequential course. It is important to note, however, that symptoms may be prolonged in some cases.

Education Course Requirement

All student-athletes and coaches must complete the NFHS Concussions in Sports Course. This course will help you learn and recognize the warning signs and symptoms of concussions. It highlights the importance of being aware of and reporting symptoms of possible concussions and a safe return to activity plan. The course is offered for free on the NFHS website at: <https://nfhslearn.com/courses/concussion-in-sports-2>.

Warning Signs and Symptoms may include:

- Headache
- Sensitivity to light or noise
- Nausea/Vomiting
- Dizziness
- Balance problems
- Sadness
- Feeling irritable or having mood swings
- Feeling more emotional
- Confusion
- Feeling mentally sluggish or foggy
- Problems remembering
- Problems concentrating
- Fatigue
- Trouble falling or staying asleep
- Sleeping more or less than usual

Parents, teammates, and coaches should report any observations of a student-athlete complaining of any of the above or appearing dazed or confused; confused about what to do; unsure of the game, score, or opponent; moving clumsily; answering questions slowly; losing of consciousness; unable to recall events prior to or after a hit.

In some cases, symptoms and signs may evolve over a number of minutes, hours, or days. All symptoms need to be reported to the school nurse, parents, and the school's athletic trainer immediately.

Parent's Role: Recognize and report any signs, symptoms or change of behavior to the school's coach, teacher, nurse and athletic trainer immediately.

Student-Athlete's Role: You know yourself better than anyone else. Report any signs or symptoms immediately. Be aware of your teammate's behavior on and off the field. Report problems immediately.

Coaches' Role: Report any signs or symptoms immediately. Coaches will follow all guidelines as established and will support the recommended progressive return to physical activity.

**Headaches that worsen and will not go away, repeated vomiting, seizures, slurred speech, and extreme drowsiness represent a medical emergency, whether they happen immediately or days following a head injury.
Call 911 and take student-athlete to the hospital!**



King George County Schools

Health and Safety: Concussion Guidelines

Before Athletic Participation

Each student-athlete and their parent or guardian must annually participate in a school-sanctioned concussion awareness and education program, and meet all requirements of KGCS regarding concussion education. Each student-athlete and the student-athlete's parent or guardian must sign a statement acknowledging participation in the program, including understanding the short- and long-term effects of concussions.

School staff, coaches, athletic trainers, team physicians, and volunteers receive current training annually.

Student-athletes will take a Concussion Baseline Assessment (CBA) periodically on a predetermined schedule (annually or biannually depending on the sport) and must pass the baseline test before participation.

Coaches and school personnel are provided information on and shall be alert to cognitive and academic issues that may be experienced by a student who has suffered a concussion or other head injury, including (i) difficulty with concentration, organization, and long-term and short-term memory; (ii) sensitivity to bright lights and sounds; and (iii) short-term problems with speech and language, reasoning, planning, and problem solving.

Removal from Play

A student-athlete suspected of sustaining a concussion or brain injury in a practice, game, or competition shall be removed from the activity immediately, evaluated, and if necessary, referred for further treatment.

A student-athlete who has been removed from play, evaluated, and suspected to have sustained a concussion or brain injury shall not return-to-play that same day. **When in doubt, sit them out!**

The determination of whether a student-athlete removed from play is suspected of having sustained a concussion shall be the sole determination of the licensed health care provider or other properly trained individual conducting the concussion sideline assessment. In KGCS, this is typically the athletic trainer (KGAT). Such determination is final and may not be overruled by another licensed health care provider, coach, assistant coach, school staff, or other person serving in a coaching or advisory role, the student-athlete, or the parent or guardian of the student-athlete.

No student-athlete shall be allowed to return to extracurricular physical activities (including conditioning, practices, games, or competitions) until the student-athlete has successfully completed a progressive return to sports participation program. The length of the progressive return to sports participation program (Return-to-Play) shall be determined by the student-athlete's licensed health care provider. Such determination is final and may not be overruled by another licensed health care provider, coach, assistant coach, school staff, or other person serving in a coaching or advisory role, the student-athlete, or the parent or guardian of the student-athlete.

