

ATHLETE ATTENDANCE/DISCIPLINE

Absences

Athletes not in school on the day of a game may not participate in an athletic event that same night. Exceptions must have prior approval by the Principal and/or the Athletic Director.

Attendance & Tardiness

All student-athletes must be in school by the end of third period (10:15am) on the day of a game or day before a game if on a Saturday to be eligible to participate. Exceptions must have prior approval from the Principal and/or the Athletic Director.

Injury and Illness

All athletes must report injuries to the head coach and Athletic Trainer. Any athlete who has been attended by a physician because of an illness or injury may not practice or participate in a contest until the appropriate written form has been signed by the physician. Athletes still need to report to practice unless otherwise given permission by the head coach.

Physical Examinations

All athletes are required by us to have a physical exam completed and on file with the Athletic Office before practicing any sport. Physical exams are the responsibility of the athlete and his/her family. Physicals are good for one calendar year. The Head Trainer will set a date for late spring or early summer for anyone interested in getting a physical at that time. The current physical can be found at the following link:

http://www.ohsaa.org/medicine/PPE_2016-17.pdf

Concussion Resource Information Required for Parents/Athletes

Current concussion regulations for OHSAA athletics can be found at the following

Link: <http://www.ohsaa.org/medicine/Concussions/ConcussionRegulations.pdf>

Concussion Return to Play Protocol for BHS

The following is the RTP Protocol Policies and Procedures to be followed by Bath Staff and St. Rita's Sports Medicine Athletic Trainers (ATs) once an athlete diagnosed with sustaining a concussion reports to the AT that he/she is asymptomatic (no symptoms) or a physician has provided written clearance for the athlete to return to sport:

Phase I

- ❖ Possible administration of post-injury ImPACT® computerized concussion assessment test.
 - Optional when returning to Phase I from an advanced Phase of the protocol.
- ❖ Clinical evaluation by AT (sideline evaluation tool up to full SCAT 2)
- ❖ If post-injury ImPACT® test is within parameters and clinical evaluation by AT is negative for signs/symptoms of concussion, then proceed to Phase II.

Phase II – may begin on the same day as Phase I if athlete meets the parameters of the post-injury ImPACT® test and has a negative clinical evaluation by the AT.

- ❖ Light aerobic activity (preferably biking) at a level not to exceed approximately 70% maximum intensity.
- ❖ Initially, aerobic activity should be completed in as controlled an environment as possible – limit factors such as uneven surfaces, sunlight, excessive noise, and other extraneous stimulus.
- ❖ Whenever possible, AT present to monitor for return of concussion signs and symptoms. If any signs/symptoms of concussion develop during Phase II, discontinue activity for the day and return to Phase I next day.
- ❖ **This Phase lasts a minimum of one calendar day.**

Phase III – may begin if no signs/symptoms present/observed from completion of Phase II, initially after completion and/or the next day

- ❖ Includes light strength training and sport specific drills.
- ❖ Preferably complete 50% intensity strength training activity first.
 - Use weight room if available. Otherwise be creative with activities and use body weight, band, tubing, dumbbells, etc.
- ❖ If no signs/symptoms with strength training, can add sport specific drills
 - Proceed from simple and easy to more complex and intense drills
 - Only non-contact drills – no protective equipment to be worn (i.e. helmet, shoulder pads)
 - Absolutely no risk of contact – including accidental
- ❖ Whenever possible, AT present to monitor for signs and symptoms. If any signs/symptoms of concussion develop during Phase III, discontinue activity for the day and target returning to Phase III next day.
- ❖ **This Phase lasts a minimum of one calendar day**

Phase IV – may begin if no signs/symptoms present/observed from completion of Phase III, initially after completion and/or the next day

- ❖ Non-contact practice
 - if football, wearing of helmet suggested for this Phase
 - AT advises on drills that are safe/appropriate for this Phase
- ❖ Whenever possible, AT present to monitor for signs and symptoms. If any signs/symptoms of concussion develop during Phase IV, discontinue activity for the day and target returning to Phase IV next day.
- ❖ **This Phase lasts a minimum of one calendar day**

Phase V – may begin if no signs/symptoms present/observed from completion of Phase IV, initially after completion and/or the next day

- ❖ AT must complete the *OHSAA Medical Authorization to Return to Play When a Student has been Removed due to a Suspected Concussion* form and present to appropriate school administrator.
- ❖ Return to full practice
 - To be considered a full practice and meet the requirements of this Phase, the practice must include those playing situations and conditions typically incurred in that sport's games.

