

## **CARMEL HIGH SCHOOL MISSION STATEMENT**

The Carmel High School family strives to create a positive environment in which all are challenged and inspired to achieve their potentials.

## **CARMEL HIGH SCHOOL ATHLETIC PHILOSOPHY**

Carmel High School recognizes that interested students should have the opportunity to develop their potential as athletes in activities appropriate to their level of ability. In this spirit, CHS provides a program of interscholastic athletics which promotes participation for qualified students within the rules and regulations of the Indiana High School Athletic Association and Carmel High School Athletic Department. It is the goal of our school to provide such opportunity as a further means of developing the intellectual, emotional and social maturity of our students, while at the same time teaching the importance and worth of teamwork and sportsmanship. CHS athletics also provide a unifying influence upon our student body and between our school and community. Finally, as is true in all aspects of education at Carmel High School, our athletic program is committed to the pursuit of excellence, acknowledging that the quest itself is the most significant aspect of achievement.

## **PROFILE OF CHS ATHLETIC PROGRAM**

Carmel High School has developed a rich tradition in athletics. The entire school and community takes pride in the accomplishments of the Greyhound athletic teams. CHS athletics reflect our school's philosophy and commitment to excellence.

Since 1970, CHS student-athletes have won 104 team State Championships in 17 different sports (out of 20 now offered). Of this total, 60 were won by girls' teams and 44 by boys' teams. A total of 46 team State Runner-Up titles (in 17 sports) have been captured since 1966. This includes 27 boys' and 19 girls' titles.

Overall, of the 19 varsity IHSAA sports offered at Carmel High School, 18 have captured either a State Championship or State Runner-Up title, or both. In addition, our Greyhound varsity cheerleaders have won the Indiana Cheerleading Association state competition three times (2001, 2005 & 2006). A total of 182 individual, relay or doubles championships have been won by CHS athletes in 10 different sports. A source of real pride at Carmel High School is the 30 State Mental Attitude Awards received by our student-athletes since 1966. These have come in 14 different sports.

Boys are offered a ten-sport program including cross country, football, soccer and tennis in the fall; basketball, swimming and wrestling in the winter; and baseball, golf and track in the spring. Girls are offered a ten-sport program including cross country, golf, soccer and volleyball in the fall; basketball and swimming in the winter; and softball, tennis and track in the spring. Cheerleading is our twentieth varsity sport and there are separate squads for football, boys' basketball, girls' basketball, as well as competition squads made up of members of the other cheerleading teams. All students with sufficient ability are eligible to participate provided they meet the scholastic standards and conduct requirements as established by the CHS Athletic Board and IHSAA.

Carmel High School is a proud charter member of the Metropolitan Interscholastic Conference (MIC). Other member schools include Ben Davis, Center Grove, Lawrence North, North Central, Terre Haute North, Terre Haute South and Warren Central. Conference champions are awarded in all 20 sports plus an "All-Sports" Trophy for both boys' sports and girls' sports.

# ATHLETIC DEPARTMENT POLICIES

Participation in athletics is a privilege earned by meeting the rules and standards set by schools, conferences and the IHSAA. Students who have questions concerning eligibility should contact the Athletics Director, Assistant Athletics Director, or Principal **BEFORE** they endanger their athletic eligibility.

## ACADEMIC ELIGIBILITY

To be eligible for athletics a student must:

- have passed five full credit classes or the equivalent during the previous grade period, with semester grades taking precedence;
- be and remain enrolled in five full credit classes or the equivalent.

(Audits and Incompletes CANNOT be counted towards meeting these requirements)

Carmel High School has established the following dates for the certification of athletic eligibility for the 2009-2010 School Year. The following dates are subject to change.

* 1st Six Weeks	ends September 18, 2009	Eligibility date is September 25, 2009
2nd Six Weeks	ends October 30, 2009	Eligibility date is November 6, 2009
1st Semester	ends December 18, 2009	Eligibility date is January 8, 2010
** 4th Six Weeks	ends February 12, 2010	Eligibility date is February 19, 2010
5th Six Weeks	ends March 26, 2010	Eligibility date is April 16, 2010
2nd Semester	ends May 27, 2010	Eligibility date is June 4, 2010

\* *Eligibility for the First Six Weeks is based upon 2008-2009 2nd Semester Grades and Summer School classes can be counted toward the five credit requirement for eligibility.*

\*\* *Eligibility for the Fourth Six Weeks is based upon 2009-2010 1st Semester Grades.*

All managers, trainers, and support staff members will not be allowed to continue any duties with a team if they become academically eligible. This becomes effective on the grade certification date.

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## ABSENCE DUE TO ILLNESS OR INJURY

An athlete who misses 5 consecutive days of school or athletic participation due to illness or injury must obtain written permission from a physician and present this to the Athletic Director or coach before they may again become eligible for participation. Additional practices are required by the IHSAA before regaining eligibility after an extended absence due to illness or injury.

## ACADEMICS

Student athletes should manage their time in such a way as not to have to miss practices, competitions, or school in order to participate in athletics and achieve successfully in academics. If this cannot be done, students should NOT be involved in athletics. Academics must always be a higher priority than athletics.

## AGE

A student whose 20th birthday occurs on or prior to the scheduled date of the IHSAA State Finals in a sport shall be ineligible for interschool athletic competition in that sport.

### **AMATEURISM**

Students shall not play under assumed names; accept remuneration directly or indirectly for athletic participation; or participate in athletic activities, tryouts, auditions, practices, and games held or sponsored by professional athletic organizations, clubs or their representatives.

### **ATTENDANCE**

Student athletes are expected to make school attendance a priority. This includes attendance both the day of and the day after athletic contests. Student athletes and student staff are expected to be in attendance at school on time the day following any and all evening activities. All efforts are made to avoid late activities on school nights, but sometimes they are necessary. Students must be in attendance at school during the last two blocks of the day to be eligible for extracurricular activities that day. Exceptions would be pre-arranged absence and school-related functions.

### **CHEERLEADERS**

Cheerleading is considered a varsity sport at Carmel High School. All requirements for participation which apply to other athletes (such as physicals, Parent/Student Certificate, attendance at practices and competitions, and adherence to Training Rules) apply equally to cheerleaders.

### **CONFLICTS IN EXTRACURRICULAR ACTIVITIES**

Carmel High School recognizes that every student should have the opportunity for a broad range of experiences in the area of extracurricular activities. Students are also urged to use caution in attempting to "specialize" too much, thereby denying themselves a well-rounded high school career. Students, however, should be cautious about participating in too many activities. Interscholastic sports at the high school level require a substantial time commitment which usually extends Monday through Saturday from the first official day of practice until the end of the tournament series. A commitment to a high school athletic team indicates that all non-school conflicts will be resolved in favor of the high school team. This would not include such things as significant religious holidays, participating in a relative's wedding, a family member's funeral, etc.

If a conflict between activities arises, the student should notify the coach and/or sponsors involved and attempt to resolve the conflict as equitably as possible. If the conflict persists, the student may contact the Athletic Director or Director of Student Activities for assistance. Activity Period (3:05-3:25 p.m.) is designed for students to confer with teachers or attend extracurricular meetings or activities.

### **DONATING BLOOD DURING THE SEASON**

Student-athletes in season are strongly discouraged from participating in school blood drives due to the risks involved with strenuous activity and this procedure. Student-athletes who are out-of-season should be excused from conditioning sessions that evening if they have given blood that day.

### **ENROLLMENT**

After enrollment or attending classes in 9th grade, a student is eligible for no more than 8 consecutive semesters. For further information, please refer to the IHSA by-laws available on-line.

### **EQUIPMENT ISSUE AND RETURN**

Carmel High School endeavors to provide each team member with the best and safest equipment available. All equipment issued to an athlete is expected to be returned in the same condition as when issued (excepting normal wear and tear) or the athlete is expected to compensate the athletic department for the lost or damaged equipment. Failure to return equipment, including athletic locks, or to compensate the school for lost or damaged equipment will result in forfeiture of award.

## **FRESHMAN PARTICIPATION AND ELIGIBILITY**

Carmel High School maintains separate teams for freshmen in all sports whenever possible. Freshman are eligible to participate in all sports at the junior varsity or varsity level based on ability as determined by the head coach.

## **GROOMING AND APPEARANCE**

Carmel High School athletes act as representatives of the school and community and therefore are required to exhibit a well-groomed and appropriate appearance. The Principal, Athletic Director, and Coaches will determine Athletic Department guidelines as needed concerning the appropriateness of styles within the context of safety and accepted social norms.

## **INSURANCE**

CHS administrators, coaches and trainers are safety conscious and are trained to instruct athletes in the safe and proper techniques of their individual sport(s). Due to the nature of athletic activity, however, injury may occur. While the school provides the opportunity for such participation, the parent retains the right of denial of such participation and must carry the responsibility for providing medical care and insurance coverage for their son or daughter. Parents are required to have an insurance policy to cover athletic injuries and the cost of treatment. Contact the Athletic Office for information about insurance plans which can be purchased by parents through the school to cover their student athlete. In recent years the IHSAA has also carried catastrophic insurance to cover major injuries incurred during participation in approved IHSAA sports programs. More information about the IHSAA plan is available upon request at the Athletic Office. IT SHOULD BE NOTED THAT NEITHER THE IHSAA NOR CARMEL HIGH SCHOOL CARRY ANY KIND OF FIRST DOLLAR MEDICAL INSURANCE FOR ATHLETIC INJURIES.

