



San Elizario  
Independent School District  
Department of Athletics

San Elizario ISD:  
*A Proud Community of  
Champions-  
Soaring to Excellence*

San Elizario High School  
Athletic Handbook  
2025 - 2026

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## **San Elizario ISD**

### **Vision Statement**

San Elizario ISD: A Proud Community of Champions-Soaring to Excellence!

### **Mission Statement**

San Elizario ISD's vision is to graduate students with skills to meet the demands of a changing world by promoting student success as non-negotiable, channeling resources to match learning needs of students, employ and retain a quality staff so that San Elizario is a proud, innovative and academically superior district.

### **Athletic Philosophy**

The SEISD athletic program promotes the physical, mental, moral and social well-being of students. The athletic program is an integral part of the total educational process. Athletics provides opportunities for students to develop and utilize talents fully in organized competition with students of similar ability. The ultimate goal of the SEISD Athletic Department as an integral part of the total educational program is to ensure and enhance the quality of life for youth by providing competitive activities that will produce young men and women able to enter the community and become constructive, contributing members of society.

### **Sportsmanship Goal**

Responsible behavior where youngsters play hard, play safe, and accept the results of interscholastic competition is SEISD's sportsmanship goal. Keep athletics in perspective. Given the adverse influence that higher levels of athletic competition have on our communities as well as our student-athletes, it is important that we establish an acceptable standard for sportsman like behavior and admonish behavior that is unacceptable.

### **Coaches Expectations**

#### **University Interscholastic League (UIL) Athletic Code**

##### **Section 1201: ATHLETIC CODES**

The Athletic Code and the Athletic Code for Coaches carry the force of rule. Member school districts, participant schools and/or covered school district personnel who violate any of the provisions of these codes will be subject to penalty.

Further information for UIL Athletic Codes may be found on the following link:

<https://www.uiltexas.org/policy/constitution/athletics/overview>

#### **As per UIL Rules, SEISD expect Coaches to:**

- Exemplify the highest degree of moral character, behavior and leadership-adhering to strong ethical standards.
- Respect the integrity and personality of the athlete.
- Teach the rules of the game-both the letter and spirit of the rule.
- Set a good example for players and spectators.
- Respect the integrity and judgment of game officials.
- Teach and reward sportsmanship.
- Monitor player eligibility based on Eligibility Calendar, see page 8

#### **Meet with Parents before every season:**

- Explain the game rules.
- Explain team rules and consequences.
- Playing time will not be discussed. Other athletes playing time will not be discussed.
- Set standards of acceptable behavior by student-athletes and parents.

- Let parents know that their actions can and will affect the team.
- Let parents know that their admission to an event is a privilege and with that privilege comes the responsibility to conduct oneself in an appropriate manner.
- Establish a system for parents to have access to communication with coaches and express concerns

### **Coaches Requirements**

#### **UIL requires that all coaches:**

- Be fulltime employees of the school district. (High School)
- On a yearly basis, complete the UIL Register My Athlete (RMA) sport trainings to include the state mandated Safety Training component.
- Coach must conduct a state mandated safety drill with his/her team.
- Be certified in CPR, AED & First Aid.
- Complete the state mandated Concussion Training every two years.
- If a new coach to the profession; complete the National Federation of State High School Association Fundamentals of Coaching Course prior to their participation as a coach for any UIL member school at their own expense.
- All coaches must have a signed UIL Professional Acknowledgement Form on file.
- Varsity sport coaches must turn in a UIL Varsity Team/Sport Eligibility Form to athletic office as well as to the DEC Chair.
- All this documentation must be kept in the district athletic office.

#### **SEISD expect Student-Athletes to:**

- Accept and understand both the seriousness of your responsibilities and the privilege of representing the school and community.
- Learn the rules of the game/sport.
- Put in the same or more effort into being a great student as you do to being a great athlete.
- Treat opponents the way you would like to be treated.
- Respect the integrity and judgment of game officials.
- Wear Official Sport Uniform only at School/District sanctioned events

#### **Keys to good sportsmanship are simple:**

- Know the rules of the game.
- Recognize good plays/performance in both teams/opponents.
- Respect your opponents and their spectators.
- Realize that individual and team errors lose more games than bad calls.
- Practice the golden rule.

### **RankOne Sports Website**

[www.rankonesport.com](http://www.rankonesport.com)

RankOne Sport is a website for coaches, parents, athletic trainers and athletic directors. SEISD coaches will be required to log in and track compliance of athlete's paperwork, treatments, equipment and uniform inventory and all coaches will create team rosters using RankOne. Coaches will be required to check on the Athlete Management tab to verify if an athlete has been cleared by the athletic trainers.

### **Transportation**

At least 2 weeks prior to the first competition, each sport coach must submit a Bus Request Form to the Athletic Office to process the bus requests. If the Suburban is needed for a trip, the coach that will be driving the vehicle must submit his/her driver's license to Human Resources to be cleared as a driver.

### **Regular Season Out of Town Travel**

SEISD **does not** fund regular season travel. Teams wishing to go out of town during regular season for competition must fundraise the entire amount.

### **Post Season Travel**

Post season travel is funded by the District and Athletic Department. For a post season trip, the head coach will turn in a travel list to the Athletic Department. The Athletic Department will make all arrangements. Number of athletes allowed on the trip will be discussed individually.

### **Inventories**

Each sport coach shall submit a beginning of season inventory and an inventory at the end of the school year. Inventories will be kept in Rank One.

## **SEISD Athletic Facility Use**

SEISD's policy for using athletic facilities outside the UIL competitive seasons must be approved by the Campus Principal/designee.

- Individual requesting facility must fill out a Facility Use Form. The form can be found on the district website under Support Services/Forms-Resources. It is to be filled out and turned in with accompanying paperwork to the campus administrator, Athletic Director, or Support Services Director, 10 days prior to date of use.

## **UIL Athletic Academic Eligibility**

Coaches should use the following criteria to determine eligibility for students participating in UIL athletic events. (Exceptions are found in the UIL Constitution & Contest Rules, i.e. honor classes. Ineligible students may practice but may not compete with the team.)

