

# **PORTAL MIDDLE HIGH SCHOOL**

## **ATHLETIC HANDBOOK 2022-2023**



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## PMHS ATHLETICS

**Dear Coaches, Student-Athletes and Parents,**

Thank you for your interest in participating and/or supporting interscholastic programs here at Portal Middle High School. Please make every effort to read over this handbook as it goes over guidelines, policies and expectations for student-athletes. Together, we have an opportunity to have a good time getting better every day safely and respectfully through athletics. Let's always strive to be Respectful, Responsible, and Resilient through our actions and choices.

Go Panthers!  
Justin M. Chester

**Statement of Philosophy and Purpose of Handbook**

Portal Middle High School is committed to providing a diversified, participatory, and successful athletic program that is available to all students. Our school believes that such a program is a vital and integral part of the total school environment as well as playing a key role in the overall development of each student that is involved in the athletic program. It is our belief that the athletic program at Portal Middle High School should assist students in developing positive self-esteem and the qualities of good citizenship as well as promoting school spirit, fellowship and a pride in serving and positively representing the institution.

It is the purpose of this handbook to set forth the operating procedures for the students, parents and athletic staff at Portal Middle High School. It is designed as a reference source that will facilitate the process of seeking and clarifying information concerning administrative and athletic policies and procedures as well as promote a framework that will lead to the effective and efficient application of those policies and procedures.

**Objectives of Participation**

The athletic program at Portal Middle High School will provide each participating student adequate opportunities for:

- a. physical, mental and emotional growth and development;
- b. the acquisition and development of special skills in the activities of each student's choice;
- c. directed leadership and supervision that stresses self-discipline, self-motivation, excellence and the ideals of good sportsmanship exemplified through winning and losing graciously;
- d. being a part of a unified team composed of the student body, faculty and community;
- e. the achievement of goals established by the individual student, the team and the school; the development of skills and an appreciation of sports that may be used throughout life as a participant and/or spectator.

Respectful

- Coaches, Teammates, Facilities & Community
- You never know who is watching...

Responsible

- Commitment – Be Present at Practice & Meetings
- Maintaining Academic Eligibility

Resilient

- Trust Your Coaches
- Focus on Improvement
- Overcome Adversity

**Goals for Each Student–Athlete**

The overall goal for the athletic program of Portal Middle High School is for each student–athlete to become a better overall person through his or her participation in athletics. The major points of emphasis throughout the program will be teamwork, maximum effort, dedication, commitment, respect for authority and discipline.

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**Code of Ethics for Parents, Spectators, Student-Athletes and Coaches****Code of Ethics for Spectators**

- Attempts to understand and be informed of the playing rules.
- Appreciates a good play no matter who makes it.
- Cooperates with and responds enthusiastically to cheerleaders/dance team.
- Shows compassion for an injured player; applauds positive performance; does not heckle, jeer or distract players; and avoids use of profane and obnoxious language and behavior.
- Respects the judgment and strategy of the coach, and does not criticize players or coaches for loss of game.
- Respects property of others and authority of those who administer the competition.
- Censures those whose behavior is unbecoming.
- Respects officials and accepts their decisions without gesture or argument.

**Code of Ethics for Student-Athletes**

- Remember that academic performance is your primary responsibility.
- Read, familiarize yourself and comply with policies outlined in the Athletic Handbook AND your coach's specific set of team policies.
- Treat advisors, coaches and opponents with respect.
- Respect officials and accept their decision *without* argument or gesture.
- Exercise self-control at all times and setting an example for others to follow.
- Win without boasting, lose without excuse and never quit.
- Always remember that you represent Portal Middle High School and the community, and it is a privilege.
- Return any equipment; uniforms issued to the participant must be returned in the same condition at the end of the activity. Equipment that is lost, damaged or stolen is the responsibility of the participant, and it is the responsibility of the participant to make restitution to the school.
- Report any injury to the coach no matter how slight the injury may appear. If the injury requires a physician's care, the participant must have written permission from the doctor before returning to the activity.
- Attend classes the day of, and after a competition.
- Extracurricular activities are not an excuse for being tardy on the day following a competition.