## **MULTIPLE SPORT PARTICIPATION**

The Carmel High School Athletic Department supports the concept of participating in more than one high school sport. High school coaches should not establish expectations "out of season" which would prohibit or restrict a student's participation in another sport which is "in season". A student athlete who wishes to participate in more than one sport in the same season (fall, winter, spring) must have prior approval of the coaches and Athletic Director. A schedule resolving all practice and competition conflicts must be established prior to the season and the student athlete will be asked to designate a "primary" sport if necessary.

## **NUTRITIONAL SUPPLEMENTS**

Carmel High School does not encourage or endorse the use of any type of nutritional supplement. The use of products such as protein supplements, amino acid supplements, creatine, weight gain and/or loss products, etc. is a decision to be made by the student/athlete and their parents. This decision should be made in consultation with a physician.

## **PARENT AND STUDENT CONSENT FORM**

The Parent and Student Consent Form and Emergency Medical information is found on the athletic department website. It must be completed and returned in order for a student to be eligible for athletic participation. The signature of a parent and athlete indicates that each have read, understand and agree to abide by the stated policies.

## **PARTICIPATION ON TEAMS OUTSIDE OF SCHOOL ATHLETICS**

Athletes who participate as members of any similar teams in the same sport season, not under the direct supervision and management of their school, shall not be eligible for participation on the school team. Participation in other sports while participating on a school team should only be done with the knowledge of the high school coach.

## PARTICIPATION IN PHYSICAL EDUCATION CLASSES AND INJURIES

Any student excused from participating in Physical Education with a parent's note or doctor's note shall not be allowed to participate in an athletic event or practice that same day.

## PHYSICAL EXAMINATIONS

Students desiring to participate in interscholastic athletics must undergo a physical examination performed by a licensed medical doctor (M.D.) prior to the first practice or high school team camp of any sport. The physical form, which must be signed by an M.D., may be obtained at the Athletic Office or from the coaching staff. The doctor's signature must be dated after May 1 preceding the current school year. The student must complete the medical history and sign it to be eligible for participation.

## SANCTIONED SPORTS

As a general rule Carmel High School sanctions the sports which are sanctioned by the IHSAA. Sanctioning of any other sports by Carmel High School would require School Board approval. Such approval would include consideration of available schools to schedule, costs, revenue, supervision, availability of facilities, availability of qualified coaches, student interest, etc.

## TICKET INFORMATION

Carmel High School offers a variety of ticket plans for the convenience of students, parents and patrons. Substantial savings on admission costs to events can be realized through the purchase of annual all-sports tickets, good for entry into all CHS athletic events except IHSAA, county or conference events, jamborees or scrimmages. Reserved seat season tickets are available for varsity football games. Students and patrons may also purchase single session tickets at the gate for any event they wish to attend. For further information, contact the CHS Activities Office.

## TRANSFER STUDENTS

Parents of students who wish to participate in athletics at CHS but who did not attend Carmel Clay Schools during their intended sport's season the previous school year are required to complete an Athletic Transfer Report Form. The transfer will be sent to the student's former school and to the IHSAA for approval. The student cannot become eligible for competition until approval has been granted by the IHSAA.

Carmel High School will strictly enforce IHSAA by-laws regarding student-athlete transfers. Students who transfer without a corresponding change in residence by the parents or guardians will be recommended for "Limited Eligibility" which allows for participation at the junior varsity level only for a period of 365 days. If there is reason to believe that the change of schools involves athletics in any way, the recommendation from Carmel High School will be "No Eligibility" in athletics for a period of 365 days. Carmel High School will consider any hardships relevant to the transfer if necessary. Further information regarding transfers can be obtained through the assistant athletic director.

## TRAVEL

CHS athletes are required to travel to and from athletic contests and special events in school-approved vehicles (bus or van) under adult supervision provided by CHS. Extraordinary circumstances should be submitted to the head coach for his or her review prior to the day of the event. **Such requests should be emailed to the head coach of the team by the parent.**

## UNDUE INFLUENCE

Students shall be ineligible if a person uses undue influence to retain or secure them as student-athletes or to retain or secure their parents as residents.

## WEIGHT ROOM

No student shall use the weight room facilities without adult supervision. Students are urged to request assistance from the weight room supervisor or coaches when planning and initiating a workout regimen.

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# CARMEL CLAY SCHOOLS ATHLETIC TRAINING RULES

Participation in school athletics is a privilege that carries with it varying degrees of responsibility, recognition, and reward. Participating students represent their school and other members of the student body, and it is their duty to conduct themselves in a manner that is positive for themselves, their families, their school, and their community. As rationale for all Carmel Clay Schools training rules IHSAA By-Law C-8-1 states:

*Contestants' conduct, in and out of school, shall be such as (1) not to reflect discredit upon their school or the Association, or (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school.*

The following training rules shall apply to all athletes, cheerleaders, stuntmen, student staff, or any other Carmel Clay student associated with athletic teams in grades 6 through 12. Training between seasons is important. The following training rules apply at all times throughout the calendar year. Consequences for violations are cumulative, beginning with the 6<sup>th</sup> grade and ending with graduation from high school. Individual coaches may distribute additional training rules that are also valid and must be followed by students involved in their sport.

**1. AN ACT WHICH WOULD OTHERWISE BE A FELONY, MISDEMEANOR, ACT OF DELINQUENCY OR STATUS OFFENSE.**

Maximum Penalty: Exclusion from athletics for 365 days (one calendar year) from the day that the violation is determined. The penalty is to be determined by the principal. Any student arrested or detained as a juvenile on such a charge may be suspended from any participation pending investigation of the incident.

This offense may be included toward the three step consequences stated below for a drug, alcohol, or tobacco violation.

Rationale: IHSAA By-Law C-8-1 (stated above).

**2. USE, CONSUMPTION OR POSSESSION OF CONTROLLED SUBSTANCES (DRUGS), ALCOHOL (EXCEPT AS PRESCRIBED MEDICALLY BY A LICENSED PHYSICIAN), OR TOBACCO PRODUCTS (ANY FORM).**

Penalty:

**First Violation.** The student shall be excluded from all athletics for 365 days (one calendar year) from the day that the violation is confirmed.

a. Rehabilitation. The student may reduce the penalty to 50% of an athletic season by submitting to a substance abuse program of assessment, counseling, screening and/or indicated therapy. The program must have been approved by the Student Assistance Coordinator and may include a recommendation for parent or guardian participation. The cost of the program is the responsibility of the student and/or his parents or guardians. The student will serve the remainder of the entire 365 day suspension beginning with notification from the Student Assistance Coordinator that the student has violated any of the stated conditions of the substance abuse program.

b. Self-reporting. The total penalty will be reduced to 25% of an athletic season if both of the following occur. 1) the student or the student's parents or guardians report the violation to the Athletic Director or a head coach within 48 hours of the violation or prior to the next athletic contest, whichever occurs first; prior to their independent confirmation of a violation and 2) the student submits to a substance abuse program as described above.

**Second Violation.** The student shall be excluded from all athletics for 365 days (one calendar year) from the day that the second violation is confirmed.

**Third Violation.** The student shall be excluded from all athletics for the remainder of their secondary school years (grades 6 - 12) from the day that the violation is confirmed.

Rationale: The use or possession of controlled substances (drugs) and/or alcohol is prohibited by law. Their use reduces physical and mental performance, and is injurious to one's health. Furthermore, the use of tobacco is injurious to one's health and in many cases is prohibited by law.

### **3. VIOLATIONS OF SCHOOL RULES.**

Penalty: Students may not compete, practice or participate in any way with an athletic team during a suspension from school. Less serious violations of school rules are to be handled by the head coach.

### **4. PROBATION.**

Any student who violates any provision of this policy may be placed on probation for a period of 365 days (one calendar year) from the day that the violation is confirmed. A student may be placed on probation for a violation of the Athletic Training Rules unless it is a drug, alcohol, or tobacco offense. A second or subsequent violation of any training rule (not already covered in the Athletic Training Rules) while on probation may result in the student being excluded from all athletics for up to 365 days from the day that the second or subsequent violation is confirmed.

## 5. SUSPENSION

For the purpose of determining the length of a suspension under this policy, "an athletic season" shall be defined at the high school as the maximum number of contests allowed by the IHSAA and at the junior high by the actual number of contests scheduled. Appropriate percentages shall be rounded to the nearest whole number. Suspensions under this policy will take effect immediately upon the verification of any violation and will include games in succession, including all tournaments. Suspensions, which cannot be fully served during an athletic season, may be carried over to the next athletic season in which the student successfully completes (i.e., an athlete may not quit or be removed from a team and count the suspension served during that sport). A student who is serving a suspension at the end of any athletic season is not eligible for any athletic awards. A suspended student may continue to practice with the team and sit with the team during contests (in street clothes) at the discretion of the head coach. Any suspension enacted at the beginning of the season will include the scrimmage game.