### **Eligibility during the First Six Weeks:**

- Students going into 9<sup>th</sup> grade must be promoted & not placed in that grade to be eligible at the start of the school year.
- Students going into grades 10, 11 & 12 require the following:
  - a. 10<sup>th</sup>: 5 accumulated credits that count towards graduation.
  - b. 11<sup>th</sup>: 10 accumulated credits towards graduation or student must have earned at least 5 credits within the last 12 months that count towards graduation.
  - c. 12<sup>th</sup>: 15 accumulated credits towards graduation or student must have earned at least 5 credits within the last 12 months that count towards graduation.
- Students who either complete summer school courses or correspondence courses prior to the fall semester may apply credits toward fall eligibility.
- Students who were placed or did not earn enough credits the previous year, will be ineligible for the first six weeks of school. Students may become eligible for UIL competition at the end of the seventh week of school if at the end of the first six weeks' grade check they are passing ALL courses with an average of 70 or more.
- All students will have a mandatory grade check at the end of the first six weeks of school regardless of what type of grading period that district is on.

## **Retaining Athletic Academic Eligibility**

### **Grade check procedures for schools on a nine-week grading period.**

- Check grades at the end of the sixth week of school. If a student fails a class on the sixth-week grade check, then he/she will become ineligible on the Friday of the seventh week.
- Check grades at the end of the first nine-week grading period. This grade check will be a cumulative grade from week one through week nine. The student that failed at the end of the first six-week grade check can regain eligibility on the Friday of the tenth week if he/she passes ALL classes at the end of the first nine-week grading period.
- A student that fails at the end of the first nine-week grading period, will check grades again at the end of the third week within that nine-week. If he/she passes ALL classes, then he/she will become eligible at the end of the fourth week. If he/she does not pass ALL classes, then at the end of the sixth week, there will be a grade check again. Eligibility action day will then be at the end of the seventh week.
- If a student is passing ALL classes at the end of a nine-week grading period, the student has earned their eligibility for the ENTIRE nine-week period and does not need to be checked until the end of the next nine-week period. (Exception: a school may impose stricter policy)



# 2025-2026 San Elizario ISD Athletics Eligibility Calendar

July 2025						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August 2025						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

September 2025						
S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2025						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2025						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

December 2025						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

July 22

First Day of Classes

**1st Grading Period: July 22nd - September 26th**

August 29

Mandatory 6 wks Grade Check

September 5

Lose/Regain Eligibility @ 4:50 PM

September 26

9 Weeks Grade Check

**Fall Intersession: Students academically eligible from September 26th at the end of the day until October 14th at the start of the day.**

October 14

Students resume eligibility based on

September 26th status

**2nd Grading Period: October 14th - December 19th**

October 17

Lose/Regain Eligibility @ 4:50 pm

October 31

3 wks Grade Check

November 7

Regain Eligibility @ 4:50 pm

November 21

3 wks Grade Check

December 5

Regain Eligibility @ 4:50 pm

December 19

9 wks Grade Check

**Winter Break: Students academically eligible from December 19th at the end of the day until January 7th at the start of the day.**

January 7

Students resume eligibility based on

December 19th status.

**Grading Period: January 7th - February 27th**

January 7

Beginning of 2nd Semester

January 16

Lose/Gain Eligibility @ 4:50 pm

January 23

3 wks Grade Check

January 30

Regain eligibility @ 4:50 pm

February 13

3 wks Grade Check

February 20

Regain Eligibility @ 4:50 pm

March 6

9 wks Grade Check

**Spring Intersession: Students academically eligible from March 6th at the end of the day, until March 24th at the start of the day.**

March 24

Students resume eligibility based on

March 6 status.

**4th Grading Period: March 24th - May 29th**

March 27

Lose/Regain Eligibility @ 4:50 pm

April 10

3 wks Grade Check

April 17

Regain Eligibility @ 4:50 pm

May 1

3 wks Grade Check

May 8

Regain Eligibility at 4:50 pm

May 29

Last day of classes

## LEGEND

~	Graduation Day, Early Release 12th	☐	Windful Eagle Mondays
△	Early Release for Students	☐	190-day Employee Workday
☐	First or Last Day of 9-Weeks	☐	Intersession
◊	Teacher Guided Planning	☐	Incident Weather Makeup
☐	Teacher Workday	☐	Holiday/District Closure
☐	Teacher Professional Development	☐	Smart Snack Exemption Day
☐	New Teacher Orientation	☐	TELPAS State Testing Window
☐	Parent / Teacher Conferences	☐	STAAR State Testing Window

January 2026						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2026						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	*17	*18	*19	*20	21
22	23	*24	*25	*26	*27	28

March 2026						
S	M	T	W	T	F	S
1	2	*3	*4	*5	*6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	*24	*25	*26	*27	28
29	30	31				

April 2026						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2026						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

June 2026						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## General Eligibility Rules

Eligibility rules are found in Section 400 of the UIL Constitution & Contest Rules. Any time you have a question regarding a student's eligibility, you should consult with your Athletic Director. For any student who is new to your school, residence requirements according to Section 440 (d), 440 and 442 should be thoroughly investigated.

Students are eligible to represent their school interscholastic activities if they:

- Are not 19 years of age or older on or before September 1 of the current scholastic year. (See 504 handicapped exception.)
- Have not graduated from high school.
- Are enrolled by the sixth day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest. The students shall attend the participant school he wished to represent prior to the deadline for district certification or he will be ineligible for post-district competition in that sport.
- Are full-time students in a participant high school.
- Initially enrolled in the ninth grade not more than four calendar years ago.
- Are meeting academic standards required by law.
- Live with their parents inside the district attendance zone their first year of attendance. (Parents residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone, the student could be eligible if: he/she has been in continuous attendance for at least one calendar year and has not enrolled at another school; no inducement is given to the student to attend the school (i.e. students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue his/her attendance at the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see Section 442 of the Constitution & Contest Rules.)
- Have observed all provisions of the Awards Rule.
- Have not represented a college in a contest.
- Have not been recruited. (Does not apply to college recruiting as permitted by rule.)
- Have not violated any provision of the summer camp rule. Incoming 10-12 grade students shall not attend a baseball, basketball, football, soccer or volleyball camp in which a seventh through twelfth grade coach from their school district attendance zone, works with, instructs, transports, or registers that student in the camp. Students who will be in grades 7, 8 & 9 may attend one baseball, one basketball, one football, one soccer, one softball and one volleyball camp in which a coach from their school district attendance zone is employed, for no more than six consecutive days each summer in each type of sports camp.
- Have observed all the provisions of the Amateur Rule. (Section 441)
- Did not change schools for athletic purposes.

