



**St. Mary on the Hill**  
**CATHOLIC SCHOOL**

# **Athletic Handbook for**

# **Grades 6-8**

2025-2026

This handbook governs middle school athletics in parish and diocesan-sponsored Catholic schools in the Diocese of Savannah. This handbook is published by the Office of Catholic Schools and St. Mary on the Hill Catholic School.

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**The mission of St. Mary on the Hill Catholic School is to provide an outstanding Catholic education where we strive to embrace our calling as Christian disciples and reach our full potential in a rigorous spiritual and academic environment.**

## **ATHLETIC PROGRAM PHILOSOPHY**

St. Mary on the Hill Catholic School recognizes that an essential component of a student's well-being is that of physical development. In addition, it is vital for students to develop socially as they learn the skills required to work as part of a team and practice good sportsmanship. The goal is to produce young men and women of strong character, cultivate school spirit, instill teamwork, and develop self-discipline through faith-based leadership.

The Diocese of Savannah partners with the Play Like a Champion Today Educational Series. Originating at the University of Notre Dame, Play Like a Champion Today is a national coach and parent education program designed specifically to elevate the culture of Catholic school-sponsored sports. Crafted by leaders in the fields of sport psychology, coaching education, Catholic theology and moral development, Play Like a Champion works in partnership with our schools to enable the athletic experience to be a missionary tool to develop our youth physically, socially, morally and spiritually.

## **ABOUT SMCS ATHLETICS**

### **Athletic League**

The objective of SMCS is to promote, develop, direct, protect, and regulate middle school interscholastic competitions and to encourage integrity, fair play, good sportsmanship, and friendly competition among contestants and member schools. Depending on the number of students interested and available coaches and facilities, B teams may be formed in some sports to help develop and improve needed skills. As a member of the Augusta - Aiken Middle School League, SMCS follows the by-laws and constitution of AAMSL. A copy of the by-laws and constitution can be found at [www.augustaikenleague.com](http://www.augustaikenleague.com).

### **Teams Offered**

<b>Fall - August-October</b>	<b>Winter - November-January</b>	<b>Spring - February-April</b>
Football	Basketball	Soccer
Cheerleading	Pickleball	Baseball
Tennis	Bowling	
Cross Country	Cheerleading	
Volleyball		
Golf		

## **SMCS Booster Club**

The SMCS Booster Club is committed to providing financial support as well as volunteer opportunities to the St. Mary on the Hill Athletic Program. Some of the expenses that Booster Club financially supports are the purchasing of equipment and uniforms, facility and official fees, and sports banquets. A newsletter is emailed each week with information about upcoming events and ways to support SMCS. Contact Ryan Rhodes or Emily Stevenson for more information.

### Membership Levels

Platinum \$150 - Gate fees for all regular season home games and immediate family of 3 or more

Silver \$100 - Gate fees for all regular season home games and immediate family of 2

Bronze \$70 - Gate fees for all regular season home games for 1 person

Booster Club Supporter \$25 - For parents of K-5th graders to support the athletic program and receive the Booster Club Weekly Updates.

## **GENERAL INFORMATION**

### **Athletic Participation Fee**

Student-athletes will be required to pay an athletic fee of \$30.00 each season of participation. Athletic fees are non-refundable. If financial assistance is needed, please contact the Principal or Athletic Director.

### **Uniforms and Equipment**

School-issued uniforms and equipment are to be used only for SMCS games, practices, competitions, and special activities. Care must be taken to keep uniforms and equipment in good condition. At the end of the season, all uniforms and equipment must be returned to SMCS. Student-athletes who leave a team before the end of a season must return uniforms and equipment immediately. A current replacement fee will be charged for each uniform item and/or equipment not returned.

### **Game Entrance Fees/Gate Fees**

Game entrance fees or "Gate Fees" are fees charged to enter athletic events. The following sports may charge a fee: volleyball, football, basketball, baseball, and soccer. The entry fee is \$5 per adult and \$2 per child. Any child under the age of 6 is free. The fee is set by the AAMSL.

### **Transportation**

Parents are responsible for providing transportation to practices and home/away games. Student-athletes will be picked up immediately after practices, games, or related activities. This procedure adheres to the general school policy for late pick-ups.