Example: A boy who competes in basketball and football receives a 50% suspension with only 5 games left in the basketball season (25% of basketball season). The suspension would carry over to the first 2 football games (25% of football season). The boy would serve a 25% suspension if he were to be involved in a spring sport, but this would only satisfy the suspension if he completed the spring season in good standing.

For the purposes of this rule, school summer contests will be considered practices and therefore will not be counted towards completion of a penalty. Participation in high school summer programs by a student with a confirmed violation will be at the discretion of the head coach.

Length of suspensions for a second or subsequent violation may be reviewed and amended by the high school administration if the previous offenses occurred at the middle school level.

# CHS ATHLETIC AWARDS

## General Considerations of the Athletic Awards Program

1. The school will purchase all letters, gold pins, and other varsity awards.
2. Sweaters and jackets may be purchased by the athletes. The **school** approves the vendor and style of the award that can be purchased.
3. No athlete may receive an award in a sport for which he/she is ineligible at the completion of the season.
4. Candidates must complete the season in good standing to be eligible for athletic awards. Medical considerations may waive this requirement.
5. Varsity athletic awards received in other schools will be counted toward the CHS award system.
6. Coaches, under the supervision of the athletics director, will establish varsity lettering requirements.

## MAJOR VARSITY AWARDS

- 1<sup>st</sup> Award Athletes will receive an 8" letter **C** and a gold pin. Athletes may purchase a letter plaque.
- 2<sup>nd</sup> Award Whether in the same sport or a different sport, athletes will receive a 6" letter **C** (and a gold pin if a different sport). Athletes may purchase a jacket.
- 3<sup>rd</sup> Award An athlete receiving their third total award will receive the following:
1. A plaque and a gold pin if first award in that sport.
  2. A plaque if second award in the same sport.
  3. A trophy if third award in the same sport.
- 4<sup>th</sup>/5<sup>th</sup> Award An athlete receiving their fourth or fifth total award will receive the following:
4. A plaque and a gold pin if first award in that sport.
  5. A plaque if second award in the same sport.
  6. A trophy if third award in the same sport.
  7. A large plaque if fourth award in the same sport.
- 6<sup>th</sup> Award Athletes winning their sixth total award will receive a picture plaque. They will also receive a gold pin if the award is the first in that sport.
- 7<sup>th</sup> Award Athletes winning their seventh total award will receive a blanket.
- 8<sup>th</sup> Award Athletes winning their eighth total award will receive a watch.
- 9<sup>th</sup> Award Athletes winning their ninth total award will receive a lifetime pass to Carmel High School athletic events.

10<sup>th</sup> Award Athletes winning their tenth total award will receive a clock.

11<sup>th</sup> Award To be determined by the Athletics Board.  
(or more)

### PARTICIPATION AWARDS

Certificates of participation will be given to athletes who complete the season in a sport to the coach's satisfaction and requirements and do not receive a major varsity award.

### SPECIAL AWARDS

#### ◆ Outstanding Achievement Pictures

Outstanding achievement pictures will be displayed in the Eric Clark Activity Center according to the following guidelines established by the Carmel High School Athletics Board.

- a. Teams that win an IHSAA sponsored tournament. [Sectional, Regional, Semi State, State]
- b. Teams that deserve special recognition as determined by the Athletics Board.
- c. Individual state champions in tennis, swimming, wrestling, and track.
- d. Individuals who are among the top ten finishers in the state meet in cross country and golf.
- e. Individuals who win the IHSAA Mental Attitude Award in their sport.
- f. State championship "event teams" in the sports of tennis, swimming, and track.
- g. Individuals selected for All State or All Star competition as approved by the Athletics Board.
- h. Other individuals who deserve special recognition as determined by the Athletics Board.

#### ◆ State Championship and State Runner-Up Rings

The following criteria have been established with regard to rings for state champions and runner-ups.

- a. The Athletics Board determines eligibility.
- b. Herff Jones is the current provider of state championship and state runner-up rings for Carmel High School.
- c. State championship or runner-up rings will be allowed for individuals who participate in competition during the IHSAA tournament series and coaches. Coaches may recommend additional individuals who must be approved by the Athletics Board.
- d. In wrestling, track, swimming, cross country, tennis, and golf, state championship or state runner-up rings will be allowed for all individual state champions and state runner-ups.
- e. Individual champions and runner-ups must choose between a team ring or an individual ring when eligible for both.
- f. Coaches of these sports are entitled to a ring for a team championship or runner-up but not for individual state champions.

#### ◆ Special Recognition Trophies

One trophy may be given in each sport at the discretion of the coach (MVP, most improved, mental attitude, etc.)



◆ Metropolitan Interscholastic Conference

The conference presents various awards for team and individual championships, All Conference recognition, and Academic All Conference recognition for varsity award winners who have a first semester GPA of 3.6 or better.

◆ Edgar Cotton Mental Attitude for Boys and Girls Mental Attitude Awards

Selection is based on:

- a. Attitude and conduct both in and out of school.
- b. Sportsmanship displayed to teammates, opponents, and officials.
- c. Contribution toward the success of the athletic program.
- d. Willingness to obey rules and regulations of coaches, teachers, and school administrators.

◆ Scholar Athlete Awards

In order to qualify for this award, a student must attain a 3.6 GPA or above during the first semester of the current school year and have successfully completed an athletic season during the fall, winter, or spring as an athlete or a student staff member. This awards program is conducted in the month of May. Awards given to the scholar athlete include:

- a. Scholar Athlete T-Shirt.
- b. Scholar Athlete Certificate.

◆ Athletic Director's Honor Roll

Varsity athletes who attain the highest GPA on their team during their competitive season will be recognized at the Scholar-Athlete Night during the month of May.



# How to Keep Your Athletic ELIGIBILITY

(The most up to date information is available in the CHS Activities Office)

## TO STUDENTS:

Your high school years will provide some of the most memorable and enjoyable moments you will ever experience. Competition in interschool athletics is a once-in-a-lifetime experience, which will influence you forever.

Your participation in high school athletics is dependent on your eligibility.

Keep that eligibility. Read the following summary of Indiana High School Athletic Association rules which govern your participation.

Review the rules with your parents/guardians. Ask questions of your principal, athletic director/s and coaches.

## TO PARENTS:

The value of participating in athletics has been well documented. Participants earn better grades, have better attendance and have a greater chance for success in later life than non-participants.

Students must meet certain standards in order to maintain the privileges of competition.

Review the following rules with your son or daughter. Your role in stressing and supporting the value of following these rules cannot be emphasized enough.

## FROM:

The Indiana High School Athletic Association has been the governing body of high school athletics in our state since 1903.

Your school is a voluntary member of the IHSAA and has agreed to follow its rules. Both your school and the IHSAA believe in equal competition among schools and the close relationship between academics and athletics.

*The IHSAA rules listed in this brochure are only a summary of some of the regulations affecting student eligibility. All rules are found in the IHSAA By-Laws*

*and Articles of Incorporation. Your principal and athletic director/s have copies.*

## THE RULES

*You are ineligible if:*

### 1. AGE

- You are 20 years of age prior to or on the scheduled date of the IHSAA State Finals tournament in a sport.

### 2. AMATEURISM

- You play under an assumed name.
- You accept money or merchandise directly or indirectly from athletic participation.
- You sign a professional contract in that sport.

### 3. AWARDS/GIFTS

- You receive in recognition for your athletic ability any award not approved by your high school principal or the IHSAA.
- You use or accept merchandise as an award, prize, gift or loan or purchase such for a token sum.
- You accept awards, medals, recognitions, gifts and honors from colleges/universities or their alumni.

### 4. CONDUCT/CHARACTER

- You conduct yourself in or out of school in a way which reflects discredit on your school or the IHSAA.
- You create a disruptive influence on the discipline, good order, moral and educational environment in your school.

### 5. ENROLLMENT

- You did not enroll in school during the first 15 days of a semester.
- You have been enrolled more than four consecutive years, or the equivalent (e.g. 12 semesters in a trimester, etc.), beginning with grade 9.
- You have represented a high school in a sport for more than four years.

### 6. ILLNESS/INJURY

- You are absent five or more consecutive school days due to illness or injury and do not present to your principal written verification from a physician licensed to practice medicine stating that you may resume participation.

## 7. PARTICIPATION

### a. During Contest Season

- You participate in try-outs or demonstrations of athletic ability in that sport as a prospective post-secondary school student-athlete.
- You participate in a practice with or against players not belonging to your school.
- You participate as an individual on any team other than your school team.
- You participate as an individual without following the criteria for the outstanding student-athlete.
- You attend a non-school camp.
- You attend and participate in a student clinic.

### b. During School Year Out-of-Season

- You participate in a team sport contest as a member of a non-school team where there are more than the following number of students, listed below in each sport, who have participated the previous year in a contest as a member of their school team in that sport.

Basketball - 3	Baseball - 5	Football - 6
Volleyball - 3	Softball - 5	Soccer - 6

- You receive instruction in team sports from individuals who are members of your high school coaching staff. (Exception: open facility)
- ### c. During Summer
- You attend a non-school fall sports camp and/or clinic after Monday of Week 4. (See your athletic director for specific dates).
  - You attend any other non school camp and/or clinic after Monday of Week 5. (See your athletic director for specific dates).