### Previous Athletic Participation Form (PAPF)

The Previous Athletic Participation Form is required if a new student in grades 9-12 practiced or participated with his or her former school in grades eight through twelve during any previous school year in any athletic activity.

The PAPF can be found on the UIL website:

[http://www.uil texas.org/files/athletics/forms/PAPF\\_and\\_Elig\\_Quest2014.pdf](http://www.uil texas.org/files/athletics/forms/PAPF_and_Elig_Quest2014.pdf)

Who should complete a PAPF?

All new students in grades 9-12 who have ever practiced or participated in any UIL athletic activity in grades 8-12 at another school **MUST** have this form completed by the previous school (last school of participation) and be approved by the District Executive Committee (DEC) **before** they are eligible to participate at the varsity

level at the new school. The only exception will be incoming freshmen that have lived in the high school attendance zone and attended the entire eighth grade year at the middle school that is in that high school's feeder pattern.

**Procedures for processing a PAPF**  
**ALL PAPFs must be completed on-line at the UIL Portal**  
**[https://www.uiltexas.org/files/policy/PAPF\\_Walkthrough.pdf](https://www.uiltexas.org/files/policy/PAPF_Walkthrough.pdf)**

1. Head coach will initiate a PAPF on the UIL Portal under eligibility. They are given the option to have the parent there and assist them in filling it out or having it emailed to the parent to complete.
2. Parents/guardians fill out page 1 and Sections I & II of page 2. Previous school will fill out Section III.
3. The head coach needs to verify that student's new address is in their attendance zone.
4. Head coach needs to make home visit if new address is in the attendance zone. (Attach Home Visit Form to PAPF).
5. Head coach and school will verify date of enrollment.
6. PAPF will be reviewed by campus administrator in charge of athletics as well as athletic director.
7. PAPF will be sent to DEC chairman for consideration.
8. DEC chairman will send notice of PAPFs that have no "red flags" to DEC members, high school administration and athletic offices. PAPF should be approved soon after that. Any PAPFs with "Red Flags" will be placed on the next DEC agenda. "Red Flags" will be any YES answers to Section III on page 2 and possibly also on Page 1.

**TEA/UIL Side by Side Regulations**

Information can be found on the UIL Web-Site.

**General Regulations for High School Competition**

- **Volleyball:** Total Number of Games, Matches, Tournaments. No team or student shall compete in more than three invitational tournaments plus 23 matches in a season, including all matches prior to the first playoff match. This shall include non-district and district matches. If the district champions have a bye for the first round of the play-offs, those schools may schedule a warm-up match in addition to the match limits. This additional match shall be played on a non-school night with no loss of school time. Two matches may be substituted in place of a tournament.
- **Football:** Maximum Number of Regular Season Games. No team or student shall participate in more than 10 games during the 11-week regular season, prior to bi-district play. Exception: See below for ten-team districts that zone. Some districts do not play bi-district games and have 12 weeks to play 10 regular season games. Acclimatization Period: **The first two days of practice shall be conducted without any contact equipment except helmets.** Other contact equipment may be fitted and placed in lockers. During the first two days, however, only shoes, socks, T-shirts, shorts and helmets may be worn. On the third and fourth days of practice, helmets, shoulder pads and padded girdles (shells) may be worn, but no player to player contact is allowed. **On day five of the acclimatization period, helmets, shoulder pads and padded girdles (shells) may be worn, and player to player contact is permitted.** During the five-day acclimatization period, no full contact activities shall be permitted. All student-athletes who arrive after the first day of practice are required to undergo a five-day acclimatization period. During the five-day acclimatization period, if more than one practice is conducted on the same day, the second practice shall be a teaching period/walkthrough practice only with no conditioning or contact activities/equipment permitted. At a minimum, there must be two hours of rest/recovery time between the end of one practice and the beginning of the walkthrough.
- **Basketball:** Total Number of Games. No team or student shall compete in more than three invitational tournaments plus 21 basketball games in a season, including all games prior to the first playoff game. This shall include non-district and district games and games played in pre-scheduled district tournaments. If the district champions have a bye for the first round of the play-offs, those schools may

schedule a warm-up game in addition to the game limits. This additional game shall be played on a non-school night with no loss of school time. Two games may be substituted in place of a tournament.

- **Soccer:** No team or student shall compete in more than three invitational tournaments plus 15 soccer games in a season, including all games prior to the first playoff game. This shall include non-district and district games and games played in pre-scheduled district tournaments. If the district champion has a bye for the first round of the play-offs, that school may schedule a warm-up game in addition to the game limits. This additional game shall be played on a non-school night with no loss of school time. Two games may be substituted in place of a tournament.
- **Baseball & Softball:** No team or student shall compete in more than three invitational tournaments plus 17 baseball games in a season, including all games prior to the first playoff game. This shall include non-district and district games. If the district champions have a bye for the first round of the play-offs, those schools may schedule a warm-up game in addition to the game limits. This additional game shall be played on a non-school night with no loss of school time. Three games may be substituted in place of a tournament.

### **General Regulations for Individual Sports: Cross Country, Track & Field, Wrestling and Tennis**

- Number of Meets. No student representing a member school shall participate in more than eight meets during the school year, excluding one district meet, the regional meet and the state meet. Each meet a school team enters counts as one meet for each participating individual. Students are considered to be representing their school if they are wearing and/or using school equipment or being directed or transported by a school employee.
- Individual sport participants shall participate in no more than one tournament/meet per school week.
- Practice and/or competition shall not begin prior to the first day of school. There is no mandated season length however, there is the limitation of eight meet/tournaments per school year.
- Track and Field
  - Event Limitations. A contestant shall not be allowed to compete in more than three running events, including the relays, and in not over five events total.
  - Field Events. Contestants may enter five field events provided they are not entered in any running events.

**Exception: Cross Country, Track & Field and Wrestling:** Meets which are limited to three or fewer schools, do not count as a meet for participants, provided there is no loss of school time.

**Exception: Tennis:** If no more than four teams meet to play predetermined opponent(s), it shall not be counted as one of the eight tournaments allowed the individual if no school time is lost and if no tournament draw is set to determine a champion.

### **Calendar week vs. School week Limitation on Practice and Performance**

Commissioner of Education (TEA) regulations limit participation to one contest per school week. Participation is defined as involvement with the activity (e.g. traveling with the team, sitting on the bench). Example: on a Tuesday night, the student's name is on the score book but she remains on the bench and does not actually enter the game. This counts as participation according to state law. That student cannot participate again until Friday after school.