**PMHS and National Federation of High Schools  
Code of Ethics for High School Coaches**

- The responsibility of a coach is to teach attitudes, proper habits, knowledge and skills. The athletic program is designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student-athlete should be treated as an individual whose welfare shall be primary at all times.
- The coach must be aware that he or she serves as a model in the education of the student-athlete and, therefore, shall never place the value of winning above the value of character building.
- The coach must constantly uphold the honor and dignity of the teaching profession. In all personal contact with the student-athlete, officials, athletic directors, school administrators, the state high school athletic association, the media and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
- The coach shall support and enforce school rules for the prevention of drug, alcohol and tobacco use and abuse, and under no circumstances shall authorize the use of these substances.
- The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
- The coach shall be thoroughly acquainted with contest, state, league and local rules, and is responsible for their interpretation to team members. The coach shall abide by the letter and spirit of these rules at all times. Coaches are expected and required to be familiar with all school policies and

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procedures and follow them at all times. Failure to support PMHS in these ways, will seriously affect the coach's status at the school.

- Coaches shall actively use their influence to enhance sportsmanship by their spectators, working closely with spirit groups, booster clubs, and administrators.
- Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct that will incite players or spectators against the officials or against each other. Public criticism of officials or players is unethical.
- Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.
- A coach shall not exert pressure on faculty members to give student athletes special consideration.
- It is unethical for coaches to scout opponents by any other means than those adopted by the state high school athletic association and the league.
- It is a goal of the athletic department to meet the needs of students by introducing and eliminating activities based on the desires of the student body.

**Code of Ethics for Parents of Student-Athletes**

- Encourage your child and team – be enthusiastic – show school spirit.
- Maintain a positive attitude whether your team is winning or losing.
- Refrain from being insulting or showing bad sportsmanship during the competition. Any problems or concerns should be brought to the attention of the coach or the athletic director at another time.
- Support the team with team sponsored events, such as fundraising initiatives, phone trees, etc.
- Parents, as spectators, are expected to exhibit good sportsmanship at all times. (See the above definition of the responsibilities of spectators). Spectators, including parents, who, in the judgment of the principal, athletic director, and/or the site administrator, who behave in ways that are inappropriate and in violation of the guidelines will be warned about the behavior and then will be asked to leave the competition, immediately.
- Respect the judgment and strategy of the coach.
- Do not criticize players or coaches for loss of game.

**Academic & Age Eligibility Policy for Athletes Grades 9-12**

All of the following criteria must be satisfied prior to any student – athlete's participation in any athletic practices, games, or team function:

**High School Eligibility**

- Eligibility status filed and verified by the Georgia High School Association as well as any and all local requirements as specified by the Bulloch County School System and/or Portal Middle High School; the GHSA requirements for eligibility are as follows:
- All student-athletes must have passed a minimum of 5 out of 7 classes taken during the previous semester; this does not apply to 1<sup>st</sup> time 9<sup>th</sup> graders for fall semester of their 9<sup>th</sup> grade year.
- Student-athletes in grades 10–12 must have accumulated the following minimum number of required Carnegie Units to be declared “On-track” for graduation (for GHSA purposes --- not Bulloch County requirements):  
Grade 10 = 5 Carnegie Units  
Grade 11 = 11 Carnegie Units  
Grade 12 = 17 Carnegie Units

**GHSA By-Law 1.30 - AGE**

- A student who becomes **19** years of age on April 30, prior to his/her fourth year of high school may **NOT** participate in varsity athletics the fourth year. May 1 is the cut-off date.

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**Middle School Eligibility**

- A student must be passing 4 out of 6 classes at the semester change to be academically eligible.
- If a player turns 15 years old before November 1, 2022, he/she is NOT eligible for participation in any sport at the middle school level for the 2022-2023 school year.
- If at any time a player participates in an higher-level (B-team or varsity) he/she will be ineligible to play at the middle school level for that sport for the remainder of the season. If this occurs, the team will have to forfeit.

**Required Forms**

- A current and complete physical examination form on file with the school Athletic Director and the Head Coach of the sport in which the student–athlete wishes to participate stating that the student–athlete is cleared to participate without restrictions or with specific restrictions noted; the only physical form accepted will be the GHSA and Optim mandated forms that can be obtained from the school’s athletic secretary.
- In addition to the physical examination form, the following forms must be current and complete. A copy should be on file with the Athletic Director and Head Coach prior to the first day of participation.
  - Permission Form for Athletic Participation
  - Insurance Information Form
  - Student/Parent Concussion Awareness Form
  - Athletic Handbook Acknowledgement Form (includes heat policy)
  - Optim Form
- In the event of an injury, a written doctor’s medical release must be on file with the school Athletic Director and the Head Coach before the student–athlete will be allowed to resume participation.