## 8. PRACTICE

- You have not completed the required number of separate days of organized practice in a sport under the direct supervision of the high school coaching staff preceding participation in a contest.

## 9. SCHOLARSHIP

- You did not pass five full credit subjects or the equivalent in your previous grading period. Semester grades take precedence.
- You are not currently enrolled in five full credit subjects or the equivalent.

## 10. CONSENT AND PHYSICAL FORMS

- You do not have the completed forms on file with your principal each school year, between May 1 and your first practice.

## 11. TRANSFER

- You transfer from one school to another primarily for athletic reasons.
- You were not enrolled in your present high school your last semester or at a junior high school from which your high school receives its students unless-
  - a. You are entering the 9th grade for the first time.
  - b. You are transferring from a school district or territory with a bona fide move by your parents.
  - c. You are a ward of the court.
  - d. You are an orphan.
  - e. You transfer to reside with a parent.
  - f. Your former school closed.
  - g. Your former school is not accredited by the state accrediting agency in the state where the school is located.
  - h. Your transfer was pursuant to school board mandate for redistricting.
  - i. You enrolled and/or attended, in error, a wrong school.
  - j. You transferred from a correctional school.
  - k. You are emancipated.
  - l. You did not participate in any contests as a representative of another school during the preceding 365 days.
  - m. You return to an IHSAA member school from a non-member school and reside with the same parent/s or guardian/s.
  - n. You transfer to a member boarding school with a corresponding move from the residence of your parent/s or you transfer from a member boarding school with a corresponding move to the residence of your parent/s.
  - o. You are a qualified foreign exchange student attending under an approved CSIET program.

## 12. UNDUE INFLUENCE

- You have been influenced by any person to retain or secure you as a student or one or both parents or guardians as residents.

# NCAA Academic Standards

The National Collegiate Athletic Association has established specific standards for participation in any of its member schools' intercollegiate programs.

Please visit the National Collegiate Athletic Association website at [www.ncaa.org](http://www.ncaa.org) for further information about academic standards.

Upon request, the Carmel High School Counseling Center will help students determine the number of core classes and academic eligibility as determined by GPA and test scores.

A student athlete planning to enroll in college as a freshman and participating in Division I or Division II athletics must be certified by the NCAA Initial Eligibility Clearinghouse. Forms and instructions are available at the [ncaa.org](http://ncaa.org) website.

## INDIANA NCAA COLLEGES

### **Division I (9)**

Ball State	Butler	Evansville
Indiana State	IUPUI	Indiana
Notre Dame	Purdue	Valparaiso

### **Division II (4)**

IUPU-Fort Wayne	Univ. of Indianapolis	Oakland City
Southern Indiana		

### **Division III (9)**

Anderson	DePauw	Earlham
Franklin	Hanover	Manchester
Rose-Hulman	St. Joseph's	Wabash

Use the following URL to view the website of each university listed above:

[www.clas.ufl.edu/CLAS/american-universities.html](http://www.clas.ufl.edu/CLAS/american-universities.html)

# SPORT SPECIFIC CAUTIONARY STATEMENTS

The participation in interscholastic athletics carries a level of risk. Every effort is made to insure the safety and well being of our student-athletes. Even with these efforts, all our sports carry inherent risks. The following cautionary statements are provided to point out specific considerations in each of our sports.

Please take time to read the cautionary statement(s) specific to the sport(s) you will participate in this year. It is our hope in providing this information to you prior to your participation, you will be better equipped to identify potential hazards and have the means to deal with certain emergency situations.

## **BASEBALL AND SOFTBALL CAUTIONARY STATEMENT**

Baseball and softball are sports enjoyed by large numbers of interscholastic and recreational players annually. Because of their popularity, and the high-speed components of the game, it is important to observe and practice a number of procedures designed to enhance the safety and enjoyment of all participants.

The school has purchased protective helmets that are certified by the National Operating Commission for Safety of Athletic Equipment (NOCSAE). This certification indicates that research has been conducted to verify the protectiveness and shock absorption capabilities of the helmet. Each player will receive a demonstration on the proper wearing of a batting helmet. Proper wearing of these helmets is the responsibility of the player after the orientation has been completed.

### **Preparation for practice or contest:**

1. Wear all protective equipment to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secure so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
6. Players needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
7. Remove all jewelry and metal hair fasteners.
8. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.

### **In the locker room:**

1. Be alert to slippery floors.
2. Be alert to changes in floor or texture and to elevated thresholds between shower and locker room.
3. Keep floors free of litter. Place all belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, horseplay, and roughhouse in the locker/shower areas.
8. Identify incidents of foot or other skin infections to coach(es) immediately.
9. Be especially careful not to injure a teammate with cleated shoes and do not wear cleated shoes in the building or locker room at any time.

### **Approach to the competitive/practice site:**

1. Be alert to:
  - a. Variable surface textures (concrete, matting, turf)
  - b. Steps, ramps, dugout locations
  - c. Locations of bulk equipment or specific drills
    1. Ball throwing machines
    2. Hitting practice and "on deck circle"
    3. Pitching practice

### **Hazards specific to baseball/softball:**

1. All protective equipment required by rule must be worn at practices and competition during those situations that require it.
2. Helmets are to be worn by batters, base runners, catchers and base coaches.

3. "On deck" hitters are to take practice swings in a designated circle but with complete attention directed to the pitcher and batter. If no circle is designated, stand behind the backstop. Keep hands off the backstop.
4. Swing only one (1) bat when taking practice swings. Use a bat ring that will not slide off the thick end of the bat.
5. Batting practice, infield drills, outfield drills, and pitching practice are to be done in designated areas and at designated times. DO NOT begin these practices without direction of the coach.
6. Sliding technique is to be performed as a progression and approved by the coach before it is tried. Lower extremity injuries may still occur when players are experienced in sliding techniques.
7. Offensive and defensive players involved in sliding or other close plays must recognize the possibility of being hit by a thrown ball, being accidentally bumped, or of injury due to friction burn, being stepped on, or skeletal injury. Be alert to the location of the ball and opponents. Assume a protected position. Do not leave limbs extended when on the ground.
8. Burns, sprains, strains and contusions must be reported to coaches.
9. Dugout and team bench - Players in the dugout or team bench area must be alert to foul balls, over throws, or defensive players moving towards the area at high speed.
10. Indoors - always look before taking practice swings during drills. If you are chasing balls into a hitter's area, get his/her attention before going near him/her.
11. Pitchers in batting cages will always wear protective helmets.
12. On a pitched ball which appears to be headed towards a hitter, all hitters will be instructed to turn their front shoulder towards the catcher and tuck their chin to avoid being hit in the facial area.
13. Never catch without protective equipment.
14. Never slide head first into a catcher at home plate.

#### **Emergencies:**

Because of the nature of baseball and softball, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Helping with the injured person
  - b. Calling for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 50 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4.

### **BASKETBALL CAUTIONARY STATEMENT**

Basketball is a highly competitive, fast-action game that places demands on the individual player. For this reason, coaches will implement conditioning regimens that are based on scientific principles, and designed to enhance player endurance, quickness and playing skills. While contact and rough play are prohibited by rule, a certain amount of inadvertent physical contact is predictable. To enhance stability and strength, certain weight room workouts may also be prescribed along with a regular practice activity. In addition, the following considerations and cautions will enhance player enjoyment and safety.

#### **Preparation for activity:**

1. Wear all pads, braces and supportive undergarments to all practices and competitions.
2. Clothing and shoes should fit properly, be comfortable, and allow for maximal physical efforts. Clothing should be kept clean and sanitary.
3. Clothing should prevent heat dissipation, or restrict movement.
4. Players should ingest the equivalent of 4 - 6 glasses of water each day.
5. Feet should be covered with a thin cotton sock followed by a heavier wool sock. If blisters are a chronic problem or begin to appear, coaches or trainers should be consulted for appropriate responses or preventive actions.
6. Players who require corrected vision must wear shatterproof glasses or lenses. Glasses must be mounted in break resistant frames, and be held in place by an elastic strap.
7. Players requiring preventive taping, padding, or bracing should arrive early enough to receive treatment and be able to participate in specialty work.
8. Remove all jewelry, metal hair clips and hats.
9. No horseplay, roughhousing, hazing or initiations.
10. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
11. High top basketball shoes are suggested and they should be properly laced up.

12. The use of braces is recommended.
13. Mouth guards are highly recommended.

**In the locker room:**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between lockers and shower rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower area.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, roughhouse or horseplay in locker/shower areas.
8. Identify incidents of foot or skin infection to coach(es) immediately.
9. No hazing or initiations.

**Travel to contest & practice site:**

1. Be alert to ramps leading to practice/contest area.
2. Be alert to variations in surfaces of locker room, ramps, stairways, or playing floors.
3. Be alert to the following:
  - a. Ball carts.
  - B Basketballs in flight, rolling, rebounding or bouncing.
  - c. Wind sprints or fast break drills.
  - d. Proximity of bleachers and walls to playing surface.
4. Stretch thoroughly and jog easy laps to warm up.
5. Do not accept rides home from strangers.
6. Be alert for possible hazards when conditioning in the halls.
7. Be aware of and avoid contact with bleachers, curtains, and any other miscellaneous peripheral equipment.
8. No horseplay, roughhousing, hazing or initiations.