UIL limits participation in contests per calendar week in some sports. For UIL, participation is defined as a student actually entering a contest. Example: on Tuesday night, the student's name is on the score book but the student remains on the bench and does not actually enter the game. This does not count as participation in a UIL contest according to UIL. The Tuesday game does not count as one of the games UIL permits the student to participate in for that calendar week or for the season because the student did not enter the game.

***Calendar Week:*** 12:01 a.m. on Sunday through midnight Saturday.

***School Week:*** the week beginning at 12:01 of the first instructional day of the calendar week and ends at the close of instruction on the last instructional day of the calendar week, excluding holidays.

### **Sunday Participation**

A league participant school shall **not** participate in any athletic contest or conduct any practice or teach any plays, formations or skills on Sunday. Any showing of films to or meeting of athletes for the purpose of instruction or reviewing of plays, formations or skills in any sport will be construed as a violation.

Exception: Section 1206 (b) (3) in regards to Tennis and the Regional & State Tournaments.

### **School Off-Season Workouts, In School Day Period**

1. Accelerated physical education activities, calisthenics, skills, strength training or conditioning exercises may be conducted during the school year within the school day provided such activities do not exceed one regular classroom period not to exceed 60 minutes when classes meet every day.
2. The 7<sup>th</sup>, 8<sup>th</sup> or zero period for athletics is considered part of the school day, provided all students enrolled in the class are receiving state or local credit toward graduation and are not enrolled in any other physical education class. The 7<sup>th</sup>, 8<sup>th</sup> or zero period may not be longer than other class periods. This period may not exceed one 60-minute period.
3. This period includes dressing for practice, the actual off-season conditioning, redressing, etc.

### **Off-Season School Team Practices Prohibited**

School teams shall not practice outside the specific allowable practice dates except during the one in-school day practice period. Off-season activities before and after the school day or during the lunch periods are specifically prohibited. Participation before or after school shall be strictly voluntary and not required.

### **Summer Sports Specific Skill Instruction**

Sports specific skill sessions conducted by coaches shall be no more than 1 hour per day with a maximum of 2 hours per week.

### **Summer Strength /Conditioning Programs**

- Sessions may be conducted by school coaches starting on Monday of the first week school is not in session. Sessions may be conducted only on Monday through Friday.
- Junior High (incoming 7<sup>th</sup> and 8<sup>th</sup> grade) – Programs may run up to the day prior to the first day of school.
- High School (incoming 9<sup>th</sup> grade through 12<sup>th</sup> grade) – Programs may run up to the day prior to the first day of school or the first day of the sports season, whichever is earlier. For athletes that participate in a sport that may start prior to the first day of school (football, volleyball, tennis, & cross country), those athletes may not attend a summer strength/conditioning program or sport specific skill session in any sport once their sport season has begun.
- Sessions for both strength & conditioning and sport specific skill instruction may be conducted by school coaches for students in grades 7-12 from that coaches attendance zone with a start and ending date set forth by the UIL calendar. A strength and conditioning session shall be no more than two hours per day, Monday through Friday, and a student shall attend no more than one session per day. Sport specific skill instruction may be conducted in addition to the strength and conditioning session(s), and a student shall attend no more than 90 minutes per day of sport specific skill instruction with no more than 60 minutes per day in a given sport, Monday through Friday.
- A student shall attend no more than one 2-hour session per day.
- Only students who are incoming 7<sup>th</sup> graders and above.

- Sessions shall include only strength and conditioning instruction and exercises. Sport specific skill instruction is prohibited during strength and conditioning sessions. Sports specific equipment (balls, dummies, spacer dummies, sleds, contact equipment) is prohibited.
- Specific groupings of athletes by sport or position is prohibited.
- School shirts, shorts and shoes may be provided.
- Attendance shall be voluntary. Coaches shall NOT require athletes to attend in order to try out for or participate in any UIL sport.
- Attendance records shall be taken daily.

### **UIL Off-Season School Facility Use**

Athletes may attend open gyms, facilities and weight rooms. School personnel shall make every effort to see that students understand that participation is strictly voluntary and never required. Participation shall not be a prerequisite for trying out for a school team. Attendance records may NOT be kept. Coaches may be present to supervise the facilities and school equipment, if permitted. Coaches shall NOT provide specific instruction in sport skill. Weightlifting instruction is permitted and progress charts may be kept. Facilities may be made available to athletes under the following conditions:

- Recreational opportunities receive advance approval by the local school board or administration.
- Dates & times of operation shall be announced, posted or publicized so that every student attending that school is aware of the opportunity.
- Each activity is based on a first come, first served basis.
- School coaches are responsible for notifying student athletes in their sport that participation is strictly voluntary, never required, and is in no way a prerequisite for making the team or getting more playing time.
- No instruction may be given on a Sunday or during the off-season of a team sport.
- Someone other than a coach should be appointed to supervise facilities.
- Coaches should not participate with their athletes in the athletes' sport. Such actions place the responsibility on the coach and school to prove they are not violating Sunday or off-season regulations.
- Use of facilities may be restricted to that school's student body. NOTE: If only members of an athletic team are participating in their sport in an open recreational facility, it could be deemed a violation of the off-season regulations.

### **Pre-Season Practice Regulations for Sports which begin practice prior to the school year**

- Student-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
- Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
- The length of any single practice session shall be three hours.
- On days when more than one practice is conducted, there shall be, at minimum, two hours of rest/recovery time between the end of one practice and the beginning of the next practice.
- Schools shall not schedule more than one practice on consecutive days and student-athletes shall not participate in multiple practices on consecutive days. **Exception:** Volleyball

### **Amateur Athletic Status**

An amateur participates in athletic for the aesthetic, physical, mental and social benefits to be derived. Therefore, the purpose of such participation is playing for the intrinsic rewards rather than for valuable consideration.

*Valuable consideration:* any tangible or intangible property or service, including anything that is wearable, usable or salable.

It is a violation of the athletic amateur rule for parents of student athletes to accept tickets to athletic contests where their children are participating. It is also a violation for parents of student athletes to accept free pass gate admission to athletic contests where their children are participating unless they are at the contest in another capacity; i.e. if the parent is an employee of the school or a board member or working at a concession stand booth, etc.

Please call Athletic Director for exceptions to this rule. Section 441 UIL Constitution & Contest Rules.