**Discipline Policy for In and Out-of-School Suspension**

**All Student–Athletes are to abide by all rules, regulations and policies of the Bulloch County Board of Education at all times.**

Each Coach will provide written rules, regulations and policies governing participation for their respective team. It is the responsibility of the student to read and abide by all written correspondences regarding discipline or academic matters. Each coach reserves the right to limit playing time or invoke other penalties for violation of team or school rules, regulations and policies.

Each student–athlete is a representative of Portal Middle High School, the community, their family and themselves. Failure to abide by all rules, regulations and policies may result in suspension or dismissal from the team. Dismissal or suspension will be at the discretion of the Head Coach and Athletic Director. The actions and appearance of the student–athlete will be viewed by others as a direct reflection of each of these entities. It is the responsibility of each student–athlete to conduct themselves in such a manner as to not bring shame and ridicule to any and all of these entities. Any actions that violate this principle will not be tolerated and severe or continuous behavior to that effect may result in suspension of playing privileges or permanent removal from the team or activity.

Student-Athletes who have been assigned ISS/OSS for discipline problems will not be allowed to participate in any sport until the suspension is over without the approval of the School Administrator or Athletic Director. Any time an ISS day is missed due to early dismissal for a game, it must be made up the following school day.

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**Mandatory Reporting of Child Abuse**

All coaches employed by Bulloch County schools are mandated reporters regarding suspected child abuse or neglect. If a coach suspects abuse or neglect of a student, he or she must make a report within 24 hours to a school administrator or counselor.

**Absences: Attendance Policy for Athletes**

Bulloch County School System policy prohibits participation in any extracurricular activity if a student is not present at school for at least one-half of the school day unless there is a clear and justifiable reason for the absence. Any student who is absent for more than one-half of a school day and wishes to participate in an extracurricular activity, including practices, on that day must receive approval to do so by **school administration before the absence occurs**.

Absences will be designated excused or unexcused by the School Administrator. Athletes with an unexcused absence on game day will **NOT** be able to play in the game.

Unexcused absences from practices may jeopardize retaining a position on the team, an opportunity to earn a varsity letter, and/or playing time at the coaches' discretion.

Excused absences from practices may impact position on the team and playing time, not as a punitive measure, but for the safety of that individual, fairness to the rest of the team, and strategic reasons.

**Practices: In-Season**

Although practice schedules differ from sport to sport it is our philosophy that our student-athletes are **students first and athletes second**. We strongly encourage our coaching staff to take this philosophy into consideration when developing practice and game schedules. There may not be any mandatory practices on Sundays and any Sunday practices are highly discouraged by the administration of Portal Middle High School. Any attendance at Sunday practices must be strictly voluntary and non-attendance by a student-athlete may not be used as a reason to disallow a student – athlete from any game participation time nor can a student-athlete be disciplined in any way for non-attendance of a Sunday practice.

**Practices: Off-Season**

Practices held during the off-season may not be mandatory nor may they be a prerequisite for participation or membership on a team. This means that a coach cannot require a student-athlete to make up a practice they miss out of season. While rewards and incentives may be used to encourage attendance, participation may not be made mandatory. Please note that the GHSA does permit some off-season practices to take place in some sports and under certain circumstances. Please feel free to call the Athletic Director if you have any questions about off-season practices or visit [www.ghsa.net](http://www.ghsa.net) and read GHSA Rule 2.69.

**Consequences for Quitting a Sport during the Season**

Student-athletes are expected to complete the season of the sport in which they are participating in its entirety. However, we recognize that conflicts do arise and that there may be no other satisfactory solution than for a student-athlete to leave the team. If such a situation occurs, it is requested that the student-athlete and their parent(s) meet with the Head Coach, the school's Athletic Director and/or the Principal to discuss the reason(s) for quitting the sport. If a resolution cannot be reached that would allow for continued participation then all parties will agree that this is the best course of action.

