

BREBEUF JESUIT PREPARATORY SCHOOL

MISSION STATEMENT

Brebeuf Jesuit, a Catholic and Jesuit school, provides an excellent college preparatory education for a lifetime of service by forming leaders who are intellectually competent, open to growth, loving, religious and committed to promoting justice. Fostering a culture of understanding and dialogue, Brebeuf Jesuit seeks and welcomes students from diverse religious, ethnic and socio-economic backgrounds. Students at Brebeuf Jesuit are called to discover and cultivate the fullness of their God-given talents as a responsibility and as an act of worship.

CORE VALUES

Cura Personalis: Brebeuf Jesuit Athletics provides an environment that cares for student-athletes by following the Jesuit principle of *cura personalis*. Our coaches get to know their student-athletes as individuals in order to best serve their specific needs to learn and grow. Coaches are mentors and advocates for their student-athletes, they challenge them appropriately, and they form lasting bonds.

Education of the Whole Person: Brebeuf Jesuit Athletics is an important part of the education of the whole person, and we also recognize that it is just one part. Our coaches are attentive to how each student-athlete is progressing in their academic, social, faith, and emotional development. They help students to navigate balance and prioritization.

Faith development: Brebeuf Jesuit Athletics integrates the faith development which is a key component of a Brebeuf Jesuit education, into the athletic experience. We do this in a variety of ways including team retreats and team prayer.

Sportsmanship and Character: Brebeuf Jesuit Athletics emphasizes sportsmanship at all times and helps students learn to compete the right way. We focus on character development and ethical behavior on and off the field, to help student-athletes become responsible caring citizens.

Multi-Sport Participation: Brebeuf Jesuit Athletics encourages and supports multi-sport participation. We believe that for most students, a variety of types of physical activity and team involvement is what best serves their athletic teams. BJPS athletics reflect our school's philosophy and commitment to excellence.

PROFILE

Brebeuf Jesuit student-athletes have won 42 team State Championships in 15 different sports. Of this total, 18 were won by girls teams, 10 by boys teams, and 14 are co-ed. Brebeuf Jesuit student-athletes have also won 28 individual State Championships in 9 different sports. Of this total, 18 were won by girls and 10 by boys. Our history also boasts 8 Marion County Athletes-of-the-Year, 7 Indiana Gatorade Players-of-the-Year, and 1 National Gatorade Player-of-the-Year. We are most proud of the 23 IHSA Mental Attitude Awards received by our student-athletes.

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Boys are offered twelve sports, girls are offered thirteen, and there six co-ed teams. All students are eligible to participate provided they meet the scholastic standards and conduct requirements as established by the Principal and the sport's governing body.

Brebeuf Jesuit Preparatory School is a proud charter member of the Circle City Conference. Other member schools include Bishop Chatard, Covenant Christian, Guerin Catholic, Heritage Christian, and Roncalli.

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ATHLETIC DEPARTMENT POLICIES

ABSENCE DUE TO ILLNESS OR INJURY

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

ATHLETIC PARTICIPATION

Participation in the athletic program at Brebeuf Jesuit Preparatory School requires self-discipline and sacrifice. An athlete is an example for peers and the young people in the community. Students with sufficient ability are eligible to participate on a Brebeuf Jesuit Preparatory School athletic team, provided they meet the scholastic standards and appropriate conduct standards established by the Indiana High School Athletic Association and Brebeuf Jesuit Preparatory School. Students may use the following criteria to determine eligibility for athletic participation:

1. Adhere to IHSAA by-law Rule 15 regarding *Participation*. (see most current IHSAA by-laws on file in the Athletic Department)
2. A student who is or shall be twenty (20) years of age prior to or on the scheduled date of the IHSAA State Finals in a sport shall be ineligible for interschool athletic competition in that sport; a student who is nineteen (19) years of age on the scheduled date of the IHSAA State Finals in a sport shall be eligible as to age for interschool athletic competition in that sport.
3. To be eligible scholastically, students must have received passing grades and earned credit at the end of their last Grading Period in School in at least Seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take and must be currently Enrolled in at least Seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take.
 - a. For purposes of this rule, a student must have been Enrolled in a minimum of Four (4) full credit courses (or the equivalent) during the last Grading Period, and must be Enrolled in a minimum of Four (4) full credit subjects (or the equivalent) during the current Grading Period.
 - b. If grades reported at an Eligibility Certification Date include both Grading Period grades and semester grades, then semester grades take precedence for eligibility purposes.
 - c. A student may use up to Two (2) semesters of the state-required physical education course for eligibility purposes, with each semester's course counting as One (1) full credit.

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- d. Physical education credit earned by participation on an athletic team, may not count toward academic eligibility.
- e. Class periods must meet Indiana Department of Education standards for awarding credit

IHSAA CLASS REQUIREMENTS

Maximum Classes	4	5	6	7	8
Must Pass	3	4	5	5	6

- 4. Any student that receives a D or F at the end of an official grading period is required to participate in an intervention activity developed by Academic Counseling, with approval from the Principal's Office, in conjunction with the student's Academic Counselor. The details may be shared with the student's coach(es). Additional team-related intervention must be cleared by the Athletic Director under the guidance of the Principal's Office and Academic Counselor.
- 5. Must have all participation documents completed.
- 6. Shall not participate in non-school contests in a sport after beginning practice and participation in the sport unless waivers are available for that sport and completed appropriately.
- 7. Shall have never received money or merchandise directly or indirectly for athletic participation.
- 8. Shall abide by policies of the coaching staff in the sport of participation.
- 9. Shall attend school a minimum of 50% (round up for odd number of classes) of the student-athlete's class periods. Individual circumstances which may prove to be the exception shall be handled by the Dean of Students and communicated to the Athletic Department who would then communicate it to the student-athlete's coach(es).

Brebeuf Jesuit Preparatory School student-athletes are expected to conduct themselves in a manner consistent with school policy whether it be in or out-of-season and whether or not school is in session. Eligibility for athletic participation may also be affected by student conduct, see section titled *Code of Conduct* below.

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ATHLETIC TRAINING

Risk of Injury – The very nature of athletic competition provides for potential risk and injury. Even with appropriate protective equipment, proper supervision, and sound instruction, injuries can/will occur. In extremely rare cases, even paralysis or death could result. All student athletes and parents need to be aware of the potential hazards that exist within athletic participation. We in the Brebeuf Jesuit Athletic Department will always do whatever we can to ensure that our athletes have a safe and healthy athletic experience.