### **Limitation of Awards**

A participant school or member school district may give one major award not to exceed \$70 in value to a student during that student's high school enrollment at the same school for participation in UIL interschool competitions(s) listed in Section 380.

Each year a participant school or member school district may give one additional award per student per interschool activity listed in Section 380, not to exceed \$10 each. Schools may give a student a \$10 minor award for an activity during the same school year the \$70 major award is given for that activity.

### **Athletic Training Policies and Procedures**

Athletic Insurance: Policy for all middle school and high school athletes- grades 7-12:  
Texas Kids First through Unified Life Insurance Company.

c/o Universal Fidelity Life Insurance Company  
P.O. Box 304  
Duncan, OK 73534-0304  
Phone: 800-366-8354  
Fax: 580-252-3449

A claim for every athletic related injury will be initiated by the high school athletic trainer who has referred the injured athlete. Personal insurance will be applied first in all cases and the athletic insurance used after or, in cases where athletes have no personal insurance.

### **Athletic Training Room Hours**

Athletic Training Room hours  
7:00-8:00 am  
4:15-6:30 pm (on practice days)  
4:15- \*end of game time\* (on game days)

### **Athletic Physicals & Concussion Baseline**

Athletes are not allowed to participate in any tryout, practice, or competition without an Athletic Physical and Concussion Baseline on file.

Athletic physicals need to be completed on a yearly basis. An athletic physical is good from May 1 of the current calendar year until April 30 of the next calendar year. Athletic physicals done outside the school, must be performed by a Licensed/Certified Medical Physician in the United States. Athletic Trainers will schedule Mass Physicals to be held at SEHS in coordination with Team Physician.

Concussion Baseline Test need to be completed on a yearly basis. Baselines will be conducted via SWAY Medical Database (Mobile app applicable) and are referred to as SWAY Sports + Test. SWAY Sports + Tests encompasses an array of protocols including but not limited to:

- Cognitive Memory
- Reaction Time
- Delayed Recall
- Impulse Control
- Balance - mBESS (Modifiable based on ground surface)
- Graded Symptom Checklist (GSC)

### **Athletic Treatments**

Treatments for injured athletes will be done in the morning before or after school and during practices. Athletes must attend treatment sessions in order to be taped for practice and/or competition. Athletic trainers will not do treatments during instructional time.

### **Athletic Concussion Protocol**

Concussion protocol must be done through the SEISD athletic training staff. Athletes must be cleared by a physician in the United States and school's athletic trainers before returning to practice and competition.

### **Athletic Equipment Control**

- New Equipment-Each head coach selects his/her equipment. Allotment is based on needs relative to inventory and participation. All new equipment shall be purchased by the Athletic Department on a basis compatible with the best interests of SEISD, and in accordance with purchasing procedures which are established by Board policy.
- Uniforms can be replaced every 3<sup>rd</sup> year.
- All coaches purchasing athletic equipment from their own fundraisers will report it on their regular inventory. Make sure purchases are identified as athletic office purchase or school purchase.
- Disposal of old uniforms and equipment shall be approved by school administration and Athletic Department and will be thrown in the school's dumpsters.
- Any equipment lost by an athlete shall be paid for by the athlete according to the price list provided by the coach. Coach shall provide the student a receipt of the amount paid. Monies collected for such equipment shall be deposited in the sport's activity account and used to replace the lost item.
- No changes in school uniform colors or logos will be accepted and must be cleared by administration and Athletic Office unless approved in writing by school board.
- At the conclusion of every football season, every helmet will be inspected, those that need to be recertified will be sent out for rectification, repair or even could be rejected if it does not pass the tests at the factory. Every helmet will be recertified every other year.
- All helmets are rejected at the end of ten years as this is the projected life of the plastic.
- Shoulder pads will be inspected at the end of football season and those needing repair will be sent along with the helmets. The shoulder pads that need to be rejected and not repairable, will be noted on the inventory as discard items and will be thrown out in the school's dumpsters.
- All coaches are to monitor their equipment and will be held responsible for it.

### **Lettermen Jacket Guidelines**

San Elizario Independent School District (SEISD) will purchase jackets for student athletes in grades 9-12 who have lettered in a varsity sport. To be eligible to receive a jacket, an athlete must have participated in the sport that they are receiving the jacket for a minimum of two years (1 year must be at the varsity level). Additional patches will be awarded for the participation in additional activities. All athletes must end the season in good standing with the school and program to be eligible to receive a lettermen jacket.

As per the University Interscholastic League (UIL), an athlete may only receive one lettermen's jacket during their high school career. Jackets awarded become the property of the student athlete.

Funds for the lettermen jackets will be placed in the Athletic Department's budget. The Athletic Department will purchase the jackets with a Purchase Order.

### **General Criteria by Sport**

#### **Student Athletic Trainer:**

- Complete 40 hours per month in an ATS Role (Hours will include 8th period class block time)
- Enrolled in Sports Medicine I/II/III class periods (requirement for ATS admission)
- Maintain Current AHA CPR & AED certification
- Work Mandatory Mass Physical Days
- Demonstrate Proficiency with (Prophylactic Taping Measures, Therapeutic Modalities, TherEx Supervision, Emergency Action Planning, Organization/Administration within Athletic Training Club)
- ALL ATS will be required to work In-Season Football Practices and/or Game-Days assigned at the discretion of ATC's
- Letterman Jacket/Letters can be rewarded and nullified at the discretion of the Staff ATCs

#### **Baseball:**

- Athletes must maintain eligibility for the entire season.
- They must participate in half of the varsity matches during the season, approximately 8-10.
- They cannot have had any ISS/DAEP placements.

#### **Basketball:**

- Athletes must complete a minimum of 20 games in a season of varsity basketball or all district games.
- They must have a 90% attendance rate in practice and other basketball related activities.
- Athletes must maintain 100% game attendance; a medical condition or school related activities are excused.
- They must be in good standing with the school.

#### **Cheerleading:**

- Athletes must maintain eligibility for the entire season.
- They must participate in half of the varsity matches during the season, approximately 8-10.
- They cannot have had any ISS/DAEP placements.

#### **Cross Country/Track & Field:**

- Athlete must have participated in 3 Cross Country/Track competitions including the District meet at the Varsity Level.
- They cannot receive a discipline report of negative note from a teacher/administrator.
- They must be in eligible/good standing based on the school Code of Conduct guidelines.

#### **Football:**

- Athletes must maintain eligibility for the entire season.
- They must participate in half of the varsity matches during the season, approximately 8-10.
- They cannot have had any ISS/DAEP placements.