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If a student–athlete quits one sport, he/she will not be allowed to participate in another sport until that sport is out of season. Strong consideration will be given as to whether or not the student–athlete will be able to try-out and compete in another sport that year. In this case, the determination will be made by the Athletic Director in conjunction with the head coach of the sport that was quit, the head coach of the sport the student-athlete will be trying out for, and the parents of the student-athlete.

Athletes have a **two-week** grace period beginning with his/her first practice to remove themselves from the team without being penalized. Should an athlete decide the sport is not suited for him/her within those two weeks; there will be no penalty for quitting.

### **Conflicts among Multi-Sport Athletes / Extracurricular Activities**

Portal Middle High School encourages students to become involved in a variety of extracurricular activities according to their individual interests and skills. The faculty and staff at Portal Middle High School are committed to working together to allow maximum student involvement. We recognize that this philosophy will result in conflicts between the many extracurricular activities from time to time. Head Coaches and/or Sponsors, the school Athletic Director along with the student and parent(s) will meet together to work out a satisfactory solution based on the following considerations:

- a. best interests of the school;
- b. best interests of the student;
- c. best interests of the team / activity as a whole.

A key component in reaching an agreement on the best course of action will be the completion of a declared priority contract by the student–athlete and their parent(s) identifying which activity takes priority over another in the case where conflicts occur among activities. The athletic director will maintain the completed declared priority contracts.

The athletic director will work with coaches to help determine practice times and locations for sports that coincide on the calendar to allow athletes to participate in multiple sports.

### **Sportsmanship Policy**

Portal Middle High School expects all parties present at a contest to display the highest possible level of sportsmanship. Players, coaches, and spectators should treat opponents, game officials and visiting spectators with respect at all times. PMHS reserves the right to warn, censure, place on probation or suspend (for up to one calendar year) any player, team, coach, or school official determined to be acting in a manner contrary to the standards of good sportsmanship. Spectators who do not adhere to standards of good sportsmanship may be asked to leave the contest and/or be prohibited from future contests. If you are not sure what details good sportsmanship, please follow this simple rule: Cheer for your own team, but do not belittle opposing teams, coaches and officials.

*Three important GHS A Rules pertaining to student-athletes, coaches, or team attendants should be noted:*

1. A player, coach or attendant “ejected” from a game shall, at a minimum, miss the next game.
2. A player, coach or attendant “ejected” from two games during the same season is disqualified for one full calendar year or until suspension has expired.
3. Striking or assaulting an official will result in disqualification for one full year.

### **Lettering Policy**

The determination of whether or not a letter is awarded to a student–athlete participating in a varsity sport is the responsibility of the Head Coach in each sport in conjunction with the approval by the school’s Athletic Director. A student–athlete may be awarded a letter by completing the season in a varsity sport only and should be earned through dedication and commitment to that sport and



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making a significant contribution to the total team effort throughout the entire season. The criteria for lettering will be if a student–athlete completes the varsity season in good standing **as determined by the head coach** of the sport.

### Letter Jacket

Each student–athlete in grades 9<sup>th</sup>-12<sup>th</sup> will be eligible to participate without paying an annual participation fee. However, the student-athlete will be responsible for purchasing their letter jacket when he/she has completed his/her sophomore year and at least two varsity athletic seasons. The cost of the jacket will be paid fully by student. Patches and bars for the letter jacket will be purchased by the respective sport and/or student–athlete. State champion or state runner up patches will be awarded to the members of these respective teams. **All eligible student-athletes will have the opportunity to order their letter jacket fall or spring of each school term and must be present for the actual letter jacket fitting and measurement with the Neff Representative in order to process order forms.**

### Criteria for Athletic Honors and Awards

Each student–athlete at Portal Middle High School who completes their team’s season in good standing will be awarded either a:

- (1) certificate of participation for junior varsity competition
- (2) varsity letter for varsity competition
- (3) certificate of participation for middle school competition

Individual awards for student–athletes will be at the discretion of the Head Coach and the coaching staff.

To be considered for a team award presented by the coach, a student must:

- Display upright conduct and a spirit of fair play at all times;
- Exhibit respect for school personnel, coaches, game officials, and opponents;
- Not violate the Bulloch County School’s Drug and Alcohol Policy;
- Return all equipment at the completion of the season;
- Meet criteria established by the coach, and
- Finish the season as a member in good standing on his/her team, which includes being academically eligible.