**Hazards specific to basketball:**

1. Be alert to dehydration symptoms. Dry mouth, inability to cool down, dizziness/light headed. Ingest 4-6 glasses of water during the school day and additional amounts at practice.
2. Frequent drink breaks will be built into the practice plan and players should make use of each one.
3. Foot Problems - Refer to coach(es) or athletic trainer
  - a. Blisters.
  - b. Calluses.
  - c. Ingrown toe nails.
  - d. Fungus infections or plantar warts,
4. Other Skin-Problems - Refer to coach(es).
  - a. Boils.
  - b. Rashes.
  - c. Floor bums, cuts.
5. Ankle and other orthopedic problems.
  - a. Sprains - new - ice, compression, elevation, rest.
  - b. Sprains - old - taping, easy workouts, rehabilitative exercise.
6. Weight training regimens will have separate standards and progressions designed to enhance safety and physical conditioning.
7. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health. Notify coach about use and location of inhalants.
8. Check your weight. Sudden or large losses over a month should be brought to the coaches' attention, especially if you are feeling tired or ill, or if you demonstrate cold symptoms and swollen throat/neck glands.
9. DO NOT hang on the rims or nets,
10. DO NOT engage in rough, thoughtless play.
11. DO NOT run under a player who is in the air to shoot or receive a pass.
12. DO NOT swing elbows excessively when clearing a rebound.
13. Taller players may need to be alert to their proximity to the lower surface of the backboard.
14. DO NOT take an intentional foul that might cause an injury to an opponent
15. When taking a charge or screening an opponent, assume a weight-balanced, protected position.
16. If a backboard shatters, notify the coach and keep people away from the broken glass. **BROKEN BACKBOARDS ARE THE FINANCIAL RESPONSIBILITY OF THOSE WHO BREAK THEM!**
17. Notify the coach or trainer of any injury, no matter how slight it may seem.
18. DO NOT share water bottles, towels, or anything else that might transmit body fluids or pathogens.

**Emergencies:**

Because of the nature of basketball, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management -and may also necessitate involvement of squad members as follows:

1. Be alert to any injury that the coach may not see. He/she will manage the person in trouble. Assist by:
  - a. Stop all practices, scrimmages. DO NOT move the victim!

- b. After calling the coach to manage the situation, help with the injured person.
  - c. Telephone for additional assistance (phone numbers and information are posted on the telephone); obtain first aid supplies or equipment.
  - d. Keep onlookers away.
  - e. Sit or kneel in close proximity.
  - f. Direct rescue squad members to the site.
2. Fire or Fire Alarm:
    - a. Evacuate and remain 150 feet from the building.
    - b. Be prepared to implement emergency procedures.
  3. Bomb Threat:
    - a. Evacuate building and remain 200 yards from building.
  4. Tornado:
    - a. Go to basketball team room, sit on floor next to and facing lockers.

### **CHEERLEADING CAUTIONARY STATEMENT**

The following recommendations have been designed specifically for the Carmel High School cheerleading squads. Because of the physical demands required, squad members and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the activity.

#### **Preparing for practice:**

1. Choose an outfit that fits comfortably and allows free movement.
2. Do all stretching exercises before practice. Take time to stretch leg, neck, ankle, and back muscles before each practice and performance.
3. Shoes must be worn during practice.
4. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.

#### **Workout expectations:**

1. Think safety first.
2. Always be aware of the proximity of others when executing large motor movements.
3. Stunts and routines should be practiced in a progression from simple to complex.
4. Advanced stunts or routines are prohibited unless previously cleared by the advisor.
5. When executing partner stunts and pyramids, remember the federation rule against being more than two bodies high.
6. Always use proper spotting techniques when learning tumbling and balancing maneuvers.

#### **Emergencies**

Because of the physical nature of cheerleading, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. DO NOT move the victim!
2. Be alert. Look around. Get the attention of other people as they may need to help.
3. The advisor will manage the person in trouble. You may be asked to assist in one of several ways:
  - a. helping with the injured person
  - b. telephoning for additional assistance
  - c. obtaining first aid supplies or equipment
  - d. directing the rescue squad to the accident site
  - e. keeping onlookers back
4. Fires or fire drills may require immediate evacuation from the building
  - a. sometimes there may be time to grab a coat and exit
  - b. if the situation requires quicker action, participants will evacuate through any exit
  - c. move and remain 50 feet away from the building
  - d. be prepared to use the procedures described in #2 above.

### **CROSS COUNTRY CAUTIONARY STATEMENT**

The following recommendations have been designed specifically for the Carmel High School cross country teams. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

#### **Preparation for practice or contests:**

1. Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly.
2. Proper warm-up and warm-down is very important before and after competition and practices.
3. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
4. Athletes who are ill, dizzy, or lightheaded should contact their coach. Do not practice.

5. Athletes with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
6. Participants should ingest the equivalent of 4-6 glasses of water each day.
7. Athletes needing preventive taping or bracing should arrive early to receive treatment. Any injury problem or concern should be discussed with the coach or athletic trainer.
8. Athletes with visual impairments must wear shatterproof glasses or lenses where judgment or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.

**In the locker room:**

1. Be alert to slippery floors and use caution.
2. Keep floors free of litter. Place all personal belongings in assigned locker.
3. Close and lock locker door when away from your assigned locker.
4. Keep soap and shampoo in the shower room.
5. No roughhouse or horseplay.

**Movement to the practice/contest site:**

1. Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial surfaces.
2. Stretch thoroughly and start your workout with easy jogging.

**Hazards specific to cross country:**

1. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
2. Runners engaged in road work as a method of distance conditioning must face traffic or use sidewalks. Do not wear radio or tape player headphones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.
3. Never cut across neighborhood lawns or through private property.
4. Avoid sudden stops on hard surfaces while sprinting. A gradual slow down will help prevent unnecessary leg stress.
5. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
6. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.
7. Sometimes practice will be held in the swimming pool, follow these guidelines:

**Entry Into and Expectations While in the Water**

- a. Look before you enter.
- b. No diving into the shallow end.
- c. Lanes will be designated for various conditioning routines. Swim to the right of any designated lane.
- d. Stay off the lane lines at all times.
- e. Making contact with the diving board or lane lines, pool walls, gutters, or bottom could possibly result in serious bodily injury.
- f. Never hyperventilate.
- g. No roughhouse or horseplay.

**Emergencies**

Because of the physical demands of cross country, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed through basic first aid techniques. However, some injuries may need more intense management, and may also require squad members to:

1. Stop all activities, practice, or competition. DO NOT move the victim!
2. Call a coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity
4. Assist by:
  - a. Helping with the injured person
  - b. Calling for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers back
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm
  - a. Evacuate or remain outside the building
  - b. Move and remain 50 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4

**FOOTBALL CAUTIONARY STATEMENT**

Football is a contact sport and injuries will occur. The coaches working in our program are well qualified, professional people. Fundamentals related to playing football will continually and repeatedly be emphasized on and off the field. The information contained within this list of rules and procedures is to inform the young people in our football program of the proper techniques to practice for maximum safety in the contact phase of the game.

### **Pre-season preparation:**

Because football is a contact sport, athletes must condition to prepare themselves for the season. This includes both strength training as well as aerobic training. It is also important that athletes continue to strength train during their season to help prevent injuries.

### **Tackling, blocking and running the ball:**

By rule, the helmet is not to be used as a "ram." Initial contact is not to be made with the helmet. It is NOT possible to play the game safely or correctly without making contact with the helmet when properly blocking and tackling an opponent. Therefore, technique is most important to prevention of injuries.

Tackling and blocking techniques are basically the same. Contact is to be made above the waist, but not initially with the helmet. The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, head up, assume a striking position or near to the opponent as possible with the main contact being made with the shoulder.

Blocking and tackling by not putting the helmet as close to the body as possible could result in shoulder injury such as a separation or a pinched nerve in the neck area. The dangers of not following the proper techniques can be from minor to disabling to even death. The reason for following the safety rules in making contact with the upper body and helmet is that improper body alignment can put the spinal column in a vulnerable position for injury.

If the head is bent downward, the cervical (neck) vertebrae are vulnerable and contact on the TOP OF THE HELMET could result in a dislocation, nerve damage, paralysis or death. If the back is not straight, the thoracic (mid-back) and lumbar vertebrae are also vulnerable to serious injury if contact is again made to the TOP OF THE HELMET.

### **Basic hitting (contact), position and fundamental techniques:**

If the knees are not bent, the chance of knee injury is greatly increased. Fundamentally, a player should be in the proper hitting position at all times during live ball play and this point will be repeated continually during practice. The danger is anything from strained muscles, to ankle injuries, to serious knee injuries requiring surgery. The rules have made blocking below the waist (outside a two-yard by four-yard area next to the football) illegal. A runner with the ball, however, may be tackled around the legs.

The length of cleats has been restricted to no more than 1/2 inch to further help in preventing knee injuries.