- ❖ Whenever possible, AT present to monitor for signs and symptoms. If any signs/symptoms of concussion develop during full practice, discontinue activity and fully evaluate athlete.
 - The athlete will return to pre Phase I RTP Protocol status of complete rest.

Phase VI – may begin if no signs/symptoms present/observed from completion of Phase V, initially after completion and/or next day

- ❖ Game participation with no restrictions.
- ❖ Whenever possible, AT present to monitor for signs and symptoms. If any signs/symptoms of concussion develop during course of the game, discontinue activity and fully evaluate athlete.
 - The athlete will return to pre Phase I RTP Protocol status of complete rest.

RTP Protocol Considerations

- The approval to begin the next Phase of the RTP Protocol is the sole responsibility of the AT.
- Whenever possible, every Phase and /or calendar day should begin with the AT clinically evaluating the recovering athlete with, at minimum, the sideline concussion evaluation tool up to a full SCAT 2 and post injury ImPACT® test.
 - The athlete’s signs and symptoms, or lack thereof, will determine the extent of evaluation tools utilized by the AT.
- If AT will not be at school the next day, the AT will evaluate the athlete after completing that day’s Phase and provide instructions for the following day’s activities, which will include the current Phases activities and potentially some lower level activities from the next Phase.
 - For those ATs that are not at their school on a daily basis, the potential exists within this protocol to combine Phase III and IV on the next day the AT is on-site at the school.
 - The potential combining of Phases III and IV is not to be done to decrease the 5 day minimum timeline of completing the RTP Protocol.
- It is recommended that with the start of a new Phase that the athlete goes through the previous Phases activities as a warm-up for getting to the targeted Phase of that day.
 - Especially important when the athlete is returning to the same Phase of the protocol on subsequent days due to the return of their signs and symptoms during that Phase.
- Consider additional post-injury ImPACT® testing if setbacks occur during RTP Protocol or for those concussed athletes that are not recovering as the AT expects.
- **It is recommended that each phase lasts one calendar day. At minimum (or best case scenario), the athlete could return to full participation on the 5th day from initiation of this RTP Protocol.**
 - **That would be possible in only those cases where the athlete’s signs and symptoms cleared quickly and had no setbacks with completing the RTP Protocol.**
- **Each of the first four Phases of this RTP Protocol can take longer than one calendar day to complete.**

The following is the RTP Protocol Quick Reference Tool to be followed by Bath and St. Rita's Sports Medicine Athletic Trainers (ATs) once an athlete diagnosed with sustaining a concussion reports to the AT that he/she is asymptomatic (no symptoms) or a physician has provided written clearance for the athlete to return to sport:

Phase I	<ul style="list-style-type: none"> ▪ Post-injury ImPACT – optional when returning back from advanced Phase ▪ AT clinical evaluation 	<ul style="list-style-type: none"> ▪ Pass ImPACT & AT clinical evaluation – start phase II – can be same day
Phase II	<ul style="list-style-type: none"> ▪ clinical evaluation by AT ▪ light aerobic activity – not to exceed 70% max intensity ▪ controlled environment as much as possible ▪ When possible AT present to monitor signs & symptoms 	<ul style="list-style-type: none"> ▪ If no signs & symptoms progress to phase III next day ▪ If signs & symptoms, stop activity for day & target Phase II again next day
Phase III	<ul style="list-style-type: none"> ▪ clinical evaluation by AT whenever possible ▪ Light strength training first, then sports specific drills ▪ Proceed from simple to more complex drills ▪ NO CONTACT – including incidental - no equipment worn ▪ When possible AT present to monitor signs & symptoms 	<ul style="list-style-type: none"> ▪ If no signs & symptoms progress to phase IV next day ▪ If signs & symptoms, stop activity for day & target Phase III again next day
Phase IV	<ul style="list-style-type: none"> ▪ clinical evaluation by AT whenever possible ▪ Non-contact practice ▪ If football, wearing helmet suggested ▪ Advise on drills that are safe/appropriate 	<ul style="list-style-type: none"> ▪ If no signs & symptoms progress to Phase V next day ▪ If signs & symptoms, stop activity for day and target Phase IV again next day
Phase V	<ul style="list-style-type: none"> ▪ clinical evaluation by AT ▪ complete Medical Authorization to RTP form ▪ Full practice – must consist of game-type situations and conditions to meet requirements of this Phase 	<ul style="list-style-type: none"> ▪ If no signs & symptoms progress to Phase VI next day ▪ If signs & symptoms, treat as new concussion. ▪ Stop activity and evaluate
Phase VI	<ul style="list-style-type: none"> ▪ clinical evaluation by AT whenever possible ▪ Game participation with no restrictions 	<ul style="list-style-type: none"> ▪ If signs and symptoms, treat as new concussion. ▪ Stop activity and evaluate