#### **Golf:**

- Athletes must maintain eligibility for the entire season.
- They must participate in half of the varsity matches during the season, approximately 8-10.

- They cannot have had any ISS/DAEP placements.

### **Soccer (boys):**

- Athletes must maintain eligibility for the entire season.
- They must participate in half of the varsity matches during the season, approximately 8-10.
- They cannot have had any ISS/DAEP placements.

### **Soccer (girls):**

- Athletes must maintain eligibility for the entire season.
- They must participate in half of the varsity matches during the season, approximately 8-10.
- They cannot have had any ISS/DAEP placements.

### **Softball:**

- Athletes must finish the season in good standing with the program and Athletic Department.
- They must have participated in 95% of practices while on varsity for the season.
- They must have participated in a minimum of 90% of season games, including tournaments, non-district and district games.
- The athlete must remain eligible for the entire season, and maintain at least a 2.5 GPA.
- They can have no disciplinary actions against them during the season.

### **Wrestling:**

- Athletes must maintain eligibility for the entire season.
- They must participate in half of the varsity matches during the season, approximately 8-10.
- They cannot have had any ISS/DAEP placements.
- One of these years must be for a varsity team.

### **Tennis:**

- Athlete must be a top 8 varsity team member for one full season (Fall or Spring).
- They must have participated in all district matches in the (Fall) **or**
- Have participated in all district matches AND the district tournament (Spring)

### **Volleyball:**

- Athletes must attend 90% of all practices and played in more than 75% of varsity district matches unless injured.
- An athlete who qualifies for a playoff match will compete or forfeit their varsity letter.
- A student manager must meet the above criteria, attend 90% of games/meets/events/matches and be a student manager for two years or be a senior.

# Appendices

## San Elizario Independent School District Department of Athletics

### Home Visitation Form

Student-Athlete Name: \_\_\_\_\_ ID: \_\_\_\_\_

Grade: \_\_\_\_\_ Sport: \_\_\_\_\_

Date of visit: \_\_\_\_\_ Time of visit: \_\_\_\_\_

Visiting Coach: \_\_\_\_\_

Other School Personnel: \_\_\_\_\_

Findings: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Individual(s) spoke to:	Relationship to Student-Athlete
_____	_____
_____	_____
_____	_____

***Familiarize yourself with Section 442 in the UIL Constitution & Contest Rules.***

#### **Questions/Observations:**

1. Who resides at this residence?
  - a. Does the student live here?
  - b. Do all members of the family live at the residence?
2. Do parents have another residence?
3. Do parents have personal effects in the residence? (*i.e. furniture, clothing, pictures, etc.*)
4. What verification that the parents have moved has been presented? (*rent receipts, bill of sale, mail, electric bill, phone bill, voter registration card or driver's license*)

\_\_\_\_\_  
Signature of Head Coach

\_\_\_\_\_  
Signature of other school personnel

\_\_\_\_\_  
Signature of Principal/AP in charge of Athletics

## Heat Stress & Athletic Participation

Early fall football, cross country, and team tennis practices are conducted in very hot and humid weather in some parts of Texas. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. There are no excuses for heatstroke deaths if the proper precautions are taken. During hot weather conditions, the athlete is subject to the following:

- **Heat Cramps** - Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to sweating.
- **Heat Syncope** - Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heatstroke.
- **Heat Exhaustion (Water Depletion)** - Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.
- **Heat Exhaustion (Salt Depletion)** - Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.
- **Heatstroke** - An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heatstroke victims, contrary to popular belief, may sweat profusely).

Know what to do in case of emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practices and prearranged procedures for obtaining medical care, including ambulance service

1. **Heat Stroke - This is a medical emergency. DELAY COULD BE FATAL.**  
Immediately cool body while waiting for transfer to a hospital. Remove clothing and place ice bags on the neck, in the axilla (armpit), and on the groin area. An increasing number of medical personnel are now using a treatment for heat illness that involves applying either alcohol or cool water to the victim's skin and vigorously fanning the body. The fanning causes evaporation and cooling. (Source-- The First Aider--September 1987)
2. **Heat Exhaustion - OBTAIN MEDICAL CARE AT ONCE.**  
Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

Know both the **temperature and humidity**. The greater the humidity, the more difficult it is for the body to cool itself. Test the air prior to practice or game using a **wet bulb, globe, temperature index (WBGT Index)** which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index (ACSM's Guidelines for the Team Physician, 1991):

Below 64	Unlimited activity	74-82	High risk
65-72	Moderate risk	82 plus	Very high risk

You can find more information on Athletics Health & Safety by going to:  
<http://www.uiltxas.org/health>

## **Cold Weather Guidelines**

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. These do not have to be freezing temperatures. The following temperature guidelines have been established for San ELizario ISD Athletic Department practices and games.

**Cold Weather Caution:** When temperature or wind chill (which is lower than actual temperature) is from 40° F- 30° F.

- No modification of practice, but a warning will be given to coaches and athletes
- Coaches and Athletic Trainers emphasizing the importance of following UIL Cold Weather Illness Recommendations.
- Watching those "high risk" athletes

**Cold Weather Warning:** When temperature or wind chill is from **30° F - 20° F**, there may be a modified outside participation of 45 minutes.

- Warm-up to be started indoors (stretching, etc.) to not take away from 45 min.
- a practice that keeps individuals moving, try to avoid working up a big sweat in the first 20 minutes, having them be wet, and then sit around watching.
- Wearing a hat that covers the ears, and some sort of gloves to cover the hands are required.
- Keeping a very close eye on those "high risk" athletes
- If available, a cool-down indoors.

**Cold Weather Termination:** When temperature or wind chill reaches **19° F** and below, there may be a termination of outside practices and games.

## **UIL Cold Weather Illness Information**

**Hypothermia:** Hypothermia is a decrease in core body temperature.

1. **Mild Hypothermia** - shivering, cold sensation, goose bumps, numb hands.
2. **Moderate Hypothermia** - intense shivering, muscle incoordination, slow and labored movements, mild confusion, difficulty speaking, signs of depression, withdrawn.
3. **Severe Hypothermia** - shivering stops, exposed skin is bluish and puffy, inability to walk, poor muscle coordination, muscle rigidity, decrease in pulse and respiration rate, unconsciousness.