Sports Medicine Staff – One way that Brebeuf Jesuit Preparatory School ensures a safe and healthy athletic experience is by providing certified athletic trainers to the student-athletes. Brebeuf Jesuit contracts with Franciscan Health Sports Medicine/Forte Sports Medicine and Orthopedics to provide these athletic trainers and team physicians. The athletic trainers are nationally certified and state licensed. The athletic trainers are available immediately after school, during athletic practices and during most home athletic events. If not on site, each head coach has the ability to communicate via telephone with the athletic trainers. All injuries sustained while participating in athletic practices or events should be reported to the coach and/or the athletic trainers as soon as is practical.

Concussion and Sudden Cardiac Arrest - In compliance with Indiana state law, Brebeuf Jesuit Preparatory School requires all student athletes and parents/guardians to follow these basic guidelines:

1. All student-athletes will be provided and expected/encouraged to read 'Heads up Concussion and Sudden Cardiac Arrest: A Fact Sheet for Athletes. These documents are provided during online registration and are on file in the Athletic Department.
2. All parents/guardians will be provided and expected/encouraged to read 'Heads up Concussion and Sudden Cardiac Arrest: A Fact Sheet for Parents. These documents are provided during online registration.
3. All student-athletes and their parents/guardians must sign an acknowledgement of receiving and reading the documents mentioned above.
4. The acknowledgment must be on file with the Brebeuf Jesuit Athletic Department before the student-athlete is able to participate in any open gym, try-out, practice, or competition. The form is valid for the current school year for which it is signed and dated.

RETURN TO PLAY AFTER INJURY

The decision to return an injured student-athlete to practice and/or participation in athletic contests will be made with the student-athlete's overall health and well-being in mind. The importance of the student-athlete's current health status, as well as his/her future health status is paramount to the medical staff. The sports medicine staff will use their knowledge to

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determine what level of participation will be in the best interest of the student-athlete. This may mean various levels of participation depending on the injury or illness. Every injury and illness is unique to that individual and therefore return to play is unique as well.

1. Concussion Specific Return to Play:
 - a. As required by Indiana state law, any athlete returning from a concussion is required to provide to the athletic trainer a written release from an MD or DO who is properly trained in the evaluation and treatment of concussions. The release must be on an official document from the physician's office.
 - b. In addition to receiving medical clearance from an MD or DO the student-athlete must complete a five step return-to-play progression. This process is typically supervised by one of the athletic trainers at school. The student-athlete must successfully complete each step without any recurring concussion signs or symptoms in order to move on to the next step. This process generally is completed over a five (5) day period.
 - c. If a student receives academic accommodations by a physician for their concussion, that student may be permitted to attend practices or contests as permitted by their symptoms present for that day. The most current research shows that isolation from peers and activities can be detrimental to the recovery of a student-athlete following a concussion. It is recommended that parents limit screen time at home and encourage their child(ren) to get adequate sleep. The determination of whether an athlete is fit to attend a team activity will be made by a licensed healthcare professional at the school presently. Therefore, all student-athletes diagnosed with a concussion should report to the athletic training room after school each day until the five-day return to play progression is complete. However, student-athletes cannot attend team activities until all academic coursework is current.
2. If the family of an injured athlete seeks medical attention from a non-Franciscan Health Sports Medicine/Forte Sports Medicine and Orthopedics health care provider such as a family doctor, pediatrician, an emergency room, etc. due to an injury during a practice or contest, and the family can provide official documentation as to what the athlete may or may not continue to do, the athletic trainers may make their decisions based upon that paper work and consultation with the family.
3. Brebeuf Jesuit will follow IHSAA Rule 9-14 pertaining to athletes returning to participation from extended injury and/or illness.
 - a. The Brebeuf Jesuit medical staff provided by Franciscan Health Sports Medicine/Forte Sports Medicine and Orthopedics will make the final determination on athletes returning to participation following any injury. Based on their clinical knowledge and experience, they may overrule a written release from the athlete's personal physician.
 - b. In the absence of a Franciscan Health Sports Medicine/Forte Sports Medicine and Orthopedics physician, the decisions of our athletic trainers are final and not subject to review by the parents or coaches.

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ATTENDANCE AT PRACTICES AND CONTESTS (REGULAR/VACATION/SCHOOL CLOSING)

All team members are required to attend all in-season practices, contests, competitions, etc. In the event that a student-athlete needs to miss for a school or family-related conflict, he or she would be excused without consequence, but it must be communicated to and cleared by the Head Coach with sufficient notice. If a student-athlete misses a practice, contest, competition, etc. for an unexcused reason (e.g. not school or family-related), or fails to communicate the he or she is going to miss, the student-athlete would be subject to partial or full-contest(s) ineligibility. Practice, contest, competition, etc. schedules during school vacations are set by the coach and only the coach can excuse an athlete from practice. Practice during a school closing time (snow, etc.) are often held and attendance at these practices are considered voluntary with no consequence if not attended.

Family vacations, college visits, club sport activities, etc. are not excused absences. For every practice and/or contest missed because of an unexcused absence, the student-athlete will be ineligible to participate in the equal number of contests. I'm certain there will be exceptions (e.g. a student-athlete taking an official visit that cannot be rescheduled) and we will handle them on a case-by-case basis.

IHSAA by-laws pertaining to practice:

50-1

There shall be 10 separate days of organized Practice in that sport under the direct supervision of the high school coach staff in that sport by each player preceding the date of participation in interschool Contests. Only One (1) Practice may be counted for any One (1) day.

50-1.1

Individual student athletes moving directly (within One (1) week) from One (1) sport season to the next sport season may be eligible to participate in a following Season Contest after five separate days of organized Practice under the direct supervision of the high school coaching staff in that sport.

50-1.2

Individual student athletes who, having completed Ten (10) separate days of organized Practice under the direct supervision of the high school coaching staff in a sport, are permitted to tryout for a second sport during the same sport season may be eligible to participate in an interschool after five separate days of organized Practice under the direct supervision of the high school coaching staff in the second sport. a. If the original sport was golf, this rule does not apply and the student athlete must complete Ten (10) separate days of Practice.

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50-1.3

Student athletes, having successfully completed basic training with a branch of the United States military during a sports Practice or Contest Season, may be eligible to participate in a Contest after five separate days of organized Practice under the direct supervision of the high school coaching staff.