In all circumstances, the Athletic Trainer has the final authority in allowing a student-athlete to Return to Play following any health-related incident. See "Order of Authority" in the KGCS Athletics Handbook.

After a Concussion

If short-term (up to 4 weeks) academic accommodations are needed, the Return to Learn Team (RTL Team) will meet to develop an RTL plan. A Return-to-Learn Team (RTL Team) is a School Based Intervention Team that collaborates to develop a short-term plan for a student's return to academic activities using necessary modifications, accommodations, or other supports following a concussion. The RTL Team may include the student's school nurse, counselor, teachers, parents, athletic trainer, and coach. If symptoms continue beyond the short-term RTL plan, the student-athlete may be referred for additional evaluation and/or support.

A student recovering from a brain injury shall gradually increase cognitive activities progressing through some or all of the RTL zones listed in the Appendix. Some students may need total rest with a gradual return to school, while others will be able to continue doing academic work with minimal instructional modifications. The decision to progress from one phase to another should reflect the absence of any relevant signs or symptoms, and should be based on the recommendation of the student's RTL Team.

If symptoms persist or fail to improve over time, additional in-school support may be required with consideration for further evaluation. If the student is three to four weeks post injury without significant evidence of improvement, a 504 plan should be considered.



King George County Schools

Health and Safety: Concussion Guidelines

After a student-athlete no longer has symptoms of a concussion, the Certified Athletic Trainer/Nurse will implement a gradual return-to-play and/or return-to-learn protocol that includes a gradual increase in activity so the brain can adjust to physical exertion. No student-athlete shall return to participate in athletics after he/she experiences a concussion unless all of the following conditions have been met:

- the student attends all classes, maintains full academic load/homework, and requires no instructional modifications;
- the student no longer exhibits signs, symptoms, or behaviors consistent with a concussion, at rest or with exertion;
- the student is asymptomatic during, or following periods of supervised exercise that is gradually intensifying; and
- the student receives a written medical release from the KGAT or from an appropriate licensed health-care provider and the release is approved by the KGAT.

General Return-to-Learn and Return-to-Play Phases

The following is a summary only. Please see the King George County Schools Return-to-Learn and Return-to-Play protocols for more specific information.

Step 1: Return-to-Learn plan development. Symptom-limited activity including, but not limited to daily activities that do not provoke symptoms. The goal is gradual reintroduction of work and/or school activities. Students must successfully return-to-learn (attending school full-time without accommodations) before they may progress to return-to-play protocols.

Step 2: Return-to-Play plan development.

- ⇒ Phase 1: Light aerobic exercise including, but not limited to walking or stationary cycling at slow-to-medium pace and no resistance training. The goal is to increase heart rate.
- ⇒ Phase 2: Sport-specific exercise including, but not limited to running or skating drills, but no activities with risk of head impact. The goal is to add movement and positive thinking.
- ⇒ Phase 3: Noncontact training drills including, but not limited to more challenging drills (e.g., passing drills and team plays) and begin progressive resistance training. The goal is to increase exercise intensity, coordination, and sport-specific analytical skills.
- ⇒ Phase 4: Full-contact practice including, but not limited to after medical clearance, participate in full, normal training activities. The goal is to restore confidence and allow coaches to assess functional skills.
- ⇒ Phase 5: Return to sport including, but not limited to unmodified game play. The goal is full clearance/participation.

ACKNOWLEDGEMENT

By signing below, you are acknowledging the following:

1. I have read and understand the KGCS Concussion Guidelines and Information.
2. I have completed the NFHS Concussion in Sports Course (students) and discussed the information and importance of reporting any symptoms (parents).
3. I understand that the KGCS Athletic Trainer has final authority over all student-athletes return to play in all health and safety related matters.

Student-Athlete Name (print):

Student-Athlete Signature:

Date:

Parent/Guardian Name (print):

Parent/Guardian Signature:

Date:

Sign and return this Acknowledgement to the Athletic Director. Please keep a copy of the guidelines for your records.