### **Early Release**

Because of travel, it sometimes is necessary for teams to leave school prior to normal dismissal times. Before an athlete is dismissed, the head coach must have written permission from each athlete's parent stating who will be transporting them to the game. It is the responsibility of the student-athlete to make arrangements with teachers to make up any missed work.

## **Team Selection**

The Athletic Director(s) and head coaches are responsible for the team selection process. Sometimes tryouts are a necessary component in this process. Expectations for participation will be explained to students and parents prior to tryouts being conducted. Student-athletes must try out each year. Being selected to participate on a team during the school year does not guarantee a student-athlete a place on the following year's team. Coaches will hold preseason meetings to review expectations, practice schedules, game schedules, and other pertinent information. Once placed on the roster, the student-athlete is expected to be an active member for the entire length of the season. In the event we have limited signups for non contact sports, tryouts may be open to 5th graders on a sport by sport, case by case basis. The decision will be made by our Athletic Directors in conjunction with coaches and administration.

## **ELIGIBILITY & COMMITMENT**

Our athletes represent Christ, their parents, and their school in an extracurricular setting, and are thus held to a high code of conduct. It is a privilege to participate in athletics at St. Mary on the Hill Catholic School. This privilege comes with a great deal of responsibility. We expect every student-athlete to demonstrate respect, kindness, dedication, and self-discipline at all times at all school-related programs, activities, and events both on-and off-campus.

### **Age Restrictions**

For SMCS regulated sports, eligibility requires that student-athletes are enrolled full-time in grades 6-8 to be eligible. Student-athletes may not turn 15 before May 1 of the preceding school year (i.e., a current 7th-grade student must not have turned 15 before May 1 of this year)

### **Grade/Behavior Requirements**

Student-athletes must be in good standing with SMCS both in academics and conduct to be eligible. Student-athletes must maintain all grades above 70 and receive no more than 1 mark during the week in a particular class to be eligible for extracurricular activities. Grades and conduct will be evaluated by their teachers on a **WEEKLY** basis for eligibility status. The athletic director will inform the parent and coach if a player is marked ineligible. If a student-athlete has a grade below 70, they are placed on probation for the following week. If that student-athlete fails to make grades the following Friday, then that student-athlete will be made ineligible for the next week. Students who are ineligible are not allowed to participate in practices or dress out for the games during the entire week. Eligibility status is reviewed every Friday. Guidelines of the Middle School Behavior Management Plan can be found in the student handbook.

### **Parent & Student Conduct**

Participants are expected to set a positive example of good sportsmanship through their demeanor, personal example, and leadership at all times during sporting events. The conduct, press, public or private remarks, social media, or other displays of behavior or unsportsmanlike conduct from a parent or student-athlete on or off campus that is deemed harmful or capable of discrediting the reputation of SMCS, may cause a student-athlete to be declared ineligible. The Principal and Athletic Director are the final authority in these matters. Repeated disciplinary infractions may result in athletic ineligibility.

## **Forms Required**

Students interested in a team tryout must submit the following signed forms each year to the Athletic Directors, Coaches, and/or Nurse Wallace to be eligible for participation.

- Signed Code of Conduct for Student-Athletes **See page #9**
- Signed Code of Conduct for Parents of Student-Athletes **See page #10**
- Physical forms are required. Physicals are good for one year from the date the physician signed the physical. **See page #12-15**
- Sudden Cardiac Arrest Awareness Form **See page #16**
- Concussion Awareness Form **See page #17**
- GHSA Heat and Humidity Policy **See page #18**

## **Attendance**

All student-athletes and parents must commit to a Monday through Friday athletic schedule. Although we try not to schedule games/matches on Fridays, sometimes it is unavoidable. Student-athletes must attend school to participate in practice, games, and related activities on the same day. Students must be present at least until 11:30 AM or arrive by 11:30 AM during the school day in order to be allowed to play that day.

Student-athletes are expected to attend all practices, games, and meetings during the season. A student-athlete will be excused for a death in the family, illness, or prior approval from the coach. Student-athletes who miss practices, games, meetings, or related activities may lose playing time at the discretion of the coach.

## **Illness**

Parents must contact the coach if a student-athlete is absent from a practice, game, or related activity due to illness. Student-athletes who are absent or in attendance for less than a full day of school on the day of a game, practice, or related activity are prohibited from participating in athletic activities on the same day.