9-14 Practice Attendance Required to Participate in a Contest

- a. A student-athlete must attend and actively participate in regularly scheduled Practice sessions during a Practice Season, Contest Season or Tournament Series to be eligible for interschool athletic competition in an Emerging or Recognized Sport.
- b. If a student fails to attend and actively participate in the regularly scheduled Practice sessions during a Practice Season, Contest Seasons or Tournament Series in an Emerging or Recognized Sport, such student shall be required to complete the following prior to participating in a Contest:
 - i. attend and actively participate in all required Pre-participation Practice sessions, see rules 50 and 101;
 - ii. attend and actively participate in Four (4) school-supervised Practice sessions of normal length, which shall occur on Four (4) separate days prior to the day of the Contest, if the student fails to attend and actively participate in more than Seven (7) but less than Fifteen (15) consecutive days of regularly scheduled Practice sessions and Contests;
 - iii. attend and actively participate in Six (6) school supervised Practice sessions of normal length, which shall occur on Six (6) separate days prior to the day of the Contest, if the student fails to attend and actively participate in more than Fourteen (14) consecutive days of regularly scheduled Practice sessions and Contests. When calculating the period of days of missed Practice sessions and Contests, Sundays shall not be included in the count.
- c. If during a Practice Season, Contest Seasons or Tournament Series, a School is unable to conduct regularly scheduled Practice sessions for its students in an Emerging or Recognized Sport, and therefore such students are unable to attend and actively participate in Practice sessions, such students shall be required to complete the following prior to participating in a Contest:
 - i. attend and actively participate in Four (4) school-supervised Practice sessions of normal length, which shall occur on Four (4) separate days prior to the day of the Rule 9 - Contests 44 Contest, if the students fail to attend and actively participate in more than Seven (7) but less than Fifteen (15) consecutive days of Practice sessions and Contests; or
 - ii. attend and actively participate in Six (6) school-supervised Practice sessions of normal length, which shall occur on Six (6) separate days

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prior to the day of the Contest, if the students fail to attend and actively participate in more than Fourteen (14) consecutive days of Practice sessions Contests. When calculating the period of days of missed Practice sessions and Contests, Sundays shall not be included in the count.

INTERPRETATION:

Days Missed	Number of Practices Required
8 to 14	4
More Than 14 Consecutive	6

BRAVES (FAN) DECORUM

Rule 3, Article C-3-6, page 19 IHSA By-Laws:

“A member school’s responsibility for the conduct of its athletic program includes responsibility for the actions of its staff members, its participants, and any other individual or organization actively engaged in activities promoting the athletic interests of the member School. A member School’s “responsibility” includes the responsibility of instituting full and complete team and crowd control measures at all contests in which such member School participates, assuring that the participants, staff and boosters of the member School conduct themselves at all times in a proper and sportsmanlike manner, and assuring full compliance by the participants, staff and boosters of the member School of all association rules, including those involving eligibility and undue influence”

At a time when society is experiencing increased incidents of physical confrontations and unmanaged anger, often associated with youth sports, Brebeuf Jesuit Preparatory School wishes to state a philosophical stance of keeping our athletes, coaches, and fans safe; insisting on proper behavior, and promoting our positive reputation as regards to sportsmanship. We recognize that the majority of our parents and fans set a behavioral example of the highest standard. However, the few who do not, force us to address these issues.

In as much as our coaches have certain standards of expected behavior (Coaches Handbook), our student athletes are governed by the Student-Athlete Code of Ethics (see above), and non-student-athletes are subject to school rules (see Student Handbook) at athletic events; it becomes incumbent upon us to set standards for the behavior of our adult fans and parents.

Brebeuf Jesuit Preparatory School will not condone or permit inappropriate parental behavior directed toward Brebeuf Jesuit staff or players, the opposing school and all its representatives, or the contracted contest officials. Such behavior by parents can cause the school to suffer severe sanctions from the IHSA and is embarrassing to the school and community. Inappropriate behavior is embarrassing to the school and reflects poorly on our values as a

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community.

Brebeuf Jesuit Preparatory School supports the IHSAA rules and emphasis on good sportsmanship. We embrace this fully by definition and in spirit of intent. Proper human courtesies, kindness and decorum must apply to all relationships and situations, and sports are no exception. High school sports exist to build character, allow students to express themselves through physical exertion, and as entertainment. There is no place for poor behavior toward anyone.

Braves need to understand certain facets of the structure of high school athletics and the relationships involved.

1. There is no inherent right to participate. Coaches will only retain those players whose skills and attitudes meet the needs of the program, as defined by the coach.
2. Likewise, the coach alone is responsible for deciding who plays and how much.
3. The coach will instruct the child and keep the child safe within normally accepted standards.
4. Coaches are professional and it is assumed that they are operating within the best interests of all student-athletes in their charge.
5. It is inappropriate for a parent to confront a coach after a practice or event. See *Hierarchy of Communication*. This will help avoid conflict at a potentially emotional time.
6. Making derogatory comments about the officials, coaches, players of either team or other parents and fans at an athletic event is never acceptable.
7. Swearing in public at athletic events is never acceptable.
8. Coming to an athletic event intoxicated is not acceptable.
9. Being offensive in any fashion is not acceptable.

Braves who violate any of the above standards of decorum risk sanctions by the school including, but not limited to, the following:

1. A warning, verbal or written.
2. Removal from the contest or premises.
3. Banishment from attendance at athletic contests for a short period of time or even permanently.
4. The severing of further contact with team personnel.
5. Civil or legal action could result.

In conclusion, we commend Braves who have always exhibited exemplary behavior and who, by such, have served as positive role models for our student-athletes. We encourage our parents to volunteer, to become involved with the teams, and to be supportive of the attempts of the entire community to educate our youth. By working together, we will establish Brebeuf Jesuit Preparatory School and Brebeuf Jesuit Athletics as a “class” act.

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We sincerely want to strive to make sportsmanship at Brebeuf Jesuit Preparatory School an environment where we let players play, coaches coach, officials officiate, and fans be positive.

CHANGING A SPORT

Completion of a season includes through the completion of that sport's post-season tournament. If an athlete is "cut" from a team, he/she may join another team or program in that sport season. An athlete cannot quit one sport and join another sport, until that sport season is concluded. Any exceptions to this rule must be cleared by the Athletic Director.

CHIEF'S AWARD

The Chief's Award is the highest honor a Brebeuf Jesuit student athlete can receive. Rather than a most valuable player, the Chief should be considered the most valuable person on the team, a direct correlation with our school's motto of men and women for others. He or she should possess and example leadership, coach-ability, mental attitude, scholarship. The recipient can be a freshman, sophomore, junior or senior. The recipient has made significant contributions to the team on and off the field, court and course. The award is tallied by a secret ballot of all team members and coaches.

CODE OF CONDUCT

The Brebeuf Jesuit Preparatory School athletic policies are in accordance with the IHSAA Constitution. Combined with the following procedures and policies they constitute the Brebeuf Jesuit Preparatory School Student-Athlete Code of Conduct ("Code").