KGCS RETURN-TO-LEARN (RTL) PROTOCOL

STEP 1 after Concussion

RED ZONE 1	ORANGE ZONE 2	YELLOW ZONE 3	GREEN ZONE 4*	NEXT STEPS
			Full Recovery to Academics	SYMPTOM FREE
NO SCHOOL Complete Physical and Cognitive Rest until Medical Clearance - Parents should contact the school anytime a student sustains a concussion, regardless of where/how the concussion occurred. - School based RTL Facilitator: <u>Athletic Trainer</u> for concussions sustained by student-athletes. <u>School Nurse</u> for all other concussions. - Parents will be requested to sign an "Authorization to Share Information" to allow contact with the licensed medical professional treating the concussion.	Return to School with Academic Accommodations/ Modifications - Students should be able to sustain at least 30 minutes of cognitive activities at a time before returning to school. - RTL Team meets to develop plan. - Examples of what an RTL Plan may include: - Part time schedule - Limits on technology - Reduced assignments to those required for essential mastery of content - Breaks as needed if slight symptoms return - Limited cognitive demands - Avoid physically demanding or loud environments i.e. heavy backpacks, crowded halls, PE, band class, cafeteria, pep rallies, dances, etc.	Begin Reducing Academic Accommodations/ Modifications - RTL Team meets to review and revise plan. Examples of what an RTL Plan may include: - Attend school full time to the extent possible - Gradually increase work load (testing, homework, etc.) - Allow short breaks as needed if slight symptoms return - Incorporate light aerobic activity ++ ++ At the RTL team's discretion, tolerance of light aerobic activity may be monitored by the Athletic Trainer through the Return to Play Protocol (Stage 2) for student-athletes in the Yellow Zone of RTL. If symptoms return during physical activity, or student regresses in the RTL protocol, RTP will end until student has progressed fully through RTL.	- Student attends school full time with limited to no modifications. - RTL Team meets to review and revise plan - RTL Plan may include: - Timeline for completing missed assignments - Notice of incomplete grade - Self-advocating at school if symptoms return - Resuming normal activities *See Next Steps	Begin Return-to-Play (RTP) Protocol After a student has successfully returned to school full time with no accommodations, (s)he may return to sports following the graduated Return to Play protocol. ++ See Yellow Zone Completion of RTL and transfer to RTP must be documented by the RTL Team and approved by the school administrator.
Able to maintain 30 minutes of cognitive activity at a time with no significant symptoms for at least 24 hours? Yes: Begin Orange Zone No: Continue Resting	Free of significant symptoms for 24 hours? Yes: Begin Yellow Zone No: Return to Red Zone Continue Resting	Free of significant symptoms for 24 hours? Yes: Begin Green Zone No: Return to Orange Zone	Symptom free for 24 hours? Yes: End RTL protocol No: Return to Yellow Zone *See Next Steps	CONTINUED SYMPTOMS Further Evaluation Research shows that the vast majority of students with concussions resume normal activities within 3-4 weeks. If a student has not reached Step 4 in this timeframe, the RTL team will meet to determine if the student: 1. Must obtain a health care plan from a physician in regards to continued accommodations, including consideration of a 504 plan; or 2. In the absence of an evaluation by a licensed medical professional, an expectation to return to school full time with no accommodations.

This chart outlines the general progression from concussion to full Return-to-Learn. Every student and every concussion is unique. Each student is monitored on a case by case basis and progression may be shorter or longer than others. During Return-to-Learn, a health care plan from a licensed medical professional will be reviewed by the RTL team and may modify these steps.