## **SAFETY**

Health Insurance is required to participate in the athletics program at SMCS. It is the responsibility of parents to provide primary insurance coverage for their child.

## **Injuries**

It is the responsibility of each student and/or parent to notify the head coach of any injury that occurs during participation in an athletic event. On occasion, an injury may not appear to require medical attention until after the student-athlete leaves the event. In those cases, it is important that the head coach or Athletic Director is notified as soon as possible. Some injuries may require a clearance from a medical doctor before the athlete may return to practices or full participation. The Principal and Athletic Director must be notified of any injury. Coaches will follow appropriate procedures, and a student accident form shall be completed if the injury warrants. Student-athletes are prohibited from playing with injuries.

## **Concussion Awareness**

A concussion is a traumatic brain injury that can seriously affect a young, developing brain. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull, resulting from a blow to the head or body. Continued participation in any sport following a concussion may lead to worsening symptoms that could include an increased risk of further injury to the brain and even death.

## **Common Signs and Symptoms of Concussion**

- Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness
- Blurred or double vision, sensitivity to light and noise, one pupil larger than the other
- Fogginess of memory, difficulty concentrating, slowed thought process, confused about surroundings or game assignments
- Unexplained changes in behavior or personality
- Repeated nausea or vomiting
- Loss of consciousness (This does NOT occur in all concussions.)

## **Concussion Action Plan**

If a student-athlete exhibits signs, symptoms, or behaviors consistent with a concussion, SMCS administration, Athletic Director, and coaches will utilize the following action plan:

- The student-athlete will be immediately removed from the activity.
- The Athletic Director or coach will immediately inform the parent/guardian of the student-athlete.
- The student-athlete must be evaluated by and provide documentation from a healthcare professional before returning to school and school-sponsored athletic activities.
- The student-athlete can return to play or practice after 24 hours with written permission from a healthcare professional.

These guidelines apply to practices and games.

## **Weather Policy**

At the first sound of thunder or the first sight of lightning, the officials shall suspend the game and clear the field. All coaches, players, referees, and spectators are to withdraw from the field and seek proper shelter. If a building is not available, everyone should take shelter in vehicles.

Games will not resume for at least 20 minutes after the last sound of thunder or the last sighting of lightning. After 20 minutes without thunder and lightning, an "all clear" signal will be given, and games may resume. If thunder is heard or lightning is seen again within that 20-minute timeframe, all activities will be canceled for that timeframe.

## TRAINING RESOURCES

Elementary and middle schools in the Diocese of Savannah do not play under the purview of the [Georgia High School Association](#) (GHSA), but some of their training materials are applicable and should be reviewed. Keep in mind that requirements and recommendations are for high school-aged students. Extra precautions should be taken as the student age decreases.

### **GHSA Practice Policy for Heat & Humidity**

- Homepage: <https://www.ghsa.net/ghsa-practice-policy-heat-and-humidity>
- Policy: <https://www.ghsa.net/sites/default/files/documents/sports-medicine/HeatHumidity.pdf>
- Heat Index Record Sheet: [https://www.ghsa.net/sites/default/files/documents/sports-medicine/GHSA\\_Heat\\_Index\\_Record\\_Sheet-1cx.pdf](https://www.ghsa.net/sites/default/files/documents/sports-medicine/GHSA_Heat_Index_Record_Sheet-1cx.pdf)
- Frequently Asked Questions: [https://www.ghsa.net/sites/default/files/documents/sports-medicine/HEAT\\_POLICY\\_FAQs\\_2019.pdf](https://www.ghsa.net/sites/default/files/documents/sports-medicine/HEAT_POLICY_FAQs_2019.pdf)
- Gatorade Heat Safety Package: [https://www.ghsa.net/sites/default/files/documents/sports-medicine/Gatorade\\_Heat\\_Safety\\_Package.pdf](https://www.ghsa.net/sites/default/files/documents/sports-medicine/Gatorade_Heat_Safety_Package.pdf)
- Concussion Education for Athletes: [https://youtu.be/\\_5hlm3FRFYU](https://youtu.be/_5hlm3FRFYU)

# Code of Ethics for Student Athletes

I, \_\_\_\_\_, agree to demonstrate the following behavior as a SMCS student-athlete:

- I understand that I am a representative of SMCS at all times.
- I will be a good teammate, both on and off the field/court. My teammates will draw inspiration from my work ethic in practice and games.
- I will celebrate with my team respectfully. I will be humbled with my teammates during losses.
- I will treat coaches, players, officials, and administrators with respect, both on and off campus.
- I will always accept consequences and be held accountable for my behavior and attitude.
- I will be my very best, in both my attitude and athleticism and most of all my faith.
- I will always keep God first in my words and actions as a representative of SMCS.
- I have read and understand the Concussion Awareness and Action Plan.
- **I understand by signing this Code of Ethics, I am pledging to maintain my grades above 70 and my behavior and conduct above a "U." If my grades and behavior do not meet expectations, I understand that I will be ineligible from practices and games for the following week.**

I have reviewed the SMCS Athletic Handbook for Grades 6-8. It is my responsibility to understand and familiarize myself with the Athletic Handbook and to ask the Principal or Athletic Director any questions I may have regarding any policy, procedure, or information contained in the SMCS Athletic Handbook. I have read, understand, and agree to abide by the above policies and procedures.

\_\_\_\_\_  
Student-Athlete - Please Print

\_\_\_\_\_  
Signature of Student-Athlete

\_\_\_\_\_  
Date

# Code of Conduct for Parents of Student Athletes

- I understand that I am a representative of SMCS at all times.
- I will lead by example in demonstrating Christian love, fair play, and sportsmanship to all school employees, players, spectators, officials, parents, coaches, and volunteers.
- I will only address officials, opposing team players, parents, and coaches in a positive, respectful, and encouraging manner. I will remember that the game is for the student-athletes.
- I will always support school administration, athletic directors, and coaches' decisions.
- I will not disrupt games, practices, or related activities. I will express concerns regarding rules or calls only to proper league officials through the proper channels, once the game, practice, or related activity has concluded.
- I will respect the buildings, grounds, and facilities by supervising children, picking up trash, and following rules as displayed.
- I agree to share this information with all people in attendance at school-sponsored sporting events.
- I have read and understand the Concussion Awareness and Action Plan.
- **I understand that by signing this Code of Ethics, I am pledging that my Student-Athlete will maintain grades above 70 and behavior and conduct above a "U." I understand that if my Student-Athlete does not maintain these expectations that they will be ineligible from practices and games for the following week.**

I have reviewed the SMCS Athletic Handbook for Grades 6-8 and the Code of Conduct for Student-Athletes. It is my responsibility to understand and familiarize myself with the Athletic Handbook and to ask the Principal or Athletic Director questions I may have regarding any policy, procedure or information contained in the Athletic Handbook.

I have read, understand, and agree to abide by the policies and procedures for SMCS.

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Parent Name (Please print)

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Parent Signature

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Date

# Code of Ethics for Coaches

- I understand that I am a representative of SMCS at all times.
- I will show fairness, and a willingness to motivate, help, and improve students' skills through constructive criticism that is true and fair to the philosophy of the athletic program.
- I will utilize the best and most current teaching, coaching, and training methods.
- I will show professionalism and respect to other coaches.
- I will adhere to in- and out-of-season practice regulations.
- I will maintain consistent communication with parents, including, but not limited to, assigning a team parent to arrange phone trees, email lists, driving schedules, etc.
- I will assess all injuries carefully before allowing a student-athlete to return to play.
- I will adhere to the employee or volunteer guidelines on conduct outlined by VIRTUS, the Diocese of Savannah, and SMCS. This includes no direct communication (email, phone, social media, etc.) with student-athletes.
- I will not tolerate the use of performance-enhancing drugs by student-athletes and will inform the Principal and Athletic Director upon knowledge of such.
- I have read and understand the Concussion Awareness and Action Plan and completed the required VIRTUS training.
- **I understand by signing this Code of Ethics, I am pledging to accept if a student-athlete is ineligible due to grades, behavior, and/or conduct per the Principal and Athletic Director.**

I have reviewed the SMCS Athletic Handbook for Grades 6-8. I am responsible for understanding and familiarizing myself with the Athletic Handbook and asking the Principal or Athletic Director any questions regarding any policy, procedure, or information contained in the Athletic Handbook.

I have read, understand, and agree to abide by the policies and procedures for SMCS.