Brebeuf Jesuit is committed to the care of the whole person, and seeks to form young men and women of outstanding character. Athletics can be an important part of this formation process, and so the school as a whole commits itself to the following code of ethics in order to promote the best possible experience for all involved. The example set by our coaches is of paramount importance, and therefore coaches always model the highest level of sportsmanlike behavior. "Braves" is an inclusive term referring to fans, coaches, parents, students, faculty, staff, administration and alumni. Brebeuf Jesuit Preparatory School Student-Athlete Code of Ethics are as follows:

- Brebeuf student-athletes seek to be responsible leaders and positive role models in academics, sports, and school life – in thought, word and action. As leaders, they always give their best effort.
- Brebeuf student-athletes as well as all Braves respect the decisions of coaches, teachers and administrators.
- Brebeuf student-athletes, Braves and coaches refrain from the use of disrespectful language, which is beneath the dignity of the Brebeuf community.
- Brebeuf student-athletes as well as all Braves will be respectful to all facilities and environments in which they compete.

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- Brebeuf student-athletes as well as all Braves demonstrate dignity and respect towards opponent teams, fans, and officials on and off the playing field. We believe we are God's one community – no matter race, gender, nationality, socio-economic background, or sexual orientation.
- Brebeuf student-athletes are able to compete without belittling, disparaging or mocking their opponents, officials or fans.
- Brebeuf student-athletes promise to abstain from the use of drugs, alcohol and tobacco.
- Brebeuf student-athletes as well as all Braves remember that athletic contests are games only, and seek to keep the competitive spirit within healthy, respectful limits.
- Brebeuf student-athletes realize that they play for more than themselves – they play for their school, family, and for the greater glory of God.

GENERAL SCHOOL AND COMMUNITY CONDUCT

The IHSAA rule on "Conduct, Character, Discipline" states as follows: Contestants conduct themselves, in and out of school, shall be such as (1) not to reflect discredit upon their school or the Association (2) not to create a disruptive influence on the discipline, good order, moral, or educational environment. Disciplinary action taken will be commensurate to severity of the infraction.

PROHIBITED ACTIONS

1. *Use of Intoxicating Beverages* - the use or possession of an intoxicating beverage in any form or quantity is prohibited.
2. *Use of Illegal Drugs* - the use or possession of controlled substances (not prescribed to that individual by a doctor) is prohibited.
3. *Use of Tobacco* - the use or possession of any tobacco product is prohibited.
4. *Criminal Activity* – Theft, vandalism, misdemeanor, or felony.
5. *Bullying/Intimidation/Hazing or any type of Initiation Rite* – constitutes a violation of the general conduct rules and will be dealt with as a serious matter. Student-athletes should report any incident to his/her head coach who will then report it to the Athletic Director and Dean of Students. If so determined, this will constitute a violation of both the Athletic and Student Handbooks.
6. *Other* – some prohibited actions may go beyond the scope of the actions listed above, and will be presented to the Athletic Director for imposed consequences.

*The above list is not exhaustive

ENFORCEMENT OF THE STUDENT-ATHLETE CODE OF CONDUCT

The Athletic Director shall enforce all rules and regulations as described in the Student-Athlete Code of Conduct; all rules regarding behavior as outlined in the IHSAA by-laws apply. The coach of each sport will reinforce the Code during the year. Parents/guardians and student-athletes

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are required to sign the acknowledgment, consent, and disclosure document stating that they understand the Code and the athlete is subject to disciplinary measure should he/she violate the code. A new code of conduct form must be signed each year. (The Code is in force twelve (12) months a year, grades nine through twelve (9-12).

Procedure:

The Athletic Director and/or Dean of Students and/or Head Coach may meet with the student-athlete prior to enforcement of consequences. At this meeting the student-athlete may receive a written or oral statement of the violation(s) and a summary of the evidence against him/her. The student-athlete will have an opportunity to refute the violation(s) and explain his/her conduct. After the meeting with the student-athlete, the Athletic Director and/or Head Coach will call the parent(s)/guardian(s) to discuss the code violation and the consequences associated.

Appeal:

Student-athletes may be allowed to appeal an athletic suspension or dismissal. Notification of the intent to appeal must be made to the Athletic Director within 24 hours after the ruling is communicated. The purpose of the appeal hearing is to give the athlete and/or the parent(s) or guardian(s) an opportunity to state their position. The appeal is heard by the Principal and/or Principal's designee(s). Removal from participation will remain in effect during the appeal hearing period. Following the hearing, the student athlete and the parent(s) or guardian(s) will be notified within 24 hours of the Principal's decision, which is final.

PARAMETERS AND PROTOCOL

1. Suspensions are to begin immediately subsequent to the offense. In the event that a student-athlete is arrested and under investigation, the suspension does not begin until the legal proceedings are finalized and contests missed during the investigation will not count toward the number contests needed to be missed to fulfill the terms of the suspension (i.e verdict or pre-trial diversion).
2. Any violation of the "Code" may result in a loss of letter and school/team-specific/individual awards for that season.
3. In order for a suspension to be considered complete, an athlete must serve his/her entire suspension in their current sport. If not, it then carries over to his/her next athletic season that they have participated in before. For example, an athlete is a Varsity Football player and has a first-time violation and loses 50% of the football season or 5 games. There are only 2 games (20%) left in the football season. The remaining 80% (e.g. 9 Boys Basketball games) would be served in the next sport in which he has already participated.
4. When determining the number of contests for a suspension, the number is always rounded up. For example, an athlete has a violation and loses 50% of the season. There

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are 9 contests in their sport (i.e. Freshman or JV Football) which equates to a 4.5 game suspension; the student-athlete would have to sit out 5 contests.

5. If an athlete is suspended from school, he/she will automatically be suspended from all practice and game participation for the period of the school suspension. For the purposes of suspension, the following will be adhered to:
 - a. Jamboree or scrimmages will not be considered a contest for suspension purposes.
 - b. The decision to allow a suspended athlete to participate in a jamboree or scrimmage will be left up to the Head Coach.
6. Once a ruling has been made and a suspension has been administered, the student-athlete will be required to practice for the duration of the season and end the season in good standing when that suspension will be fulfilled during the current season.
7. If an athlete participates in two sports during the same season (i.e. cheerleading and volleyball), the penalty will be assessed in each sport. For example, a 50% penalty for such athlete would suspend the athlete from 50% of the volleyball season as well as 50% of the cheerleading season.
8. An athlete will not be able to serve his/her suspension in a sport they have never participated in at Brebeuf. For example, the athlete has participated in Girls Golf in the Fall, Girls Basketball in the Winter, and nothing in the Spring. During the Basketball season the student-athletes violates the Code and commits her first offense and the student-athlete receives a 50% suspension from contests. There were 20 contests scheduled, plus at least one contest in the Marion County Tournament, and one contest in the IHSAA State Tournament, but there were only five contests remaining. The athlete therefore has missed 5 of the 22 Basketball contests or 23%. The athlete still has 27% of a penalty remaining that will be served when Girls Golf season arrives in the Fall because she participated in Fall Girls Golf and not in a Spring Sport the previous year. Therefore, the student-athlete cannot serve the remaining 27% of her penalty by joining the track team as means to not miss golf matches in the Fall.
9. All suspensions will be based on contests at which level the athlete participates (i.e. Freshman, JV, or Varsity).
10. If a Code or apparent Code violation occurs, and the individual refuses to cooperate with the investigation by school authorities, he/she may be suspended from the sport until cooperation is obtained or until the investigation is complete, at which time further penalties may be imposed.
11. A "season" is defined as the total number of regularly scheduled contests, one contest of the Marion County Tournament (if applicable), and the first round of the IHSAA or state association tournament.
12. A coach may make team-specific policies and has broad discretion to determine consequences for improper conduct, up to and including removal from the team. Such rules must be approved by the Athletic Director prior to implementation and on file in

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the Athletic Department. Once approved, these rules must be communicated to team members and parents.