KGCS RETURN-TO-PLAY (RTP) PROTOCOL

Step 2 after Concussion

					PHASE 5
	PHASE 1	PHASE 2	PHASE 3	PHASE 4	FULL CONTACT PRACTICE
NO ACTIVITY Goal: Recovery Return to Learn Protocol in Progress Complete Physical Rest until Medical Clearance	LIGHT AEROBIC EXERCISE Goal: Increase Heart Rate Heart Rate of <70% ~ 15 minutes Non-impact, light aerobic activity such as walking, swimming, stationary cycling, etc. as symptoms allow. No more than 10-15 minutes. NO weightlifting!	MODERATE AEROBIC EXERCISE Goal: Add head and body movement Heart Rate of <80% ~ 45 minutes Non-impact, moderate aerobic activity such as skating, light jogging, light resistance training. No more than 30 minutes. LIGHT resistance training only.	NON - CONTACT TRAINING DRILLS Goal: Increase coordination, attention Heart Rate of <90% ~ 60 minutes Non-Contact exercise and drills, which may include: • resistance training • drills such as ball handling, shooting, and agility • movement across 3 planes • modifications to avoid collisions with other players and equipment The KGAT may provide a list of approved activities to the coach as needed.	Goal: Restore confidence, Assess functional skills If symptom free, return to normal Training Activities. Return to competition only if symptom-free for 24 hours following full contact practice!	
Able to maintain 30 minutes of cognitive activity at a time with no significant symptoms for at least 24 hours? Yes: Begin PHASE 2 No: Continue Resting	Free of significant symptoms for 24 hours? Yes: Begin PHASE 3 No: Return to PHASE 1 Continue Resting	Free of significant symptoms for 24 hours? Yes: Begin PHASE 4 No: Return to PHASE 2	Symptom free for 24 hours? Yes: Begin PHASE 5 No: Return to PHASE 3	Symptom free for 24 hours? Yes: Return to Competition No: Return to PHASE 4	

This chart outlines the general progression from concussion to full Return-to-Play. Every student and every concussion is unique. Each student is monitored on a case by case basis and progression may be shorter or longer than others. During Return-to-Play, clearance from the student-athlete's medical provider does not supersede clearance from the athletic trainer.

Return-to-Play also includes physical education classes (and recess as applicable). Student-athletes are cleared through the athletic trainer. All other students are cleared in collaboration with the teacher, nurse, and school-based RTL team.



King George County Schools

Health and Safety: Sudden Cardiac Arrest Guidelines

Sudden Cardiac Arrest Guidelines for Coaches, Parents, and Student-Athletes

VA Code § 22.1-271.8. and KGCS Policy JJAF (excerpted below) require schools to develop policies and procedures in accordance with guidelines established by the Virginia Board of Education to educate and inform coaches, student-athletes, and parents about Sudden Cardiac Arrest.

In order to participate in any extracurricular physical activity, each student-athlete and the student-athlete's parent or guardian must review, on an annual basis, information provided by the school division on symptoms that may lead to sudden cardiac arrest. After reviewing the materials, each student-athlete and the student-athlete's parent or guardian must sign a statement acknowledging receipt of such information, in a manner approved by the Virginia Board of Education.

A student-athlete who is experiencing symptoms that may lead to sudden cardiac arrest must be immediately removed from play. A student-athlete who is removed from play shall not return to play until the student-athlete is evaluated by and receives written clearance to return to physical activity by an appropriate licensed healthcare provider as determined by the Virginia Board of Education. The licensed healthcare provider evaluating student-athletes may be a volunteer.

Education Requirements:

All coaches, student-athletes, and parents must complete the National Federation of State High School Associations (NFHS) Sudden Cardiac Arrest Course. **This is required annually prior to participation in any KGCS athletic program.**

This course will help participants learn and recognize the warning signs and symptoms of Sudden Cardiac Arrest and learn what to do in the critical moments after an individual suddenly collapses in order to save that individual's life, such as calling 9-1-1, starting chest compressions, and sending for an AED. The course is offered for free on the NFHS website at: <https://nfhslearn.com/courses/sudden-cardiac-arrest>.

Coaches

- Coaches must register for an individual account on NFHS. The Athletic Director, Athletic Trainer, and/or Lead Nurse and Clinical Coordinator will distribute required courses to coaches.
- Coaches must complete the Sudden Cardiac Arrest Course on the NFHS website, save their Certificate of Completion as a PDF file, and provide a copy to the Athletic Director (AD).
- Coaches must review the supplemental Sudden Cardiac Arrest Information with student-athletes and parents.
- This must be completed annually.