### Athletic Award Ceremonies

There will be three athletic ceremonies held during the school year. The fall ceremony will take place in January for football, softball, and flag football. The winter ceremony will take place in March for cheerleading, basketball, and one act play. The spring ceremony will take place in May for soccer, golf, baseball, and track. Each student–athlete, their parent(s) and family is encouraged to attend the event so that each participating member of the team can be recognized for their hard work, commitment and contributions to the team’s season. At these ceremonies we will recognize scholar athletes, varsity letters, certificates of participation, and region/area/state accomplishments. **Each sport may do their own banquet to celebrate successes as a team and allow for more of an intimate dinner and fellowship.**

### Gender Equity

Portal Middle High School is committed to providing equal opportunities and treatment for both sexes under the guidelines of Title IX. Any concerns regarding such issues should be brought to the attention of and discussed with the school Athletic Director, Principal and Head Coach of the sport in which the concerns exist.

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**Interscholastic Sports**

Student – athletes at Portal Middle High School participate in interscholastic sports. Parents and student – athletes should have a clear understanding that interscholastic sports are competitive and successful programs combine the attributes of winning with the objectives and philosophies of participation as stated earlier in this handbook. The staff of dedicated, committed and professional coaches must make decisions on the playing status of all student–athletes on the basis of what are the best options for the team and program to be successful. The Athletic Director, Principal and Head Coaches will operate with an open door policy with parent(s) and student–athletes to discuss any issues that need to be addressed concerning the various aspects of the student–athletes participation in the sport. **However, the parent(s) and student–athlete must make prior arrangements for an appointment with all parties to ensure that the most productive atmosphere exists in discussing issues of concern. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach and generally do not promote a resolution.** Appropriate concerns to discuss with coaches are: (1) ways to help your child improve; and (2) concerns about your child’s behavior. Issues that are not appropriate to discuss with coaches are: (1) team strategy; (2) play calling; (3) playing time; and (4) other student–athletes.

**Accident & Injury Reporting**

When a student–athlete has an accident or is injured during practice or competition the student must notify the coach immediately so that appropriate action may be taken and so that the parent can be notified. Parents are encouraged to notify the coach immediately if they become aware of an injury sustained at practice that the student did not report to the coach.

**Athletic Training Room Policies**

PMHS is fortunate to have a highly qualified and skillful full-time athletic trainer as a member of our staff. On school days our athletic trainer’s hours usually begin at 2:00 P.M. and last until the conclusion of the last practice or home game. During weekends and times when school is not in session, the athletic trainer is required to be on site only for contests and for some scheduled scrimmages. Occasionally, the athletic trainer will be on site for non-school day practices.

The training program exists to help athletes receive the best possible care. At certain times, however, the athletic trainer and training room facilities are extremely busy. Consequently, access to the training room and its services is limited to athletes who require care only. Training services are granted on a first come, first served basis on practice days. On game days, students will be treated in an order that will allow bus and/or game commitments to be met.

In the event of an athletic injury, the athletic trainer is in immediate control. At away contests, if the athletic trainer is not present, the host school medical personnel are in control. If no medical personnel are present, members of the coaching staff are instructed to “take charge” of the situation and, if warranted, call for emergency care. All sport related injuries must be reported to the athletic trainer and a student may not return to competition without clearance by the athletic trainer, which may also include written permission from a physician.

Student-athletes who have been treated for an injury must be cleared by the Athletic Trainer prior to resuming participation.

**PMHS ATHLETICS****Transportation**

Students involved in all extracurricular activities at Portal Middle High School will be provided transportation to and from all away games/meets/matches. However, there may be instances where a student-athlete will be required to drive to a different location for practice. In these cases, a release for this travel must be on file with the Head Coach of that sport, as well as the Athletic Director's office. A student-athlete may **NOT** transport another student-athlete unless they are members of the same immediate family. Recent accidents and litigation have made this necessary. The student-athletes at Portal Middle High School will have a bus provided by the Bulloch County Board of Education and a trained driver to drive this bus to all away games/meets/matches. This is the safest way for all persons to get to and from events. Student-athletes at Portal Middle High School will not be released to any individual to ride private transportation following contests except the student-athlete's parent(s) or legal guardian, and a release must be signed by the parent/guardian after the contest – no pre-approvals for being released to someone other than a parent/guardian will be allowed.