In tackling, the rules prohibit initial contact with the helmet or grabbing the face mask or edge of the helmet. These restrictions were implemented because of serious injuries resulting from grasping the face mask. Initial helmet contact could result in a bruise, dislocation, broken bone, head injury, internal injury such as kidneys, spleen, bladder, etc. Grabbing the face mask or helmet edge could result in a neck injury which could range from a muscle strain to a dislocation, nerve injury, or spinal column damage causing paralysis or death.

Illegal and dangerous play by participating athletes will not be tolerated and all players are repeatedly reminded of the dangers of these acts.

### **Fitting and use of equipment:**

Shoulder pads, helmets, hip pads, pants including thigh pads and knee pads should be properly fitted and worn. Wear all protective pads, braces and supportive undergarments to all practices and competitions. Shoulder pads which are too small will leave the shoulder joint vulnerable to bruises or separations and could also be too tight in the neck area resulting in a possible pinched nerve. Shoulder pads which are too large will leave the neck area poorly protected and will slide on the shoulders making them vulnerable to bruises or separations.

Helmets must fit snugly at the contact points: Front, back, and top of head. The helmet must be "NOCSAE" branded; the chin straps must be fastened, and the cheek pads must be of the proper thickness. On contact, a helmet that is too tight could result in a headache. Too loose a fit could result in headaches, a concussion, a face injury such as a broken nose or cheek bone, and a blow to the back of the neck could cause a neck injury, possibly quite serious such as paralysis or even death.

### **Preparation for practice or contests:**

1. Wear all protective and supportive equipment including mouth guards to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
6. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.

7. Remove all jewelry and metal hair fasteners.
8. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present physician's approval to the coach prior to participation in any practice session.

**In the locker room:**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. No horseplay, rough-housing, hazing or initiations.
7. Do not wear football shoes in the building or locker room at any time.

**Movement to the practice/contest site or travel to contest/practice site:**

1. Be alert to:
  - a. Goal posts.
  - b. Blocking sleds.
  - c. Kicking/Kick return drills.
  - d. Passer/Receiver drills.
  - e. Agility sprinting, or other fast action drills.
  - f. No horseplay, rough-housing, hazing or initiations.

**Cautions specific to football:**

1. The Head and Helmet
  - a. Tackle or block or break tackles with the shoulder pad. NEVER USE THE HELMET TO STRIKE THE OPPONENT.
  - b. Keep the chin and eyes up when blocking, tackling, or running with the ball.
  - c. Lowering the head/helmet jeopardizes the neck and spinal cord.
2. Blocking and Defensive Contact
  - a. The forearm striking surface should be accelerated as a unit with the shoulder and extension of the trunk. DO NOT "wind up)" to accelerate the forearm separately.
  - b. Block from the front or the side and above the waist.
  - c. When pursuing an opposing ball carrier, do not "pile on" when the opponent is down.
  - d. Never grab an opponent's facemask.
3. General
  - a. GET UP! When on the ground you are vulnerable to being stepped on or receiving a leg, shoulder or knee injury.
  - b. When falling - TUCK - Leave no extremity extended either to absorb the fan, or while on the ground.
  - c. Participate fully in neck strengthening exercises.
4. Water
  - a. Frequent drink breaks will be scheduled during practices, and players should hydrate themselves frequently before and during practice and games.
5. Weight Room
  - a. Maintenance strength training procedures will be utilized. Observe all weight room policies for progressions, spotting, and general safety.

**Emergencies:**

Because of the nature of football, some injuries will occur. All injuries must be called to a coach's or trainer's attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drill. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity. Assist by:
  - a. Helping with the injured person.
  - b. Calling for additional assistance.
  - c. Bringing aid equipment or supplies to the site.
  - d. Keeping onlookers away.
  - e. Directing rescue squad to the accident site.
4. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building.
  - b. Move and remain 150 feet away from the building.

## **GOLF CAUTIONARY STATEMENT**

Golf is a great sport. It is probably the foremost lifetime sport of all. Paying attention and adhering to the following considerations and procedures can ensure improved play and competition safety.

### **Preparing for practice:**

1. Choose clothing or footwear that fits properly, and doesn't restrict movement,
2. Select clothing appropriate for precipitation, humidity and temperature,
3. Players should ingest the equivalent of 4-6 glasses of water each day.
4. Players needing protective tape, first aid, or rehabilitative treatments should arrive early to receive necessary treatment.
5. Avoid horseplay with clubs and equipment.
6. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
7. If ill or dizzy, notify the coach. Do not practice.
8. Check clubs regularly for stress or other signs of deterioration.
9. Replace or repair damaged clubs.

### **Movement to practice site:**

1. High school players and parents may transport golf team members to practices or matches played on local courses and practice ranges in the immediate Carmel area. Transportation provided in private vehicles must be indemnified by the personal accident and injury insurance of the owner or the driver. The Carmel Clay Schools is not liable for injury, loss, or damage incurred by drivers or passengers in private vehicles. Travel to matches or practices outside the immediate Carmel area will be scheduled and provided by the school corporation in school owned vehicles.
2. Exercise caution in driving to courses or practice areas.
3. Be cautious in parking lots when unloading clubs and/or carts or when changing shoes.
4. Be alert to ramps, stairs, artificial turf surfaces, carpets, concrete surfaces, and other changes in footing textures.
5. Be alert to locations of driving, practice swing, chipping, and sand trap areas.
6. Be alert to cart pathways, golf carts, and traffic patterns,
7. Be alert to weather conditions - especially stormy weather. Check with the coach before playing if there are any safety questions.
8. Adjust for temperature and humidity. A cap, sunglasses and sun block can be helpful in avoiding discomfort or overheating. Players with sensitive skin should avoid prolonged sun exposure.

### **Cautions specific to Golf:**

1. When involved in club control/club swing drills, LOOK in all directions BEFORE taking your first practice swing. Be sure there is room for the club to be swung safely.
2. No horseplay with clubs or equipment. No club throwing.
3. Be alert to players on adjacent tees or fairways.
4. Be alert to players in front and behind you. On short holes, signal players behind when it is safe to hit their tee shots. Do not hit tee or fairway shots if close to players ahead.
5. Call "FORE" if any shot moves into an adjacent fairway, or near any other players.
6. Drink water frequently on the course. If uncomfortable, stop in a shady area or sun shelter and consume water. Call for assistance if dizzy, ill or light headed.
7. If severe weather occurs while on the course:
  - a. Remove spikes, get away from clubs
  - b. Avoid isolated trees, shelters, hilltops, open spaces, or metal objects.
  - c. Move to a wood building, low, protected area, or heavily wooded area.

### **Emergencies**

Because of the nature of golf, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by: -
  - a. Helping with the injured person
  - b. Calling for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site

5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 50 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4 above.

### **GYMNASTICS CAUTIONARY STATEMENT**

Gymnastics is a highly specialized form of competition in which stamina, strength, agility and finesse are important factors. To develop each of these attributes, gymnasts must observe and practice rules, procedures and progressions intended to enhance their safety, learning, overall success and enjoyment of the sport. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand the following cautions and responsibilities.

#### **Preparing for practice:**

1. Choose practice or competitive equipment that fits properly, does not catch on apparatus, or restrict the gymnast's movement.
2. Protective grips may be helpful to prevent palm blisters for pommel, ring, or bar events.
3. Students who need preventive or rehabilitative tape, padding or bracing must arrive early to receive necessary treatment.
4. No roughhouse or horseplay.
5. Remove jewelry, metal hair clips and head coverings.
6. Students with seizure or other neuromuscular disorders or diseases, chronic skeletal problems, cardiac or renal problems, or insulin/diabetic problems, must present a physician's approval prior to participation in any practice session.
7. If you are lightheaded or dizzy, notify your coach. Do not practice.

#### **In the gymnastics area:**

1. Be alert to variations in floor, ramp, or mat levels and textures.
2. Be alert to location of bulk equipment and support cables.
3. Be alert to sidehorse/longhorse runway locations and activities.
4. Be alert to floor exercise areas and apparatus dismount areas.

#### **Cautions specific to gymnastics:**

1. Properly stretch and warm up before practice or competition.
2. Do not attempt new or complex floor or apparatus movements until your progression has been approved by the coach, and arrangements made for proper spotting.
3. Check all apparatus for height-width adjustments, security of safety fasteners and floor cleats.
4. Check with coach to be sure appropriate types and thickness of landing pads are utilized, and are properly secured.
5. Chalk hands thoroughly before using rings, bars, or pommels.
6. If you experience muscular fatigue or decreased alertness, do not attempt elevated, weight bearing, or somersaulting activities. Rest or wait until the next day.
7. Check for separation of mats for the floor exercise event. Call the coach's attention to the need for fastening tape.
8. Not more than ONE gymnast is to use an apparatus piece at any time.
9. Horizontal bar and parallel bar competitors must pay special attention to body mechanics involved in controlling one's swing velocity, completion of rotations, and general control while inverted in weight support positions. A spotter is required for all such activity.
10. Competitors in the hanging or still rings events must pay special attention to body mechanics involved in controlling one's swing velocity, dislocate and inlocate techniques and rotational or somersaulting dismounts.
11. Somersaulting activities must be practiced in proper progressions, from appropriate heights, and with appropriate matting. Where multiple somersaults are involved, competitors should add these activities slowly so as to avoid disorientation. Somersaulting and/or twisting dismounts must be learned in proper progression and with a spotter.
12. If a raised training pit is available, the use of caution on ladders, raised platforms, and at take-off points is mandatory. Be alert - NO HORSEPLAY.
13. Vaulting Board approaches and distances from apparatus must be developed in conjunction with the coach and checked by the gymnast before practicing or competing.
14. Always use spotters that know what they are doing.

