

JOHNSON
COUNTY



ATHLETIC
HANDBOOK

Purpose

The purpose of the Athletic Department is the athletic department at Johnson County emphasizes academics, discipline, and high morals to build on the character of our athletes and prepare them for their adult lives.

Participation Requirements

In order to participate in any GHSA sport, all students must be a full time student at Johnson County High School, submit the GHSA pre-participation physical exam documents, and meet all GHSA eligibility requirements, sign heat illness and concussion awareness form.

STUDENT ATHLETE ISSUES

Interscholastic athletics at Johnson County is a voluntary program. Students are not obligated to participate and participation is not required for graduation. Thus, competition in high school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the high school athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules.

Behavior

Student athletes assume the obligation to appear in public appropriately dressed and to engage in behavior that reflects credit to their school, team and community. Disruptive behavior in or out of school may result in suspension or dismissal from the athletic program (all rules listed in the JCHS Code of Conduct apply).

Eligibility Rules and Grades

Please refer to the GHSA [Constitution and By-Laws](#) for additional information. Middle School students who fail 2 or more classes at the end of the first semester will be ineligible for participation during the second semester.

Team Uniforms

Athletes are responsible for all equipment and uniforms issued to them; this includes the return of all items that were originally issued, in clean, wearable condition (except normal season wear and tear). Uniforms and equipment must be returned by the deadline set by the coach. Coaches are expected to complete an inventory and turn a copy in to the AD within 2 weeks of the end of the season. You may not try out for another sport until all equipment and uniforms have been turned in or lost equipment/uniforms have been paid for. If it is necessary for athletes to purchase additional uniform items (beyond what the school program provides) the options and cost of such items should be discussed and agreed to by the parents (at the pre-season parent meeting). It may be required to have a uniform professional cleaned.

Missing Practice

Coaches should clearly establish rules for attending and missing practices. Violations of these rules could get them dropped from a team. (Employment is not a valid reason for missing a game or practice).

Termination of an Athlete

An athlete may be cut from a team; due to of lack of ability. An athlete may be suspended or dismissed from a team for a violation of rules, conduct, etc... Any athlete who quits any sport without approval of the coach and athletic director will be suspended from participating in any athletic program until that sport season is completely finished. The athlete is eligible to try-out for another sport subject to approval

by the athletic director and the coach of the new sport. Advise the Athletic Director of any permanent change in the roster.

Athletic Review Board

The Johnson County High School Athletic Review Board shall be composed of the Principal, Athletic Director and Team coach and possibly another sport coach. The purpose of the Review Board is to hear appeals from parents and/or suspended athletes who desire to return to the sports program.

Appeal Procedure

All student athletes have the right to appeal their suspension from any sports team. The appeal process must be initiated by the student-athlete in the form of a written request to the Athletic Director or Principal within one week of the suspension.

Arrests

Punishment for misdemeanor offenses may be handled by the individual sport coaches in conjunction with the parents. These cases do not have to result in the loss of playing time. The parent, player, and coach should meet to counsel the student athlete about the situation. Extra conditioning to help remind the player about their poor choices is expected.

Player charged with a misdemeanor drug offense may be subject to counseling, extra conditioning and suspension.

Student Athletes charged with a felony are subject to tribunal as stated in the Student Handbook.

PARENT INVOLVEMENT

Parents play an important role in our athletic program. Players and coaches should communicate the schedules, expectations, codes of conduct, and fees (if any) for participation on the sport team.

Injuries / Illness

If the athlete misses practice due to injury, sees a medical practitioner, or if, in the coach's opinion, the situation warrants a report. If an athlete misses practice on the request of a physician the athlete should have a note of clearance before returning to practice. If an athlete gets sick, the athlete should try to attend practice (not participate) and watch. If he/she the athlete needs to go home, the athlete should personally go see and speak with the coach about the illness.

Absences

Athletes are expected to be in school for a minimum of half day on game days to be eligible for the game on that day. Appeals for eligibility may be made to the committee set by the principal.

EQUIPMENT

Coaches will issue and collect game uniforms, and practice gear. Each player is responsible for the equipment issued to his/her. Uniforms must be in wearable and clean condition when turned in by athlete. All equipment and uniforms must be stored at Johnson County High School. **Players will be fined and diploma/report card will be held until all school property is appropriately returned.**

Gymnasium/Locker Rooms

Use of the gym by groups or individuals who are not Johnson County students or members of our staff is

not permitted. A former JOCO athlete that is in college may be allowed to use the facilities only with permission from the athletic director and/or principal. These decisions will be made on an individual basis.

Weight Room

The Johnson County weight room is designed for our students to develop themselves both physically and mentally. The weight room can be dangerous if rules are not closely followed. There should not be any unsupervised workouts. All lifters should have proper spotters for all lifts. No horseplay, food, or drink should be in the weight room.

Valuables

Please do not leave any items such as money, iPods etc. in the locker room. Coaches may collect and store all valuables in a locked and secure office. The football locker room has lock boxes. If a player chooses to bring valuables to the locker room, they should be locked in their box. Coaches are not responsible for lost items that are not locked.

TEAM TRANSPORTATION

Student-athletes must ride in school provided transportation to and from all contests unless they receive permission from the coach and provide a written note.

Students may be released to their parent/guardian after a contest, upon the approval of the coach. Coaches are to see that school buses are kept clean.