Management:

- Remove athlete from cold environment.
- Remove wet clothing and replace with dry clothing and/or blankets.
- Refer all moderate cases to the emergency room once safe to transport.
- Treat severe hypothermia as a medical emergency! Wrap the athlete in an insulated blanket and see emergency medical care immediately.

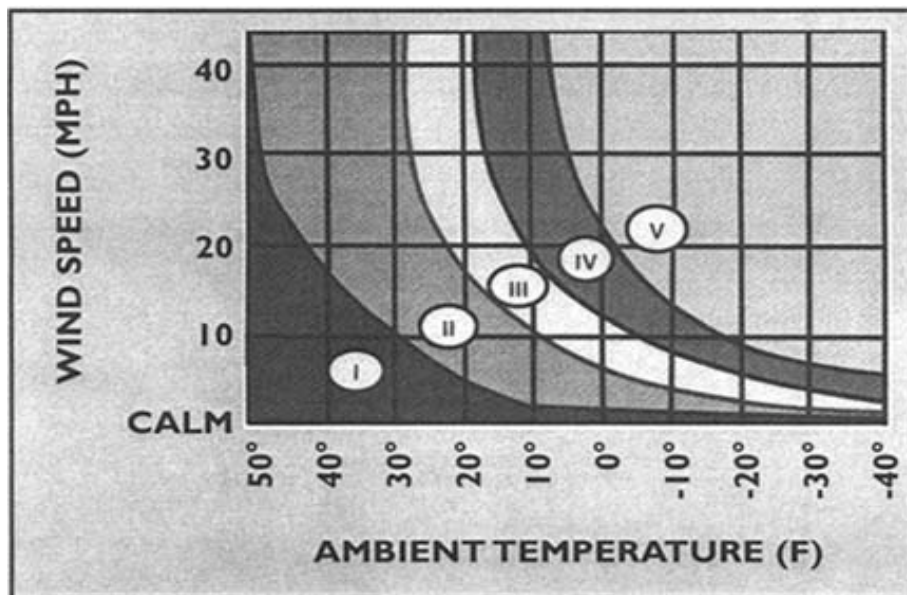
**FROSTBITE.** Thermal injury to the skin caused by cold exposure.

1. Frostnip - skin appears white and waxy or gray and mottled, possible numbness and pain.
  2. Superficial Frostbite - skin appears white, mottled or gray; feels hard or rubbery but deeper tissue is soft, insensitive to touch.
  3. Deep Frostbite - skin is white and has a wooden feel, numbness and anesthesia. Management:
    - Do not rub the area.
    - Gently rewarm the area by blowing warm air onto the area, placing the area against a warm body part, or placing the affected area into warm (101 - 108 degrees F) water for several minutes.
    - If not absolutely certain that the tissue will stay warm after rewarming, do not rewarm it.
- \*\*Refreezing newly thawed frostbitten tissue can cause extensive tissue damage!
- If a person is also suffering from hypothermia, the first concern is core rewarming.

Prevention: The best method of management is prevention.

- Dress in layers.
- Cover the head to prevent excessive heat loss from the head and neck.
- Stay dry by wearing a wicking fabric next to the body and a breathable, water repellent outer layer.
- Stay adequately hydrated.
- Eat regular meals.
- Avoid alcohol, caffeine and nicotine.
- Educate participants, coaches, officials and administrators in recognition of cold-related illnesses.
- Consider cancellation of athletic events if weather conditions warrant.
- If unsure whether an athlete is hypothermic, err on the side of caution and treat accordingly.

**Figure 1.** Wind Chill Index



## RECOGNITION, MANAGEMENT AND PREVENTION OF COLD EXPOSURE

**SIGNIFICANCE:** Although excessive and prolonged exposure to cold may be an infrequent problem in high school athletics, the prevention, recognition and management of cold-related conditions are still an important consideration for coaches, administrators and athletic trainers.

The human body's mechanisms of heat retention are significantly less efficient than our ability to dissipate heat. Epidemiological research suggests that even in otherwise innocuous environmental conditions, hypothermia can occur. During the day, the temperature may be moderate and the sun shining, but as the sun sets and the temperature begins to fall, when coupled with conditions of exhaustion, dehydration and wet clothing associated with physical activity, the risk of cold-related pathology can increase.

Understanding the mechanisms of heat retention and production are essential to the prevention and management of cold-related illnesses and injuries:

- **Vasoconstriction** - Decreases blood flow to the periphery to prevent loss of body heat.
- **Shivering** - While involuntary shivering generates heat through increased muscle activity, it may also hinder an athlete's sport performance and ability to perform behavioral tasks to aid in heat retention.
- **Activity increase** - Increases heat production through a general increase in metabolic activity. Quick bouts of intense activity can generate incredible amounts of heat.
- **Behavioral responses** - Adjusting the number and type of clothing layers will result in heat regulation by controlling the amount of heat lost by the body.

There are two cold-related pathologies that coaches, administrators and athletes should be aware of: hypothermia and frostbite.

- **Hypothermia** is defined as a decrease in the core body temperature to at least 95 degrees F. It occurs when the heat loss is greater than the metabolic and heat production. Hypothermia can be categorized in three stages: *mild*, moderate and **severe**, based on core body temperature.
- **Frostbite** is a thermal injury to the skin, which can result from prolonged exposure to moderate cold or brief exposure to extreme cold. The body areas most prone to frostbite are the hands, feet, nose, ears and cheeks. Frostbite can be classified into three basic categories: frostnip, superficial frostbite and deep frostbite.

## RECOGNITION OF COLD-RELATED ISSUES

There are several factors influencing one's susceptibility or risk of cold related injury or illness. These factors can be additive. Thus, it is essential to appreciate each of these factors, along with the associated signs and symptoms of hypothermia and frostbite. For example, exposure to 30 degrees - 50 degrees temperature under wet and windy conditions can be equivalent to sub-zero temperatures with no wind or moisture.

### **Risk factors**

- **Low air temperature** - When cold exposure exceeds or overwhelms the body's ability to compensate for heat loss due to the external environment.

- Wind chill - Figure 1 provides a wind-chill index chart that identifies the risks associated with the interaction of the wind speed and air temperatures.
- Moisture - Wet skin freezes at a higher temperature than dry skin.
- Exposed skin - Heat loss occurs primarily through convection and radiation to the external environment, but may also include evaporation if the skin is moist. This is a concern for those exercising and sweating in cold environments.
- Insulation - The amount of insulation from cold and moisture significantly affects thermoregulation.
- Dehydration - Negatively influences metabolism and thermoregulation.
- Alcohol - Increases peripheral blood flow and heat loss; can also disrupt the shivering mechanism.
- Caffeine - Acts as a diuretic, causing water loss and dehydration
- Tobacco - Acts as a vasoconstrictor; increasing the risk of frostbite.