Student-Athletes

- Each student-athlete must register for an individual account on NFHS. Students should not use their KGCS email address to prevent blocking of incoming mail.
- Students must ensure they register using their full legal name as this will be printed on the certificate upon completion of the course and cannot be changed.
- Student-athletes must watch the NFHS course and should discuss the risks with their parents.
- Student-athletes must save their Certificate of Completion as a PDF file and upload it during Athletic Registration.
- Student-athletes must review the supplemental Sudden Cardiac Arrest Information with their parents and sign the Acknowledgement form. This will be submitted to the Athletic Director.
- Student-athletes are not eligible for participation (including out of season conditioning, tryouts, practice, or competition) if they have not completed this course and submitted their Certificate of Completion.
- This must be completed annually.

Parents

- Parents should review the NFHS course with their student and discuss the dangers of Sudden Cardiac Arrest.
- Parents must review the Sudden Cardiac Arrest Information with their student-athlete.
- Parents must sign the Acknowledgement form with their student-athlete and submit to the Athletic Director.
- This must be completed annually.



King George County Schools

Health and Safety: Sudden Cardiac Arrest Guidelines

Sudden Cardiac Arrest Information for Coaches, Parents, and Student-Athletes IMPORTANT INFORMATION—READ CAREFULLY

The Code of Virginia 22.1-271.8 directs Virginia school divisions to develop and distribute guidelines on policies to inform and educate coaches, student-athletes, and student-athletes' parents or guardians about the nature and risk of sudden cardiac arrest, procedures for removal from and return to play, and the risks of not reporting symptoms. The guidelines shall also be posted on the Athletic Department's section of the KGCS website.

Sudden Cardiac Arrest Facts

- **Sudden cardiac arrest (SCA)** is a rare, but tragic event that claims the lives of approximately 7,000 children each year in the United States, according to the American Heart Association.
- SCA is not a heart attack. It is an abnormality in the heart's electrical system that abruptly stops the heartbeat. SCA affects all students, in all sports or activities, and in all age levels.
- SCA in young athletes is usually caused by a structural or electrical abnormality of the heart. Most of these abnormalities are inherited but remain undiagnosed and may be unknown to the athlete.
- Exercise can be a trigger for SCA in individuals with an abnormal heart condition.
- The majority of activity-related cardiac arrests are due to congenital (inherited) heart defects. However, SCA may also occur after a person experiences an illness which has caused inflammation to the heart or after a direct blow to the chest.
- In some cases, a hard blow to the chest, for example from a baseball or from contact with another player, can trigger sudden cardiac arrest. When this happens, it is called "commotio cordis." Commotio cordis accounts for approximately 20 percent of sudden cardiac deaths in young athletes.

Education Course Requirement

All student-athletes and coaches must complete the NFHS Sudden Cardiac Arrest Course. This course will help you learn and recognize the warning signs and symptoms of Sudden Cardiac Arrest. Also included are guidelines for what to do in the critical moments after an individual suddenly collapses in order to save their life, such as calling 9-1-1, starting chest compressions, and sending for an AED. Course: <https://nfhslearn.com/courses/sudden-cardiac-arrest>

Assessing Risk

Health care providers may use several tests to help detect risk factors for SCA. One such test is an electrocardiogram (ECG). An ECG is a simple, painless test that detects and records the heart's electrical activity. It is used to detect heart problems and monitor a person's heart health. There are no serious risks to a person having an ECG test. ECG's are able to detect a majority of heart conditions more effectively than a physical exam and health history alone. However, it's not a universal standard right now because of cost, physician infrastructure, and sensitivity and specificity concerns.

Warning Signs and Symptoms may include:

- Fainting or passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing) for no reason
- Unexplained seizures

**Many young cardiac arrest victims
have no symptoms until the cardiac
arrest occurs!**

When in doubt, call 911!