#### **Emergencies**

Because of the nature of gymnastics, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages or drills. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.

4. Assist by:
  - a. Helping with the injured person
  - b. Calling for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 50 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4

### SOCCER CAUTIONARY STATEMENT

Soccer is a highly competitive, fast-action game in which physical conditioning plays a major role. Because of the speed and agility with which the game is played, squad members, their families, and the coaching staff must accept and share certain responsibilities designed to enhance the safety and enjoyment of the sport.

#### **Preparation for practice or contests:**

1. Wear all protective equipment, including shin guards, to every practice or contest unless otherwise indicated by the daily practice plan.
2. Wear outer and under garments that are appropriate for humidity and temperature.
3. Players should ingest the equivalent of 4-6 glasses of water each day.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
6. Remove all jewelry and metal hair fasteners.
7. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
8. Goalkeeper must wear proper pads (mouth guard is suggested).
9. Field players may also choose to wear a mouth guard.

#### **In the locker room:**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Refrain from rapid movements, horseplay, and roughhouse in the locker/shower areas.
6. Do not wear soccer shoes in the building or locker room at any time.
7. Remove mud outside and away from the building.

#### **Approach to the practice or contest site:**

1. Be alert to ramps, stairs, and changes in the texture and levels of concrete, fields, and sidewalks.
2. Be alert to the location of the goal mouth, goal posts, and shooting drills.
3. Be alert to fast action dribbling or passing drills.
4. If ill or dizzy, notify the coach. Do not practice.
5. Do not hang on goal posts at any time.
6. Soccer is played and practiced in all types of weather. Players should have proper clothing and footwear.
7. If lightning is in the area, the practice or game will be suspended until the storm passes. (15 minutes without lightning)
8. Soccer players will follow all other posted or published team rules.

#### **Cautions Specific to Soccer:**

1. Play the ball when on defense. DO NOT attack the offensive opponent with illegal contact.
2. When involved in shooting drill, shoot in specified sequences and in designated areas and directions. Be sure the goalkeeper is ready for all shots.
3. High kicks are prohibited.
4. Intentional pushing and tripping is prohibited.
5. Charging or contacting the goalkeeper is prohibited.
6. Players must brace the neck and keep the mouth closed while striking the ball with the upper portion of the forehead when heading the ball.
7. Out of control runs, jumps, or high kicks are prohibited.
8. Slide tackles must be approved by a coach.
9. Shin pads must be worn by all players.
10. Water will be available at practices and contests.

#### **Emergencies**

Because of the nature of soccer, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages or drills. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Helping with the injured person
  - b. Calling for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 50 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4 above

### **SWIMMING CAUTIONARY STATEMENT**

The following recommendations have been designed specifically for the Carmel High School swimming team. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

#### **Preparing for practice:**

1. Choose a suit that fits comfortably and dries easily.
2. Goggles are highly recommended. They prevent eye irritation and may protect the eyes from "flying arms" or other swimmers during practice.
3. Earplugs are helpful in avoiding ear infections. Soft wax earplugs can be molded to fit into the ear to keep water out.
4. A swim cap can help keep hair out of the eyes and keep you warmer during practice by preventing body heat from being lost.
5. A close fitting T-shirt put on after showering will also, help maintain body heat.
6. Participants should ingest the equivalent of 4-6 glasses of water each day.
7. Swimmers-with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present physician's approval to the coach prior to participation in any practice session.

#### **In the locker room:**

1. Locker room floors are often slippery.
2. Open locker doors can have sharp edges. Close and lock your locker when away from it.
3. Secure all personal items in your assigned locker.
4. Use soap and shampoo only in the shower area.
5. Be alert to raised thresholds at shower rooms.
6. No roughhouse or horseplay.

#### **Entry into the pool area:**

1. Look around the facility; notice -
  - a. pool rules posted on the wall
  - b. deep and shallow pool depths
  - c. location of ladders
  - d. location of safety equipment
  - e. equipment stored on the deck for use by swimmers - kickboards, pull buoys, hand paddles (use equipment as needed and return appropriately)
  - f. other equipment in the area (tables, chairs, timing equipment, lane lines, lane storage reel, physical education equipment)
  - g. stay off the lifeguard stand at all times
  - h. no roughhouse or horseplay
2. NEVER do a pike/scoop/whip or deep dive in the shallow end of the pool -- flat shallow racing dives only.
3. Never attempt to dive or jump over the backstroke flags
4. Check the water beneath the diving board if entering from it

#### **Preparing to Swim:**

Do all stretching exercises on the deck as directed by the coach(es). Take time to stretch before each swimming practice.

#### **Entry into and expectations while in the water:**

1. Look before you enter.
2. No diving into the shallow end other than supervised racing dives during practice or pre-meet warm-ups.
3. Lanes will be designated for various strokes and conditioning routines. Swim to the right of any designated lane unless the workout calls for alternating opposite circles.
4. Stay off the lane lines at all times.
5. Making contact with the diving board or lane lines, pool walls, gutters, or bottom during practice or competition could possibly result in serious bodily injury.
6. Never hyperventilate during practice or for any race over 50 yards.
7. No roughhouse or horseplay.

## **Emergencies**

Because of the nature of swimming, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Be alert. Look around. Get the attention of other people as they may need to help or get out of the water. DO NOT move the victim!
2. The coach will manage the person in trouble. You may be asked to assist in one of several ways:
  - a. helping with the injured person
  - b. telephoning for additional assistance--phone numbers and information are posted on the telephone
  - c. obtaining first aid supplies or equipment
  - d. directing the rescue squad to the accident site
  - e. keeping onlookers back
3. Fires or fire drills may require immediate evacuation from the pool.
  - a. sometimes there may be time to grab a coat and e3dt from the locker room
  - b. if the situation requires quicker action, athletes will evacuate the pool deck through any exit
  - c. move and remain 50 feet away from the building
  - d. be prepared to use the procedures described in #2 above

## **TENNIS CAUTIONARY STATEMENT**

Tennis is a highly competitive, fast-action activity in which physical conditioning plays a major role. Because of the speed and finesse with which the game is played, squad members and their families must accept and share certain responsibilities with the coaching staff to enhance the safety and enjoyment of participants.

### **Preparation for practice or contest:**

1. Wear protective socks and well fitting footwear to practice and contests.
2. Wear outer and under garments that are appropriate for humidity and temperature.
3. Players should ingest the equivalent of 4-6 glasses of water each day.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
6. Remove all jewelry and metal hair fasteners.
7. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.

### **In the locker room:**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. No roughhouse or horseplay.
7. Identify incidents of foot or other skin infections to coach(es) immediately.

### **Approach to the practice or contest site:**

1. Be alert to steps, ramps, and changes in the texture of courts and sidewalks.
2. Be alert to bounding board activity.
3. Be alert to the location of warm-up drills involving practice swings.
4. Be alert to ongoing games as you enter the court area.
5. Be alert to debris and glass on the courts as you arrive.
6. Be alert to the location of nets and net posts.

### **Hazards specific to tennis:**

1. Throwing racquets and other horseplay is prohibited.
2. Doubles partners should face the net and be aware of each other's court position at all times so as to avoid physical or racquet contact with each other.
3. Players must gather up loose tennis balls and call "BALL" if loose ball rolls onto another court.
4. Shatterproof glasses or lenses must be worn if needed for perception and judgment. Eye protection specifically designed for racquet sports is strongly suggested.
5. Be under control when playing near nets, net posts and fences,
6. Net jumping is prohibited.
7. Heat and humidity can be a serious problem. Ingest water during the day, and at practice or matches.
8. Players with sensitive skin are encouraged to use sun block or cover skin areas.

## **Emergencies**

Because of the nature of tennis, some, injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all practices, scrimmages or drills. Do NOT move the victim!

2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Helping with the injured person
  - b. Telephoning for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 50 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4

### **TRACK AND FIELD CAUTIONARY STATEMENT**

The following recommendations have been designed specifically for the Carmel High School Track and Field teams. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of track and field.

#### **Preparation for practice or contests:**

1. Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly.
2. Participants should ingest the equivalent of 4-6 glasses of water each day.
3. Proper warm-up and warmdown is very important before and after competition and practices.
4. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
5. Athletes who are ill, dizzy, or light headed should contact their coach and should not practice.
6. Athletes with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
7. Athletes needing preventive taping or bracing should arrive early to receive treatment. Any injury problem or concern should be discussed with a coach or athletic trainer.
8. Athletes with visual impairments must wear shatterproof glasses or lenses where judgment or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.

#### **In the locker room:**

1. Be alert to slippery floors and use caution.
2. Keep floors free of litter. Place all personal belongings in assigned locker.
3. Close and lock locker doors when away from your assigned locker.
4. Keep soap and shampoo in the shower room.
5. No roughhouse or horseplay.
6. If spiked shoes are worn, they are to be put on and off outside the building.