13. A student may not participate in practice during the appeals process. He/She has already been judged to have violated the Code and therefore the penalty begins immediately upon his/her hearing with the Athletic Council.
14. "Self-reporting" is defined as the student-athlete or parent/guardian notifying the Head Coach or Athletic Director within 24 hours of the infraction. Personal contact with one of these officials is strongly encouraged but email, voicemail, or text message will constitute initiation of the self-reporting process. A student-athlete may self-report only one time (on the first offense of his/her career) in order to receive a lesser penalty. The opportunity to self-report will no longer exist in the event that any code violation becomes privy to the Athletic Director, Dean of Students, or Principal at any point during the 24 hour window.
15. Because we adhere strongly to the policy that a student-athlete is a representative of his/her school and community, all student-athletes are responsible to hold themselves to this Code and to high standards of behavior 365 days per year for the four years of high school. This code comes into effect when a student officially graduates from the 8th grade. The policy has no jurisdiction over non-athletes or over athletes who renounce their eligibility to compete.

RANDOM DRUG TESTING

Drug/alcohol testing at a school-designated facility or on-site may be required of students at any Brebeuf Jesuit Preparatory School function on or off campus. Further, students may also be tested universally, at random, or upon suspicion of use with a breathalyzer and/or other testing mechanisms. Students may be suspended until the results of examinations have been made available to the Dean. Students who refuse to comply with testing/temper with the test are considered to have a positive test. Students who test positive for drug or alcohol use during a random test, will be subject to the following disciplinary action:

1. *First offense*: Removal from 10% participation of all scheduled athletic/extracurricular contests/performances, mandatory drug/alcohol assessment/treatment, and evaluation (through school social worker).
2. *Second offense* (follow up tests): Removal from 50% participation of all scheduled athletic/extracurricular contests/performances (continued treatment) and school suspension
3. *Third offense*: Removal for 365 days of said test in all scheduled athletic/extracurricular contests/performances and school suspension

Any student who obtains a positive test will also be subject to consistent testing for the remainder of their enrollment at Brebeuf Jesuit.

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Brebeuf Jesuit officials reserve the right to search students, their lockers, backpacks, electronic devices, cars, or personal belongings while on school property or at school sponsored activities. This action will be taken if there is a reasonable suspicion of a problem or for the common good of the school. Refusal to cooperate with searches may result in suspension/expulsion.

PENALTIES

A student-athlete who has been arrested and charged with any crime may be removed from participation until a court renders a verdict, for a period of time, or permanently at the discretion of the Athletic Council.

Penalties will accumulate throughout the student-athlete's career. For example, if a first violation occurs during the athlete's Freshman year and a second violation occurs during the student-athlete's Senior year, the second violation will incur a full-year penalty. The following penalties will be imposed for violations:

1. *First Offense*:
 - a. Intoxicating Beverage - 50% of contests, self-report 25%. May Practice. Loss of Letter.
 - b. Illegal Drugs - 50% of contests, self-report 25%. May Practice. Loss of Letter.
 - c. Tobacco - 50% of Contests, self-report 25%. May Practice. Loss of Letter.
 - d. Criminal Activity - 50% of contests, self-report 25%. May Practice. Loss of Letter.
 - e. Bullying/Intimidation/"Hazing" - 50% of contests, self-report 25%. May Practice. Loss of Letter.
 - f. Conviction of a felony – Suspended from participation in athletics for 365 days. May not practice. Loss of Letter.
2. *Second Offense*: Suspended from participation in athletics for 365 days
3. *Third Offense*: Career suspension.

GAMES MISSED TABLE

Sport	Maximum	Marion County Tournament	State Tournament	10%	25%	50%
Baseball	26	1	1	3	7	14
Boys and Girls Basketball	20	1	1	2	6	11
Bowling	TBD			TBD	TBD	TBD
Cheerleading	10 or 20	N/A or 1	1 or 1	1 or 2	3 or 5	5 or 10
Crew	N/A	N/A	N/A	TBD	TBD	TBD
Boys and Girls Cross Country	14	N/A	1	2	4	7
Dance	TBD	N/A	1	TBD	TBD	TBD

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<i>Football</i>	9	N/A	1	1	3	5
<i>Boys and Girls Golf</i>	18	N/A	1	2	5	10
<i>Hockey</i>	TBD	N/A	1	TBD	TBD	TBD
<i>Boys and Girls Lacrosse</i>	TBD	N/A	N/A	TBD	TBD	TBD
<i>Boys and Girls Soccer</i>	14	1	1	2	4	8
<i>Softball</i>	26	1	1	3	7	14
<i>Boys and Girls Swimming</i>	18	N/A	1	2	5	10
<i>Boys and Girls Tennis</i>	22	N/A	1	3	6	12
<i>Boys and Girls Track</i>	16	N/A	1	2	5	9
<i>Ultimate Frisbee</i>	TBD	N/A	1	TBD	TBD	TBD
<i>Boys Volleyball</i>	20	N/A	1	2	6	11
<i>Girls Volleyball</i>	25	2	1	3	7	14

CONFLICTS IN EXTRACURRICULAR ACTIVITIES

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

If a conflict between activities arises, the student should notify the Head Coach and attempt to resolve the conflict as equitably as possible. If the conflict persists, the student may contact the Athletic Director for assistance.

EQUIPMENT ISSUE AND RETURN

Brebeuf Jesuit Preparatory School endeavors to provide each team member with the best and safest equipment available. All equipment issued to an athlete is expected to be returned in the same condition as when issued (excepting normal wear and tear) or the athlete is expected to compensate the Athletic Department for the lost or damaged equipment. Failure to return

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equipment, including athletic locks, or to compensate the school for lost or damaged equipment will result in forfeiture of award.