Game travel

All athletes ride to the game on the school provided transportation (bus). Players are not permitted to drive themselves nor ride with another person to an athletic contest. Parents are able to drive only their athlete from athletic contests (coaches should encourage the parents to allow the player to ride the bus whenever it is possible. Players may not ride with anyone other than their own parents). The player and parent must have a written signed note from the Principal and/or Athletic Director prior to riding home with the parents. Prior notice should be given to the sport coach by the player and the parent.

GHSA CONSTITUTION AND BYLAWS

1.53 Students must accumulate units towards graduation according to the following criteria: (a) First-year students (entering 9th grade) are eligible academically. Second semester first-year students must have passed courses carrying at least 2.5 units the previous semester in order to participate. (b) Second-year students must have accumulated five (5) total units in the first year, AND passed courses carrying at least 2.5 units in the previous semester. (c) Third-year students must have accumulated eleven (11) units in the first and second years, AND passed courses carrying at least 2.5 units in the previous semester. (d) Fourth-year students must have accumulated seventeen (17) units in the first three years, AND passed courses carrying at least 2.5 units in the previous semester. (e) Students may accumulate the required units for participation during the school year and eligibility will be reinstated at the beginning of the next semester.

Middle School students who fail 2 or more classes at the end of the first semester will be ineligible for participation during the second semester. Middle School athletes who are promoted to the next grade will be eligible for participation in athletics

1.56 Loss of Eligibility: Students assigned to an alternative school or on out-of-school suspension for disciplinary reasons, or adjudicated to YDC, lose their eligibility. Suspension is considered to have ended when the student is physically readmitted to the classroom.

By-Law 2.67 - Practice Policy for Heat and Humidity: (a) Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts (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
- (3) The heat/humidity levels that will result in practice being terminated

(b) 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 REST BREAK 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 92.1** No outdoor workouts. Delay practice until a cooler WBGT level is reached.

(c) 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.

(d) 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.”

(e) 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.

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

2.68 GHSA Concussion Policy: In accordance with Georgia law and national playing rules published by the NFHS, 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’s 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 practice on the same day that a concussion **(1)** has been diagnosed OR **(2)** 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 (including Community Coaches, Student Teachers, and Interns) participate in a free, online course on concussion management prepared by the NFHS and available at www.nfhslearn.com at least every two years - beginning with the 2013-14 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. **(e)** Each school must distribute to every athlete and his/her parent/guardian an information sheet that includes: the dangers of concussion injuries, the signs/symptoms of concussion, and the concussion management protocol outlined in this by-law. This sheet must be signed by the parent/guardian of each athlete and a copy kept on file at the school.

Johnson County High School Athletic Handbook Acknowledgement Form

Student Athlete: _____

As the parent or guardian of this student athlete, I have read and understand the Johnson County Middle / High School Athletic Handbook. I recognize that my child should abide by these procedures therein in order to remain eligible to participate in the Athletic Program, and understand that violating these procedures may result in the loss of this privilege. Therefore, I support and accept the procedures of the school, including those that prohibit the uses of alcohol, drugs, and tobacco, while my child is involved in the athletic program.

*** Signature of parent or guardian**

Date

As a student participant in the JCHS Athletic Program, I have read and understand the Johnson County Middle / High School Athletic Handbook. I recognize that my child should abide by these procedures therein in order to remain eligible to participate in the Athletic Program, and understand that violating these procedures may result in the loss of this privilege. Therefore, I support and accept the procedures of the school, including those that prohibit the uses of alcohol, drugs, and tobacco, while I am involved in the athletic program.

*** Signature of Student Athlete**

Date

Johnson County Students Athletes are expected to:

- Display a sense of pride and commitment when representing Johnson County High School
- Be a positive role model in academics, behavior, dress, attitude, and language
- Be respectful
- Be a good student
- Abstain from the use of illegal drugs, alcohol and tobacco
- Do Right!

Student Athlete: _____ **Date:** _____

*** Parent or Guardian:** _____ **Date:** _____

HEAT POLICY PLAYER HANDOUT

(a) Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts (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

(b) 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 REST BREAK 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 92.1 No outdoor workouts. Delay practice until a cooler WBGT level is reached.

Johnson County High School is committed to follow the GHSA Heat Regulations

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Student signature

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Parent/Guardian signature

Georgia High School Association Student/Parent Concussion Awareness Form SCHOOL:

_____ Johnson County 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. By signing this concussion form, I give _____ JOHNSON COUNTY High 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 during the 2016-2017 school year. This form will be stored with the athletic physical form and other accompanying forms required by the _____ JOHNSON COUNTY School System. I HAVE READ THIS FORM AND I UNDERSTAND THE FACTS PRESENTED IN IT

* _____ Student Name (Signed)

* _____ Student Name (Printed)

* _____ Parent Name (Signed)

Date _____ Georgia High School Association Student/Parent Sudden Cardiac Arrest Awareness Form

GEORGIA HIGH SCHOOL ASSOCIATION

STUDENT/PARENT SUDDEN CARDIAC ARREST AWARENESS FORM

SCHOOL: Johnson County

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-bystep through the process, and will never shock a victim that does not need a shock.

By signing this sudden cardiac arrest form, I give High 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 during the 2020-20 school year. This form will be stored with the athletic physical form and other accompanying forms required by the Johnson County School System.

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

Student Name (Signed) Date : _____

Parent Name (Signed) Date: _____