#### **Movement to the practice/contest site:**

1. Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial tracks.
2. In approaching the track, be alert to location of:
  - a. Sprint/hurdle straight-aways
  - b. Relay/exchange areas
  - c. Jump/Vault runways and landing pits
  - d. Shot and discus throwing and landing areas
3. When jogging for warm-up/warmdown, or during practice, run in the outer lanes.
4. Stretch thoroughly and start your workout with easy running.

#### **Hazards specific to track and field:**

1. Jumpers, throwers, and hurdlers must check equipment to see that it is safe and in proper condition before using. Athletes must notify the event coach in case of any equipment failure.
2. Shot/discus thrower(s) must check the throwing sector and the immediate areas alongside the circle or runway for people in the area. They must also refrain from horseplay with the shot and discus.
3. Hurdlers must be sure hurdles are facing a direction that allows the hurdle to tip if struck by the hurdlers.
4. Distance runners and relay teams engaged in speed work and time trials should run the inside lanes unless passing a runner. Slower work should be done in the outer lanes.
5. When passing other runners during practice, always call "track."
6. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
7. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Do not wear radio or tape player headphones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.
8. Never cut across neighborhood lawns or through private property.
9. Avoid sudden stops on hard surfaces while sprinting. A gradual slow down will help prevent unnecessary leg stress.

10. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
11. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.
12. Sometimes practice will be held in the swimming pool, follow these guidelines:  
Entry Into and Expectations While in the Water
  - a. Look before you enter.
  - b. No diving into the shallow end.
  - c. Lanes will be designated for various conditioning routines. Swim to the right of any designated lane.
  - d. Stay off the lane lines at all times.
  - e. Making contact with the diving board or lane lines,, pool walls, gutters, or bottom could possibly result in serious bodily injury.
  - f. Never hyperventilate.
  - g. No roughhouse or horseplay.

### **Emergencies**

Because of the physical demands of track and field, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all activities, practice, or competition. DO NOT move the victim!
2. Call a coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Helping with the injured person
  - b. Telephoning for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 50 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4

## **VOLLEYBALL CAUTIONARY STATEMENTS**

The following recommendations have been designed specifically for the Carmel High School volleyball teams. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

### **Preparing for activity:**

1. Wear protective knee pads, braces and supportive equipment garments to all practices and games.
2. Clothing and shoes should fit properly, be comfortable and allow for maximal physical efforts.
3. Clothing should not prevent heat dissipation or restrict movement,
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Feet should be covered with a thick cotton sock. If blisters are a chronic problem or begin to appear, coaches should be consulted for appropriate responses or preventive actions.
6. Players who require corrected vision must wear shatterproof glasses or contact lenses. Glasses must be mounted in break resistant frames, and be held in place by an elastic strap.
7. Players requiring preventive taping, padding, or bracing should arrive early to receive necessary treatment.
8. Remove all jewelry and metal hair fasteners.
9. No horseplay, rough-housing, hazing or initiations
10. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present physician's approval to the coach prior to participation in any practice session.

### **In the locker room:**

1. Locker room floors are often slippery.
2. Open locker doors can have sharp edges. Close and lock your locker when away from it.
3. Secure all personal items in your assigned locker.
4. Use soap and shampoo only in the shower area.
5. Be alert to raised thresholds at shower rooms.
6. No horseplay, rough-housing, hazing or initiations.

### **Entry to contest/contest site or travel to contest/contest site:**

1. Be alert to ramps/steps leading to practice/contest area.
2. Be alert to variations in surfaces (i.e. locker rooms, ramps, stairways or playing floors).
3. Be alert to the following:
  - a. Ball carts
  - b. Volleyball in flight, rolling, rebounding, or bouncing
  - c. Spiking or serving drills

- d. Nets, support poles, cables, chairs, bleachers, and official's stand
- 4. No horseplay, roughhousing, hazing or initiations.

**Preparing to play:**

Do all stretching exercises as directed by the coaches. Jog easy laps to warm up. When stretching or playing, keep body in proper alignment to prevent undue stress on joints, ligaments, and muscles.

**Hazards specific to volleyball:**

1. Be alert to dehydration symptoms; i.e., dry mouth, inability to cool down, dizzy/light-headed. Ingest 4-6 glasses of water during the school day and additional amounts at practice.
2. Frequent drink breaks will be built into the practice and players should make use of each one.
3. Foot problems--refer to coach(es) or athletic trainer:
  - a. Blisters.
  - b. Calluses.
  - c. Ingrown toenails.
4. Other skin problems--refer to coach(es) or athletic trainer:
  - a. Boils.
  - b. Rashes.
  - c. Floor burns, cuts.
5. Ankles and other orthopedic problems:
  - a. Sprains--new--ice, compression, elevate, rest.
  - b. Sprain--old--taping, easy workouts, rehabilitative exercise.
6. Weight and strength training will have separate standards and progressions designed to enhance safety.
7. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance or health.
8. Check your weight and record it. Sudden or large losses over a month should be brought to the coaches' attention, especially if you are feeling tired or ill, or if you demonstrate cold symptoms and sore throat swollen neck glands.
9. Do not hang on rims or nets.
10. Gather loose volleyballs and place them in storage racks. Do not follow a loose ball into an adjacent court until play is stopped in that court.
11. Never roll a ball under the net during play; the ball can roll under the feet.
12. Never throw the ball over the net; ball can hit an unsuspecting player.
13. Try to land on both feet while descending from a jump. This helps prevent falling, twisting, or unbalance.
14. While executing a defensive roll, sprawl, or dive, player must begin as low as possible to the floor with the arms fully extended away from the body. Execution with bent elbows and little or no bending of the knees may cause fractures or other injuries.
15. As in many team sports the possibility of running into teammates or opponents is apparent; Jump vertically when spiking or blocking.
16. Volleyball utilizes the hands in various techniques; i.e., setting, blocking, serving, attacking, and digging. Players should use proper technique in order to avoid breaks, fractures, and sprains.
17. Muscle soreness and possible strains occur more frequently at beginning of the season due to increased use of muscles and increased time spent exercising. Stretch before/after practice.
18. Making contact with the nets, support poles, cables, referee's stand, floor, wall, bleachers, and other players during practice or competition could possibly result in serious bodily injury.

**Emergencies:**

Because of the physical nature of volleyball, some injuries will occur. All injuries must be called to a coach's or trainer's attention. Most can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Be alert, look around. Get the attention of other people as they may need to help. DO NOT move the victim!
2. The coach will manage the person in trouble. You may be asked to assist in one of several ways. Assist by:
  - a. Helping with the injured person.
  - b. Telephoning for additional assistance.
  - c. Obtaining first aid supplies or equipment.
  - d. Directing the rescue squad to the accident site.
  - e. Keeping onlookers back.
3. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building.
  - b. Move and remain 150 feet away from the building.
  - c. Be prepared to use the procedures described in # 2 above.

**WRESTLING CAUTIONARY STATEMENT**

Wrestling is a highly competitive, fast-action activity in which physical strength, endurance, and contact plays a major role. Because of the speed and intense physical demands by which the sport is conducted, squad members and their families must accept and share certain responsibilities with the coaching staff to enhance the safety and enjoyment of the sport.

### **Preparation for practice or contest:**

1. Wear all protective equipment including ear protectors to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all equipment is properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Wrestlers should ingest the equivalent of 4-6 glasses of water each day.
5. Wrestlers with visual impairment(s) MUST REMOVE GLASSES.
6. Wrestlers needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
7. Remove all jewelry and metal hair fasteners.
8. Wrestlers with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
9. Weight control or reduction must be conducted very carefully, with attention to balanced meals, and in compliance with the State Athletic Association guidelines.
10. All cuts, abrasions, boils, rashes, and skin irritations should be seen by a coach, athletic trainer, or physician.

### **In the locker room:**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. No roughhouse or horseplay.
7. Identify incidents of foot or other skin infections to coach(es) immediately.

### **Approach to the practice or contest site:**

1. Be alert to stairs and ramps or changes in the texture of various surfaces, mats, or flooring.
2. Be alert to other large equipment items in the general area (e.g.: gymnastics apparatus).
3. Be alert to the location of bubblers, fire extinguishers, and other building equipment, and the proximity of walls to mats.
4. Be alert to ongoing drills or wrestle-offs.
5. If ill or light headed, notify coach. Do not practice.

### **Hazards specific to wrestling:**

1. Do not drive an opponent into the mat with unnecessary force on takedown.
2. When you lift a fellow competitor off the mat, you are responsible for his safe return. Be careful.
3. Do not bend a joint more than its normal range of motion.
4. The following are prohibited holds or tactics:
  - a. Double arm bar, full nelson
  - b. Some freestyle takedowns, e.g., straight-back suplay or salto
  - c. Trips where the opponent is forcibly thrown
5. Weight control or weight reduction programs should not be undertaken- without the approval of the coach.

### **Emergencies**

Because of the nature of wrestling, some injuries will occur and the potential for skin problems/infections/diseases is increased. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all practices, scrimmages or drills. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Helping with the injured person
  - b. Telephoning for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 50 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4