Signs and Symptoms in Male Athletes

- Chest, ear, neck pain
- Severe headache
- Excessive breathlessness
- Vague discomfort
- Dizziness, palpitations
- Abnormal fatigue
- Indigestion, heartburn

Signs and Symptoms in Female Athletes

- Center chest pain that comes and goes
- Lightheadedness
- Shortness of breath with or without discomfort
- Pressure, squeezing, fullness
- Nausea, vomiting
- Cold sweat
- Pain or discomfort in arms, back, neck, jaw or stomach



King George County Schools

Health and Safety: Sudden Cardiac Arrest Guidelines

1. Removal from play and Return to Play

Any student-athlete who is experiencing symptoms that may lead to sudden cardiac arrest must be immediately removed from play. A student-athlete who is removed from play shall not return to play until he is evaluated by and receives written clearance to return to physical activity by an appropriate licensed health care provider. **In all circumstances, the Athletic Trainer has the final authority in allowing a student-athlete to Return to Play following any health-related incident.**

2. Recognize and Respond: 911, CPR, AED

If an athlete collapses, assume it is a sudden cardiac arrest until proven otherwise. The most important factor determining whether a person survives sudden cardiac arrest is how quickly he or she receives a shock from an *Automated External Defibrillator* (AED). A few minutes' delay can be the difference between life and death.

- Call 911!
- Begin CPR with an emphasis on chest compressions
- Immediate use of the onsite AED
- Integrated post-cardiac arrest care

3. Risks of Practicing or playing after experiencing warning symptoms

There are risks associated with continuing to practice or play after experiencing warning symptoms of sudden cardiac arrest. When the heart stops, so does blood flow to the brain and other vital organs. Death or permanent brain damage follows in just a few minutes. Most people who experience SCA die from it. However, when CPR is provided and an AED shock is administered within the first 3-5 minutes after a collapse, reported survival rates from cardiac arrest are as high as 74%.

4. Preventive measures from experiencing Sudden Cardiac Arrest

Daily physical activity, proper nutrition, and adequate sleep are all important aspects of lifelong health. Additionally, parents can assist student-athletes to prevent death from SCA by:

- Ensuring your child has a thorough preseason screening exam prior to participation in an organized athletic activity
- Asking if your school and the site of competition have Automated External Defibrillators (AED's) that are close by and properly maintained
- Asking if your child's coach is CPR/AED certified
- Becoming CPR/AED certified yourself
- Ensuring your child is not using any non-prescribed stimulants or performance-enhancing drugs
- Being aware that the use of caffeine, energy drinks, smoking or vaping, and the inappropriate use of prescription medications, increases the risk
- Encouraging your child to be honest and report symptoms of chest discomfort, unusual shortness of breath, racing or irregular heartbeat, or feeling faint

ACKNOWLEDGEMENT

By signing below, you are acknowledging the following:

- 1) I have read and understand the KGCS Sudden Cardiac Arrest Guidelines and Information.
- 2) I have completed the NFHS Sudden Cardiac Arrest Course (students) and discussed the information and importance of reporting any symptoms (parents).
- 3) I understand that the KGCS Athletic Trainer has final authority over all student-athletes return to play in Sudden Cardiac Arrest and any other health and safety related incident.

Student-Athlete Name (print):

Student-Athlete Signature:

Date:

Parent/Guardian Name (print):

Parent/Guardian Signature:

Date:

Sign and return this Acknowledgement to the Athletic Director. Please keep a copy of the guidelines for your records.



King George County Schools

Health and Safety: Heat-Related Illness Guidelines

Heat-Related Illness Guidelines for Coaches, Parents, and Student-Athletes

VA Code § 22.1-271.8. and KGCS Policy JJAG (summarized below) require schools to develop policies and procedures in accordance with guidelines established by the Virginia Board of Education to educate and inform coaches, student-athletes, and parents about Heat-related Illness.

Each school board shall develop policies on student-athlete extreme heat safety and protection. Such policies shall:

- *Be based on Wet Bulb Globe Temperature (WBGT) levels and include parameters relating to the scheduling and cancellation of outdoor athletics practices or games;*
- *Establish heat-acclimatization procedures consisting of at least five tiers, including modification to required equipment, work-to-rest ratios, water break requirements, and procedures relating to the use of shaded areas for rest breaks;*
- *Require each student-athlete to be given unhindered access at all times to hydration and a cooling space (shade or AC);*
- *Provide each student-athlete and coach ice at any time there is a WBGT level of 80 degrees Fahrenheit or higher;*
- *Include education on preventing, recognizing, and addressing heat-related illnesses, including dehydration, heat syncope, heat exhaustion, and heat stroke;*
- *Establish a process for reporting and investigating any instance in which a student-athlete experiences a severe heat-related illness requiring emergency medical treatment or resulting in death.*