The participation in interscholastic athletics carries a level of risk. Every effort is made to insure the safety and well-being of our student-athletes. Part of that effort is reconditioning equipment and sizing/fitting equipment properly on our student-athletes. Even with these efforts, all of our sports carry inherent risks.

There are many reasons for reconditioning equipment. Safety is essential and getting the most for your money are key components of a successful athletic department. Any coach, trainer, or person involved in sports knows what a team's equipment looks like at the end of a season. It's broken, beaten, worn, and battered. It's not wise to use old and broken equipment, but new equipment is becoming increasingly expensive and school budgets are limited. From this dilemma, the concept of athletic equipment reconditioning was born. Helmets that are reconditioned are on average 1/3 the cost of a new helmet. Reconditioning shoulder pads is about 1/4 of the cost to buy new. Awareness of the benefits of reconditioning, as well as the value-added services a quality reconditioner can provide, is an invaluable tool in helping athletic departments meet the increasing responsibilities and risks of their jobs.

Similarly, a properly fitted helmet or set of shoulder pads is vital to equipment working to its fullest level of intended protection. This equipment does not prevent the serious head or neck injuries a player might receive while participating in athletics. So practice and play sensibly, and as always, teach or utilize proper form and head positioning.

Brebeuf Jesuit is contracted with Franciscan Health Sports Medicine to provide athletic training services to student-athletes. Franciscan Health Sports Medicine certified athletic trainers should approve any rehabilitation equipment utilized or worn by student-athletes.

HAZING AND HARASSMENT

ANTI-HARASSMENT POLICY – Brebeuf Jesuit Preparatory School (“School” or “Brebeuf Jesuit”) is committed to providing a learning environment free of unlawful harassment based on a student’s race, religion, color, age, sex, national origin, sexual orientation, disability or any category protected by law. The School is committed to protecting students from such unlawful harassment whether from other students, administrators, faculty members, other staff or anyone with whom students interact at school, on school property or while participating in school-related activities. Prohibited conduct includes any behavior or action which violates law or this policy, regardless of where such behavior or action occurs. The School’s commitment further includes protecting students from any type of offensive, intimidating misconduct that interferes with their educational pursuits. Unlawful harassment and/or prohibited misconduct against any student are reprehensible and will not be tolerated. All employees, students, volunteers and members of the school's community are expected to exhibit the highest ethical

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standards and personal integrity. Harassment may be physical, verbal, written, visual, non – visual and/or non – verbal in nature. Harassment may include, among other things:

1. Epithets, slurs, stereotyping or threatening, intimidating or hostile acts that relate to a student's race, color, age, religion, sex, national origin, sexual orientation, disability and/or any other category protected by law.
2. Written or graphic material that denigrates or shows hostility or aversion toward an individual or group because of race, color, age, religion, sex, national origin, sexual orientation, disability and/or any other category protected by law.

In addition, sexually harassing behavior may include, among other things, unwelcome sexual advances, requests for sexual favors or other comments or conduct of a sexual nature when:

1. Submission to such behavior is made, either explicitly or implicitly, a term of a student's academic status or progress.
2. Submission to or rejection of such behavior by a student is used as a basis of educational decisions affecting the student.
3. Submission to or rejection of such behavior by the student is used as the basis for any decision affecting the student's school – related opportunities, benefits and services.
4. Such conduct is so severe, pervasive and objectively offensive that it has the purpose or effect of depriving the student of access to educational opportunities, benefits or services .

To clearly define unacceptable behavior, a list of inappropriate conduct/behavior is provided below.

Examples of inappropriate behavior include, but are not limited to, the following:

1. Offensive or vulgar jokes
2. Name calling
3. Comments about one's body
4. Offensive or sexually-related physical gestures
5. Comments about one's or other's sexuality, sexual history or sexual practices
6. Display of any pornographic, sexually explicit or sexually oriented material, magazines, DVDs, cards, videos, tapes or clothing (this does not apply to legitimate educational material, such as material relating to the study of art, etc.)
7. Any form of physical restraint
8. Any type of massage (except with respect to authorized personnel engaged in appropriate and legitimate athletic/training endeavors)
9. Use of school resources or property to download, upload, display or distribute any pornographic, sexually explicit or sexually oriented material (this does not apply to legitimate educational material, such as material relating to the study of art, etc.)
10. Nudity (this does not apply to legitimate educational material, such as material relating to the study of art and as appropriate in locker rooms, changing facilities, shower rooms, etc.) or inappropriate attire

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11. Inappropriate physical contact, such as full body or lengthy embraces, kissing, pinching, patting, fondling or touching of another's body including, but not limited to, genital areas, chest, buttocks, legs and/or thighs
12. Punishing or retaliating against a person for refusing to comply with implied or explicit sexual advances
13. Any unwelcome conduct or behavior which implicitly or explicitly seeks sexual contact or sexual relationship

The above examples of inappropriate conduct/behavior are not intended to be a complete list of prohibited conduct/behavior. It is provided as a list of examples of such prohibited conduct/behavior. A good general rule is: if you have any question about whether conduct or behavior is appropriate, then do not engage in the behavior.

Any student or parent who believes a student has been subjected to behavior that violates this policy is encouraged to and has a responsibility to immediately report the concerns to the Dean of Students or the Principal's Office. No action will be taken against any student because he/she or his/her parent reports behavior believed to violate this policy.

The School will respect the confidentiality of the student reporting concerns and the individual(s) about whom the report is made to the greatest extent possible consistent with the School's legal obligations and necessity to investigate alleged violations of this policy. The School will take appropriate disciplinary action when inappropriate behavior has occurred.

All students are assured that the School will take appropriate steps to investigate any alleged violation of this policy and to take appropriate corrective action to ensure that students have an opportunity to learn in an environment free of inappropriate comments and conduct.

It is the responsibility of all administrators, faculty, staff, volunteers and students to behave in accordance with the letter and spirit of this policy to maintain a productive educational environment of which all can be proud.

HIERARCHY OF COMMUNICATION

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to your child. As parents, when your child becomes involved in an athletic program, you have the right to understand what expectations are placed on your child. This begins with clear communication for your child's coaches.

Communication you should expect from your child's coach:

1. Philosophy of the coach.

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2. Expectations the coach has for your child and the team.
3. Locations and times of all practices and contests.
4. Explanation on any major changes in role.
5. Team requirements, i.e. fees, special equipment, off-season conditioning, criteria for lettering.
6. Procedures should your child be injured during participation.

Communication coaches expect from parents:

1. Concerns should always be expressed directly to the coach, not to other parents or players.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations

Appropriate concerns to discuss with coaches:

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

Issues not appropriate to discuss with coaches:

1. Playing time, position(s) played, etc.
2. Team strategy
3. Other student athletes

Procedure for conference with coaches:

1. Make sure your child has met with his coach(s) first.
2. Call the coach to set up an appointment.
3. Do not attempt to confront a coach before or after a practice or contest. These can be emotional times for the coach and parent. Meetings of this nature do not promote resolution, only conflict.
4. If the coach does not respond in a reasonable amount of time, please contact the Athletic Director.