ATHLETE CONDUCT/RESPONSIBILITIES

Code of Conduct for Athletes

The following items are expectations of Bath High School athletes:

- *The good of the team is first and foremost. Once a team is eliminated, the individual becomes the most important.
- *No player(s) will ever employ illegal tactics to gain an underserved advantage. All players will devote themselves to being a true sportsman.
- *All athletes will care for all equipment as though it was their own personal property. If equipment is destroyed through practice, it will be replaced by the school. If equipment is lost or stolen, the athlete(s) will fulfill their responsibility by paying for replacement of item(s).
- *All athletes will obey the specific training and practice rules of their team as given to them by the coaching staff of that team.
- *Athletes should not engage in doing negative things. Drinking alcohol, taking controlled substances, using tobacco products, using profanity and being disobedient are harmful to athletes and their team. Maximum effort and performance cannot be attained doing these things. Athletes attending a party and negative things are occurring, leave immediately.
- *The athletes must pass five classes each grading period prior to the sport participating. Team members should plan their time so that they devote energy to their studies to insure passing grades which represent their true abilities.
- *Be a positive influence in all you try to do. Work for the betterment of Bath Schools and what is right for all activities and yourself. Set a good example of always doing what is right and good.
- *Officials deserve courteous respect. Realize that officials do not lose a game or contest; they are there for the purpose of insuring both teams a fair contest.
- *Appreciate that coaches, teachers and school officials have the best interests of all athletes in mind as they equip, schedule and conduct the athletic program.
- *All Bath athletes must comply with the standards of our athletic code of conduct and school rules or be subject to disciplinary action or dismissal from team as determined by the rules, coaching staff, Athletic Director and/or Principal.

IMPORTANT: The Bath Athletic Department is not asking athletes to make sacrifices. Sacrifice implies to give up good things. We are asking our athletes to do the opposite. Live clean, think clean and do those things that make them cleaner, finer and more competent individuals and team members.

E-mail, Texting, Websites, Blogs and Other Electronic Communication

The use of e-mail messages, text messages, blogs, websites, or other electronic communications to make inflammatory or derogatory comments, and/or inappropriate descriptions or pictures regarding another team member, another student, a coach, another school or teacher, or other staff member is strictly prohibited. For the purpose of this policy, inappropriate comments may include, but are not limited to, inappropriate comments/pictures/descriptions regarding another person's race, ethnic background, culture, religion, gender or sexual orientation. Consequences for inappropriate social media use will be handled on an individual basis according to our Uniform Training Rules.

Athlete Clothing

When going to away activities or contests as representatives of Bath Local Schools athletics, the minimum dress requirements are slacks (no jeans) and a collared shirt, blouse, dress sweater or dress. Coaches may ask their players to dress according to team rules or may stipulate a certain type of dress. Our teams should represent our school with class.

Practices

All team members are expected to attend all practices. Practice schedules during school vacations are set by the coach, and only the coach can excuse an athlete from practice. There shall be no practices or contests on Sunday unless approved by the Athletic Director.

Quitting a Sport

An athlete who quits a team after the first game or match will not be allowed to participate in any open gym, conditioning or practices with another sport until the sport he/she quit has been completed (last originally scheduled contest).

Changing of a Sport

An athlete who quits a team after the first game or match will not be allowed to participate in any open gym, conditioning or practices with another sport until the first sports regular season schedule has been completed. Example: An athlete cannot quit football and go out for basketball until that football season is completed (last originally scheduled contest). If an athlete is cut from a team, he/she may join another team or program in that sport season within a week of the cut taking place.

Conflicts Between Activities

Activities of Bath Local Schools share many students. From time to time, there may be conflicts between times of activities and it is important that all parties work together to make the decision as to which activity to attend. Communication between coaches and sponsors of conflicting activities is a MUST. We must not put the athlete in the middle. The sharing of our student-athletes makes us all look good.

Participating in Two Sports in One Season

Athletes may participate in more than one sport during one season. The athlete must declare which sport will have priority in the event of a conflict. Coaches involved with athletes wanting to do this will meet and discuss the possibilities. The athlete will declare which sport is his/her primary sport. Practice schedules will be worked out between the coaches involved. The athlete must realize the extra time for practice is

necessary to compete in two sports in one season. If a conflict does arise, the primary sport will take precedence. Participation in non-scholastic (club) sports will be at the discretion and by agreement of the Head Coach of the school-sponsored sport for that season.