---

NAME OF COACH (Please print)

---

SIGNATURE OF COACH

---

DATE

# St. Mary on the Hill Catholic School

## Student/Parent Concussion Awareness Form

(While we are not part of GHSA, we are following their By-Law 2.68)

### DANGERS OF CONCUSSION

Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor "ding" to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

Player and parental education in this area is crucial - that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in SMCS athletics. One copy needs to be returned to the school, and one retained at home.

### COMMON SIGNS AND SYMPTOMS OF CONCUSSION

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

### BY-LAW 2.68: GHSA CONCUSSION POLICY

In accordance with Georgia law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. (NOTE: An appropriate health care professional may include a licensed physician (MD/DO) or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.

- a) No athlete is allowed to return to a game or a practice on the same day that a concussion (a) has been diagnosed, OR (b) cannot be ruled out.
- b) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance.

***By signing this concussion form, I give St. Mary on the Hill Catholic School permission to transfer this concussion form to the other sports that my child may play. I am aware of the dangers of concussion and this signed concussion form will represent myself and my child. This form will be stored with the athletic physical form and other accompanying forms required by the school and the Diocese of Savannah.***

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

\_\_\_\_\_  
**Student Name Printed**

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

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Parent Name Printed**

\_\_\_\_\_  
**Parent Signature**

\_\_\_\_\_  
**Date**

# Georgia High School Association

## Student/Parent Sudden Cardiac Arrest Awareness Form

SCHOOL: St. Mary on the Hill Catholic School

### 1: Learn the Early Warning Signs

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

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

### 2: Learn to Recognize Sudden Cardiac Arrest

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

### 3: Learn Hands-Only CPR

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

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

***By signing this sudden cardiac arrest form, I give St. Mary on the Hill Catholic School permission to transfer this sudden cardiac arrest form to the other sports that my child may play. I am aware of the dangers of sudden cardiac arrest and this signed sudden cardiac arrest form will represent myself and my child. This form will be stored with the athletic physical form and other accompanying required forms.***

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

\_\_\_\_\_  
***Student Name Printed***

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

\_\_\_\_\_  
***Date***

\_\_\_\_\_  
***Parent Name Printed***

\_\_\_\_\_  
***Parent Signature***

\_\_\_\_\_  
***Date***



**2.67 Practice Policy for Heat and Humidity:**

(a) Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts (this policy is year round, including during the summer} in all sports during times of extremely high heat and/or humidity that will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

- (1) The scheduling of practices at various heat/humidity levels.
- (2) The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels.
- (3) The heat/humidity levels that will result in practice being terminated.

A scientifically-approved instrument that measures the Wet Bulb Globe Temperature must be utilized at each practice to ensure that the written policy is being followed properly. WBGT readings should be taken every hour, beginning 30 minutes before the beginning of practice.

**WBGT ACTIVITY GUIDELINES AND RESTBREAK GUIDELINES**

Under 82.0 Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.

82.0 - 86.9 Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.

87.0 - 89.9 Maximum practice time is 2 hours. For Football: players are restricted to helmet, shoulder pads, and shorts during practice, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level **during** practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.

90.0 - 92.0 Maximum practice time is 1 hour. For Football: no protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 minutes of rest breaks distributed throughout the hour of practice.

Over 92.0 No outdoor workouts. Delay practice until a cooler WBGT level is reached.

- Practices are defined as: the period of time that a participant engages in a coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the practice or workout area until players leave that area. If a practice is interrupted for a weather-related reason, the "clock" on that practice will stop and will begin again when the practice resumes.
- Conditioning activities include such things as weight training, wind-sprints, timed runs for distance, etc., and may be a part of the practice time or included in "voluntary workouts."
- A walk-through is not a part of the practice time regulation, and may last no longer than one hour. This activity may not include conditioning activities or contact drills. No protective equipment may be worn during a walk-through, and no full speed drills may be held.
- Rest breaks may not be combined with any other type of activity and players must be given unlimited access to hydration. These breaks must be held in a "cool zone" where players are out of direct sunlight.
- When the WBGT reading is over 86, ice towels and spray bottles filled with ice water should be available at the "cool zone" to aid the cooling process AND cold immersion tubs must be available for the benefit of any player showing early signs of heat illness. In the event of a serious EHI, the principle of "Cool First, Transport Second" should be utilized and implemented by the first medical provider onsite until cooling is completed (core temperature of 103 or less).

Athlete's Name Printed \_\_\_\_\_ Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