Next Steps:

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Athletic Director and head coach to discuss the situation. Please do not contact the Principal or President without prior contact with the AD.
2. At this meeting the appropriate next step can be determined.

INSURANCE

Brebeuf Jesuit Preparatory School administrators, coaches and athletic trainers are safety conscious and are trained to instruct athletes in the safe and proper techniques of their

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individual sport(s). Due to the nature of athletic activity, however, injury may occur. While the school provides the opportunity for such participation, the parent retains the right of denial of such participation and must carry the responsibility for providing medical care and insurance coverage for their son or daughter. Parents are required to have an insurance policy to cover athletic injuries and the cost of treatment. In recent years the IHSAA has also carried catastrophic insurance to cover major injuries incurred during participation in approved IHSAA sports programs. IT SHOULD BE NOTED THAT NEITHER THE IHSAA NOR BREBEUF JESUIT PREPARATORY SCHOOL CARRY ANY KIND OF FIRST DOLLAR MEDICAL INSURANCE FOR ATHLETIC INJURIES.

LETTERS

The head coach and his/her staff, in consultation with the Athletic Director, will determine letter-winners.

1. Only one letter shall be awarded to any athlete.
2. An athlete shall qualify for a letter jacket upon receipt of his/her first varsity letter. The cost of the jacket shall be covered by the student-athlete.
3. Illness, injury, and other circumstances shall be handled by the Athletic Department Administration as each individual case arises.
4. All letters shall be approved by the Athletic Department.
5. To receive a letter or credit for an award, an athlete shall complete the season in good standing.
6. The following criteria shall be met in varsity competition to earn a varsity letter:

The student-athlete must complete the season as a member in good standing. In addition, the student-athlete must meet the following criteria by sport

Baseball – Participated in 50% of the innings played (pitcher excepted).

Basketball – Participated in 50% of all quarters possible during the regular season.

Cheerleading - Must have been chosen for the Varsity team and participated in at least 75% of the performance and competition opportunities.

Cross Country –Score 20 points or more in varsity competition. Scoring is as follows:

1. Invitational: 1st place = 7 points 2nd place = 6 points 3rd place = 5 points 4th place = 4 points 5th place = 3 points 6th place = 2 points 7th place = 1 point
2. IHSAA Tournament: 1st place = 10 points 2nd place = 8 points 3rd place = 6 points 4th place = 5 points 5th place = 4 points 6th place = 3 points 7th place = 1 point *Note: A JV runner will score varsity points if his time is better than a varsity runner. That runner will then be considered for the varsity squad at the next meet.
3. Establish a new Brebeuf Jesuit school record.
4. Coaches' recommendation: The recommendation will be used when a candidate does not meet any of the other requirements but aids the team through leadership.

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Dance – Must have been chosen for the varsity team and participated in at least 75% of the performances and competition opportunities and the ISHSDTA Tournament.

Football – Must participate in 20 varsity quarters and remain on the team through the duration of the IHSAA Tournament.

Golf – Player must be on the starting five (5) squad for a minimum of 50% of the season's matches or tournaments.

Hockey – Must have played in at least 50% of games.

Lacrosse – Must have played in at least 50% of games.

Rowing – A varsity letter in rowing at Brebeuf Jesuit Preparatory School is awarded to student-athletes who demonstrate commitment, participation, and good standing within both the school and the rowing program.

Eligibility Criteria:

1. Program Progression
 - A student-athlete's first year competing at the high school level is designated as a *novice year*.
 - Any subsequent years of participation are considered *varsity years*, provided all other criteria are met.
2. Participation Requirement
 - The student-athlete must participate in at least 75% of all scheduled regattas and practices during the season.
3. Good Standing
 - The student-athlete must remain in good standing with:
 - Brebeuf Jesuit Preparatory School (academically and behaviorally), and
 - The rowing club/program (attendance, conduct, and team expectations).
4. Program Commitment
 - The athlete is expected to demonstrate consistent effort, teamwork, and adherence to team policies throughout the season.

Award Determination:

- A varsity letter will be awarded at the conclusion of the season to athletes who meet all of the above criteria, as determined by the coaching staff and athletic department.

Soccer – Must have played in a minimum of 50% of the halves.

Softball – Played in 50% of the innings played (pitcher excepted)

Swimming & Diving – Must accumulate 75 points or more from attendance at practice, participation in meets, and scoring in meets.

Tennis – Must have played in 50% of the regularly scheduled matches.

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Track – Varsity letter awarded on a point system. Scoring and participating in the meets can earn points. Score a minimum of 10 points indoor and 15 points outdoors. Score points in the Marion County or IHSAA Tournament.

Volleyball – Must have played in 50% of the regularly scheduled matches.

Wrestling – Varsity letter awarded on a point system.

NOTE: Any Senior participating for four years will automatically letter. Managers providing essential and faithful service may earn a varsity letter. Injured/ill athletes *may* receive a Varsity letter, this determination is at the discretion of the varsity coach in consultation with the Athletic Director.

LOCKER ROOMS

This policy applies to all student-athletes, coaches, managers, and authorized personnel using Brebeuf Jesuit athletic locker rooms. It reflects the school's Jesuit values of *Cura Personalis*, respect for the dignity of every individual, sportsmanship, integrity, and community. All users must follow the Brebeuf Jesuit Student Handbook, Student-Athlete Handbook, and IHSAA rules.

Purpose

The locker room is a shared space for preparation, recovery, and team bonding. It must remain a safe, respectful, clean, and inclusive environment that supports the physical, emotional, and spiritual development of every student-athlete.

Access and Supervision

- Locker rooms are for current Brebeuf Jesuit student-athletes, coaches, and approved staff only.
- Access is permitted only during designated team times (practices, games, conditioning) when a coach or athletic department supervisor is present.
- No students may be in the locker room without adult supervision.
- Visiting teams receive access only during scheduled events, with host team/coaches providing oversight.
- Athletic facilities, including locker rooms, may only be used when a coach or prefect is present. Valuables should not be left unattended.

Expected Conduct and Respect

- Treat all individuals with dignity and respect, consistent with Jesuit principles of *men and women for others*.
- No hazing, bullying, harassment, teasing, or derogatory comments based on race, gender, religion, sexual orientation, ability, or any other characteristic.
- Use appropriate language at all times—no profanity, vulgarity, or discriminatory speech.
- Respect personal space and privacy. No horseplay, throwing objects, or roughhousing.
- Support teammates; foster a positive team culture aligned with Brebeuf's core values of character development and sportsmanship.