**NCAA Clearinghouse**

The NCAA Clearinghouse is a service provided to potential college-bound athletes to ease their transition to college athletes. It is mandatory that students seeking to play college athletics go through the clearinghouse. The guidance office at Portal Middle High School has many helpful publications concerning the NCAA Clearinghouse and will be willing to assist any student and the parent(s) in obtaining information and registering with the clearinghouse. Information is also available online at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net).

**Fundraising**

Student-Athletes may be expected to assume some of the responsibility for fund raising (cookie, donut or other commodity sales, car washes, and other revenue generating activities) for their respective sports so that a concerted effort (school, community, coach and student-athlete) can be directed toward funding programs and toward providing a quality experience. Individual coaches and supporters of programs should not begin any activities or approach area merchants for donations without prior approval of the Superintendent.

**Booster Club**

Booster Club support is essential to providing a quality athletic program at the high school level. We encourage all parent(s) and other people and businesses of the community to join our booster club so that Portal Middle High School can provide the best opportunities for the student-athletes to attain success through quality equipment and facilities. In addition, the booster club assists in providing uniforms and some awards for the student-athletes at Portal Middle High School as well as special projects.

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**1. BY-LAW 2.67 – “Practice Policy for Heat and Humidity**

Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts 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, and
3. The heat/humidity level that will result in practice being terminated.

PMHS uses scientifically approved instrument to measure heat and humidity. The Wet Bulb Globe Temperature (WBGT) reading must be utilized at each practice to ensure that the written policy is being followed properly.

WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
<b>UNDER 82.0</b>	Normal activities --Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout
<b>82.0 -86.9</b>	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of four minutes duration each.
<b>87.0 – 89.9</b>	Maximum practice time is two hours. For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each
<b>90.0--92.0</b>	Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.
<b>OVER 92</b>	No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs

**GUIDELINES FOR HYDRATION AND REST BREAKS**

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved.
2. For football, helmets should be removed during rest time.
3. The site of the rest time should be a “cooling zone” and not in direct sunlight.
4. When the WBGT reading is over 86.
  - a. ice towels and spray bottles filled with ice water should be available at the “cooling zone” to aid the cooling process.
  - b. Cold immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.

**DEFINITIONS**

1. **PRACTICE:** 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 field until they leave.
2. **WALK THROUGH:** this period of time shall last no more than one hour, is not considered to be a part of the practice time regulation, and may not involve conditioning or weight-room activities. Players may not wear protective equipment.

**PENALTIES:** Schools violating the heat policy shall be fined a minimum of \$500.00 and a maximum of \$1,000.00.

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**STUDENT/PARENT CONCUSSION AWARENESS FORM****SCHOOL: Portal Middle High School****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 GHSA 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 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.

**c)** It is mandatory that every coach in each GHSA sport participate in a free, online course on concussion management prepared by the NFHS and available at [www.nfhslearn.com](http://www.nfhslearn.com) at least every two years – beginning with the 2013-2014 school year.

**d)** Each school will be responsible for monitoring the participation of its coaches in the concussion management course, and shall keep a record of those who participate.

PMHS ATHLETICS  
**Athletic Code of Conduct & Reminders**

**Daily Attendance:**

Any student-athlete absent from school the day of scheduled game or practice session will not be allowed to participate in that game or practice. A student must be in school for a minimum of 3 ½ hours in order to participate. Students who skip class or do not fulfill their academic responsibilities will also be ruled ineligible for participation.

**Students in “Good Standing”:**

All athletes must be a student in “good standing” in order to participate in athletics. “Good standing” is defined but not limited to:

- Adherence to school rules that regulate behavior and attendance
- Respectful behavior towards all members of the school community

A student is considered not to be in good standing during the season of play/activity if he/she has a suspension, ISS/OSS or skipping school/classes. A student found not to be in good standing may be denied the privilege of participating in an interscholastic sport or extracurricular activity.

**Academic Duty:**

Students will plan their time so that they will devote sufficient energy to their studies to ensure grades representing their true abilities.

**Taunting:**

Taunting, either as an active team member or as a spectator at a sporting event is forbidden and may lead to suspension or dismissal from the team and/or the sporting event.