Education Requirements:

All coaches, student-athletes, and parents must complete the National Federation of State High School Associations (NFHS) Heat-related Illness Course. **This is required annually prior to participation in any KGCS athletic program.**

This course will help participants minimize the risk of heat illness and is designed to provide the fundamentals of a strong heat acclimatization plan and guidelines for limiting activities to account for changing environmental conditions and other contributing risk factors. It highlights the importance of an appropriate hydration plan and establishing an Emergency Action Plan in case of a suspected exertional heat stroke. The course is offered for free on the NFHS website at: <https://nfhslearn.com/courses/heat-illness-prevention-2>

Coaches

- Coaches must register for an individual account on NFHS. The Athletic Director, Athletic Trainer, and/or Lead Nurse and Clinical Coordinator may also distribute required courses to coaches.
- Coaches must complete the Heat-related Illness Course on the NFHS website, save their Certificate of Completion as a PDF file, and provide a copy to the Athletic Director (AD).
- Coaches must review the supplemental Heat-related Illness Information with student-athletes and parents.
- This must be completed annually.

Student-Athletes

- Each student-athlete must register for an individual account on NFHS. Students should not use their KGCS email address to prevent blocking of incoming mail. Students must ensure they register using their full legal name as this will be printed on the certificate upon completion of the course and cannot be changed.
- Student-athletes must watch the NFHS course and should discuss the risks with their parents.
- Student-athletes must save their Certificate of Completion as a PDF file and upload it during Athletic Registration.
- Student-athletes must review the supplemental Heat-related Illness Information with their parents and sign the Acknowledgement form. This will be submitted to the Athletic Director.
- Student-athletes are not eligible for participation (including out of season conditioning, tryouts, practice, or competition) if they have not completed this course and submitted their Certificate of Completion.
- This must be completed annually.

Parents

- Parents should review the NFHS course with their student and discuss the dangers of Heat-related Illness.
- Parents must review the Heat-related Illness Information with their student-athlete.
- Parents must sign the Acknowledgement form with their student-athlete and submit to the Athletic Director.
- This must be completed annually.



King George County Schools

Health and Safety: Heat-Related Illness Guidelines

Heat-Related Illness Information for Coaches, Parents, and Student-Athletes IMPORTANT INFORMATION—READ CAREFULLY

Heat-related illness is the leading cause of preventable death in high school athletics!
When in doubt, begin cooling the student and call 911!

The Code of Virginia 22.1-271.10 directs Virginia school divisions to develop and distribute guidelines on policies to inform and educate coaches, student-athletes, and student-athletes' parents or guardians about the nature and risk of heat-related illness, procedures for removal from and return to play, and the risks of not reporting symptoms. The guidelines shall also be posted on the Athletic Department's section of the KGCS website.

Heat-Related Illness Facts

- *Heat-related illness* is a general term describing several medical conditions associated with dehydration, poor acclimatization, and exposure to or prolonged exercise in hot and humid environments.
- *Heat cramps* are a type of exercise-related muscle cramps characterized by painful cramping usually occurring in the arms and legs. Heat cramps may be caused by dehydration or excess sodium and electrolyte loss associated with exercise in hot or humid environments. While not a medical emergency, heat cramps may be confused with a more serious condition, exertional sickling.
- *Heat exhaustion* is the body's response to an excessive loss of water and salt, usually through excessive sweating.
- *Heat syncope* refers to fainting by individuals exercising in hot and humid environments. This results from a temporary decrease in blood flow to the brain causing a brief loss of consciousness.
- *Heat stroke* is the most serious heat-related illness. It occurs when the body can no longer control its temperature, the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Heat stroke can cause permanent disability or death if the person does not receive emergency treatment.