## Recognition

Coaches, athletes, officials and administrators should also be aware of the continuum of signs and symptoms associated with various classifications of cold-related pathologies: (Curtis, R. Outdoor Action Guide to Hypothermia and Cold Weather Injuries. Outdoor Action Program, Princeton University. [www.princeton.edu/~oa/safety/hypocold.html](http://www.princeton.edu/~oa/safety/hypocold.html), last updated 1995.)

Stage	Core Temperature In Degrees	Signs and Symptoms
Mild Hypothermia	99 - 97 F	Normal, shivering may begin
	97 - 95 F	Cold sensation, goose bumps, unable to perform complex tasks with hands, shiver can be mild to severe, hands numb.
Moderate Hypothermia	95 - 93 F	Intense shivering, muscle in-coordination becomes apparent, movements slow and labored, stumbling pace, mild confusion may appear alert.
	93 - 90 F	Violent shivering persist, difficulty speaking, sluggish thinking, amnesia starts to appear, gross muscle movements sluggish, unable to use hands, stumbles frequently, signs of depression, withdrawn.
Severe Hypothermia	90 - 86 F	Shivering stops, exposed skin blue or puffy, muscle coordination very poor, inability to walk, confusion, incoherent/irrational behavior, but may be able to maintain posture and appearance of awareness.
	86 - 82 F	Muscle rigidity, semiconscious, stupor, loss of awareness of others, pulse and respiration rate decrease, possible heart fibrillation.
	82 - 78 F	Unconscious, heart beat and respiration erratic, pulse may not be palpable.
	78 - 75 F	Pulmonary edema, cardiac and respiratory failure, death. Death may occur before this temperature is reached.

Signs and Symptoms of Frostbite

Stage	Signs and Symptoms
Frostnip	Only the outer layer of skin is frozen. Skin appears white and waxy or possibly gray or mottled. It may have sensation or may be numb. May be painful.
Superficial Frostbite	Skin appears white, mottled or gray. It feels hard or rubbery on the surface, but deeper tissue is still soft. Skin is insensitive to touch.
Deep Frostbite	Includes all the layers of the skin. Skin is white and has a "wooden" feel all the way through. There is numbness and possible anesthesia. Can include the muscle and bone.

## Management

**Hypothermia** - The basic principles of rewarming victims of hypothermia are to conserve the heat they have, and replace the heat that they have already lost. The best method to determine the extent of core temperature loss is measurement of rectal temperature. Unfortunately, obtaining a rectal temperature reading on a moderately or severely hypothermic patient can be difficult, and may expose the athlete to further cooling. The following describes the management regimes for hypothermia relative to severity:

- **Mild hypothermia** - Seek dry shelter; replace wet clothing, insulate whole body and head, avoid sweating, use external warmth (bath, fire) only if core above 95 degrees F, give warm sweet drinks and food.
- **Moderate hypothermia** - Avoid exercise and external warmth, gently rest, give warm sweet drinks and calories, internal warming via warm moist air, monitor pulse and breathing.
- **Severe hypothermia** - Medical emergency, give nothing by mouth, wrap in an insulated blanket, avoid rapid rewarming, transfer to hospital immediately.

**Frostbite** - It is very important to note that refreezing newly thawed frostbitten tissue can cause extensive tissue damage. If it is not absolutely certain that the tissue will stay warm after rewarming, do not rewarm it. Once the tissue is frozen, the major harm has been done. Keeping it frozen for a longer period of time will not cause significant additional damage. The following describes the management of frostbite relative to severity:

- **Frostnip** - Rewarm the area gently by blowing warm air onto the area or placing it against a warm body part or place in warm (101 degrees - 108 degrees F) water bath for several minutes. Never rub the area. This can damage the affected tissue by increasing the friction on the ice crystals in the cell, causing tearing of the tissue.
- **Superficial frostbite** - If a small area is involved, it can be treated the same as indicated for frostnip; if it is a larger area, follow the management for deep frostbite.

**Deep frostbite** - Rewarm by removing restrictive clothing and immersing the affected body part in a water bath of 105 degrees - 110 degrees F for 25-40 minutes. Refer deeply frostbitten athletes to the emergency room. Do not rewarm the tissue unless absolutely certain that it will stay warm after rewarming.

## Lightning Safety

### Recommendations for Lightning Safety

1. Establish a chain of command that identifies who is to make the call to remove individuals from the field.
2. Name a designated weather watcher (A person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous).
3. Have a means of monitoring local weather forecasts and warnings.
4. Designate a safe shelter for each venue. See examples below.

5. When thunder is heard within 30 seconds of a visible lightning strike, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately..
6. Once activities have been suspended, wait at least thirty minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.
7. Avoid being the highest point in an open field, in contact with, or proximity to the highest point, as well as being on the open water. Do not take shelter under or near trees, flagpoles, or light poles.
8. Assume that lightning safe position (crouched on the ground weight on the balls of the feet, feet together, head lowered, and ears covered) for individuals who feel their hair stand on end, skin tingle, or hear "crackling" noises. Do not lie flat on the ground.
9. Observe the following basic first aid procedures in managing victims of a lightning strike:
  - Activate local EMS
  - Lightning victims do not "carry a charge" and are safe to touch.
  - If necessary, move the victim with care to a safer location.
  - Evaluate airway, breathing, and circulation, and begin CPR if necessary.
  - Evaluate and treat for hypothermia, shock, fractures, and/or burns.
10. All individuals have the right to leave an athletic site in order to seek a safe structure if the person feels in danger of impending lightning activity, without fear of repercussions or penalty from anyone.

**Safe Shelter:**

2. A safe location is any substantial, frequently inhabited building. The building should have four solid walls (not a dug out), electrical and telephone wiring, as well as plumbing, all of which aid in grounding a structure.
3. The secondary choice for a safer location from the lightning hazard is a fully enclosed vehicle with a metal roof and the windows completely closed. It is important to not touch any part of the metal framework of the vehicle while inside it during ongoing thunderstorms.
4. It is not safe to shower, bathe, or talk on landline phones while inside of a safe shelter during thunderstorms (cell phones are ok)