**Honesty and Integrity:**

Honesty is expected at all times. Stealing and lying will not be tolerated and, subject to due process, will result in immediate dismissal from the team. Any individual who is found in possession of another individual’s personal property will forfeit their privilege to participate on any PMHS Athletic team for at least one full year. Participation on a PMHS athletic team after the one-year suspension will be contingent upon the outcome of a hearing comprised of PMHS Administration and the Athletic Director.

**Representation:**

Student-athletes are considered representatives of the school at all practices, contests and events. Students will conduct themselves properly when traveling as they represent the community, school and team. Profanity and inappropriate conduct will be discouraged.

**Respecting the Spirit of the Game:**

Students will realize that officials do not lose a game, but are there for the purpose of insuring the game they are playing is a fair and safe contest for all participants. The officials will be shown courteous respect at all times. Student-athletes will also not employ illegal tactics to gain an advantage.

**Respect for the Coaching Staff:**

Students will understand that their coaches have their best interests in mind as they plan and guide the athletic team. They will obey the specific rules of the coach.

**Respect for school buildings and grounds:**

Students will understand that damage to the school building, grounds, or school equipment will result in immediate suspension from the team. The length of such suspension will depend on the severity of the damage as determined by the Athletic Director and Coach. Please note, cleats are not to be worn in the building or on the gym floor at any time.

PMHS ATHLETICS

**FINAL MESSAGE TO ALL STUDENT-ATHLETES, SPECTATORS AND PARENTS:**

We urge you to support Portal Middle High School Athletics by:

- Attending sporting events.
- Lending positive support to our teams and coaches.
- Encouraging all players without regard to their role on the team.
- Helping other spectators and parents to maintain an appropriate sportsmanlike attitude.
- Showing respect for our coaches and the authority of the game officials.
- Enjoying the Portal Middle High School athletic experience.

***GO PANTHERS!***

PMHS ATHLETICS

# Acknowledgement Form 2022 - 2023

**Date of Distribution:** \_\_\_\_\_

**Student–Athlete’s Name:** \_\_\_\_\_

Link to PMHS Athletic Handbook - <https://pmhs-bcss-ga.schoolloop.com/athletics>

I acknowledge that I have reviewed the Portal Middle High School Athletic Handbook and that I understand the policies and procedures as stated in this handbook. In addition, I agree to support and abide by the policies and procedures as stated in the Portal Middle High School Athletic Handbook. Failure to comply may result in my dismissal from the athletic program.

If you would like a printed copy of the 2022-23 Athletic Handbook, please indicate by circling the options below.

Yes, please provide me a hard copy.

No, I reviewed handbook online.

\_\_\_\_\_  
**Student–Athlete’s Signature**

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

\_\_\_\_\_  
**Parental Signature**

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

**Parental Comments:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*\*\*This completed form must be returned to the PMHS Main Office within one week from receipt. Failure to return form within the specified time will result in the loss of practice and / or playing time until the completed form is turned into office.

**The PMHS Office staff will retain a copy of this form for each participating student-athlete for the duration of each school year.**



PMHS ATHLETICS



**PMHS Multi-Sport Participation Declared Priority Contact**

It is the intention of the athlete named below to participate in two sports during the same season. In order for this to occur, the following stipulations must be met in accordance with Portal Middle-High School policy.

1. The process must be initiated through a meeting scheduled with the Athletic Director.
2. The athlete must declare which sport is primary and which is secondary for participation purposes.
3. Approval may be denied because of academic concerns at any time during the athletic season. The athlete then will participate in the primary sport only.
4. Practice and Game/Meet requirements must be established prior to the athletic season. Contests take precedence over practice, and the primary sport contests take precedence over secondary sport contests. This should be detailed in writing below after a conference between the Athletic Director and the Coaches involved.
5. The athlete may also have the option to focus only on the primary sport while it is in season and begin the secondary sport when the primary season has ended.

Name of Student-Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Primary Sport: \_\_\_\_\_ Secondary Sport: \_\_\_\_\_

**Practice and Game/Meet Requirements (attach calendar):**

**Additional Stipulations:**

Athlete only wants to focus on one sport at a time like indicated in step 5. \_\_\_\_\_

_____ Student-Athlete Signature	_____ Date	_____ Parent/Guardian Signature	_____ Date
_____ Primary Head Coach Signature	_____ Date	_____ Secondary Head Coach Signature	_____ Date
_____ Athletic Director Signature	_____ Date	_____ Principal Signature	_____ Date