Education Course Requirement

All student-athletes and coaches must complete the NFHS Heat-Related Illness Course. This course will help you learn and recognize the warning signs and symptoms of Heat-Related Illness. It highlights the importance of an appropriate hydration plan and establishing an Emergency Action Plan in case of a suspected exertional heat stroke. The course is offered for free on the NFHS website at: <https://nfhslearn.com/courses/heat-illness-prevention-2>

Assessing Risk

The following factors increase the risk of experiencing a heat-related illness:

- Exercising in a hot and humid environment
- Inadequate fluid intake before or during exercise
- Inappropriate work to rest ratios with too much work compared to rest breaks
- Being overweight with a body mass index greater than 27 kg/m²
- Health conditions such as sickle cell anemia, fever, or gastrointestinal distress
- Wearing dark colored or heavyweight clothing
- Wearing protective equipment
- History of heat-related illness
- Inadequate heat acclimatization
- Low overall fitness level
- Lack of sleep

**Heat-related illnesses may be
difficult to differentiate.**

**When in doubt, begin cooling
immediately and call 911!**

Warning Signs and Symptoms may include:

- Painful, involuntary muscle spasms
- Fatigue or weakness
- Staggering or sluggish feeling
- Headache
- Pale skin
- Chills
- Dizziness or lightheadedness
- Disorientation or confusion
- Nausea, vomiting, or diarrhea
- Tunnel vision
- Irrational behavior, irritability or emotional instability
- Fainting or collapse
- Altered or loss of consciousness



King George County Schools

Health and Safety: Heat-Related Illness Guidelines

Heat-related illness is the leading cause of preventable death in high school athletics!
When in doubt, begin cooling the student and call 911!

This information is provided as a brief summary of responses when a student may be experiencing a heat-related illness. It is not comprehensive or all inclusive. In all cases, the Athletic Trainer, Coach, or Athletic Director should follow the Emergency Action Plan.

Removal from Play and Return to Play

Any student-athlete who is experiencing heat-related illness symptoms must be immediately removed from play.

- Provide a cool or shaded area and remove excess clothing and equipment
- Provide water or sports drinks to replenish fluid loss
- Elevate the student's legs
- Monitor for more severe symptoms

If more severe symptoms occur or you suspect heat exhaustion or heat stroke:

- Immediately remove all clothing and protective equipment as quickly as possible. If this proves challenging, avoid further delay by leaving clothing/equipment in place and proceed with rapid cooling.
- Cool the student-athlete as quickly as possible using whole-body cold-water immersion by placing the individual into a 35-58°F tub or tank filled with ice and water.
- If whole-body cold-water immersion is not available, take the student-athlete to a cool or shaded area and cool by dousing with cold water (cold shower), rotating ice towels and/or ice bags over as much of the body as possible, and/or using fans.
- Monitor and maintain an open airway, breathing and circulation.
- Once cooling has been initiated, call 911.
- Continue to monitor vital signs and for central nervous system changes.

A student-athlete who is removed from play shall not return to play until he is evaluated by and receives clearance to return to physical activity. **In all circumstances, the Athletic Trainer has the final authority in allowing a student-athlete to Return to Play following any health-related incident.**

Preventive Measures to Decrease Risk of Heat-Related Illness

Parents can assist by:

- Ensuring your child has a thorough preseason exam and informing coaches and the athletic trainer of any medical conditions
- Insisting on adequate hydration, appropriate heat acclimation, and adherence to the Heat Guidelines established by policy
- Being aware that the use of caffeine, energy drinks, and the inappropriate use of prescription medications, increases the risk
- Encouraging your child to be honest and report symptoms of heat-related illness

ACKNOWLEDGEMENT

By signing below, you are acknowledging the following:

1. I have read and understand the KGCS Heat-Related Illness Guidelines and Information.
2. I have completed the NFHS Heat-Related Illness Course (students) and discussed the information and importance of reporting any symptoms (parents).
3. I understand that the KGCS Athletic Trainer has final authority over all student-athletes return to play in all health and safety related matters.

Student-Athlete Name (print):

Student-Athlete Signature:

Date:

Parent/Guardian Name (print):

Parent/Guardian Signature:

Date:

Sign and return this Acknowledgement to the Athletic Director. Please keep a copy of the guidelines for your records.

KING GEORGE ATHLETIC BOOSTERS ATHLETE OF THE YEAR SCHOLARSHIP RECIPIENTS



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