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Privacy, Modesty, and Electronic Devices

- Changing clothes and showering must occur with modesty and respect for others.
- Use stalls or private areas where available; avoid unnecessary exposure.
- ****No photography, video recording, or audio recording**** in locker rooms at any time. This includes cell phones, cameras, or any devices. Violations may result in disciplinary action, up to suspension from the team or school consequences.
- Phones and devices should be stored securely and used only for appropriate purposes (e.g., contacting parents after practice).

Cleanliness and Maintenance

- Keep the locker room clean: Place trash in receptacles, do not leave personal items scattered, and report any damage or maintenance issues to coaches immediately.
- Clean and return all equipment after use.
- Do not deface lockers, walls, or surfaces. Personalize assigned lockers tastefully and remove all items at the end of the season.
- Report any spills, hazards, or cleanliness concerns promptly.

Prohibited Items and Behaviors

- No tobacco, vaping products, alcohol, drugs, or weapons of any kind.
- No food or drinks except water (in designated areas if allowed by coaches).
- No cleats or dirty footwear that could damage floors or create hazards.
- No unauthorized guests or loitering.

Health and Safety

- Maintain personal hygiene to support a healthy environment for all.

Locker Assignments and Security

- Lockers are school property assigned for the season; the school is not responsible for lost or stolen items. Use locks as instructed.
- Do not share lockers or combinations.
- Empty and clean lockers at the end of each season.

Violations and Consequences

Violations of this policy will be addressed seriously and may result in:

- Verbal warning or team consequences (e.g., extra conditioning).
- Suspension from practices/games.
- Removal from the team.
- Referral to the Dean of Students or administration for further school discipline, up to expulsion in severe cases (e.g., harassment, recording violations).

Coaches and athletic staff will enforce this policy consistently. Serious incidents will involve the Athletic Director and may reference the full Student-Athlete Code of Conduct.

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MULTI-SPORT PARTICIPATION

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

NUTRITIONAL SUPPLEMENTS

Brebeuf Jesuit Preparatory School does not encourage or endorse the use of any type of nutritional supplement. The use of products such as protein supplements, amino acid supplements, creatine, weight gain and/or loss products, etc. is a decision to be made by the student-athlete and his or her parent(s)/guardian(s). This decision should be made in consultation with a physician.

PARTICIPATION DOCUMENTS

Before participating in a practice for any team, an athlete and his/her parent(s)/guardian(s) must have all forms required by Brebeuf Jesuit Preparatory School and the IHSAA completed, signed, and on file in the Athletic Department. Only the History Form and Physical Examination Form will be a "hard-copy", all other documents are to be completed and signed online.

1. History Form
2. Physical Examination Form (dated after April 1st of the current year by the start of the first "official" practice and updated once every 12 months). Freshmen and transfer students must have this completed and turned in to the Athletic Department before starting summer open facilities.
3. Consent & Release Certificate
4. Concussion and Sudden Cardiac Arrest Acknowledgement Form
5. Franciscan Health Sports Medicine Consent for Athletic Training Services
6. Transportation Release Form
7. Student-Athlete Handbook Acknowledgment
8. Transfer students new to Brebeuf Jesuit Preparatory School cannot compete in interscholastic contests until an athletic transfer is complete. Transfer students must complete the IHSAA transfer process with a ruling. Students shall be ineligible if a person uses undue influence to retain or secure them as student-athletes or to retain or secure their parents as residents.

PRE-PARTICIPATION PHYSICAL EVALUATION FORM (PPE)

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The IHSAA Pre-participation Physical Evaluation (PPE) is the first and most important step in providing for the well-being of Indiana's high school athletes. The form is designed to identify risk factors prior to athletic participation by way of a thorough medical history and physical examination. The IHSAA, under the guidance of the Indiana State Medical Association's Committee on Sports Medicine, requires that the PPE Form be signed by a physician (MD or DO) holding an unlimited license to practice in the State of Indiana. In order to assure that these rigorous standards are met, both organizations endorse the following requirements for completion of the PPE Form:

1. The most current version of the IHSAA PPE Form must be used and may not be altered or modified in any way. (available for download at www.ihsaa.org)
2. The PPE Form must be signed by a physician (MD or DO) only after the medical history is reviewed, the examination performed, and the PPE Form completed in its entirety. No pre-signed or pre-stamped forms will be accepted.
3. Signatures
 - a. The physician signature must be hand-written. No signature stamps will be accepted.
 - b. The Physician signature and license number must be affixed on page two (2).
 - c. The Parent signatures must be affixed to the form on pages one (1).
 - d. The Student-Athlete signature must be affixed to pages one (1).

Your cooperation will help ensure the best medical screening for Indiana's high school athletes.

PARTICIPATION ON TEAMS OUTSIDE OF SCHOOL ATHLETICS

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

PARTICIPATION IN PHYSICAL EDUCATION CLASSES AND INJURIES

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

PE CREDIT FOR ATHLETIC PARTICIPATION

The Indiana State Board of Education has provided flexibility to adapt the high school Physical Education requirement for students to meet the state standards. Brebeuf Jesuit allows students to earn one credit of their PE requirement by participating in a sanctioned sport.

All students must still earn one credit of their PE requirement by taking either the traditional PE course during the summer or during the school year.

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Student-athletes must inform their academic counselor if he or she plans to earn a PE credit for Athletic Participation.

For more information, please contact Jake Weinstein at jweinstein@brebeuf.org

PERSONAL BRANDING ACTIVITY (PBA)

RULE 5 – AMATEURISM AND ASSUMED NAME PROHIBITION

5-7 Personal Branding Activity (PBA)

5-7.1 Definitions

For purposes of this rule, the following definitions shall apply:

- a. **PBA Activity:** Use of a student's name, image, or likeness for promotional, endorsement, or commercial purposes through appearances, licensing, social media, endorsements, branding, or similar activities.
- b. **PBA Collective:** Any group, organization, or entity that seeks to provide benefits to student-athletes in exchange for promotional services, endorsements, or other PBA activities.
- c. **Athletic Service:** Utilizing athletic skills, playing a sport, or performing in an athletic contest or demonstration in exchange for a benefit.
- d. **School Representation:** Depicting any affiliation with a member school, including school name, nicknames, mascots, logos, uniforms, traditions, achievements, or any reference to the school's athletic programs. The student shall not use any IHSAA Member School's facilities or property in association with receiving PBA compensation.
- e. **Benefit:** Any recompense received in exchange for services, including money, compensation, awards, merchandise, stipends, in-kind payments, or services.

5-7.2 Allowable PBA Activities

Students may participate in the following PBA activities without jeopardizing amateur status:

- a. **Non-School, Non-Athletic PBA Activities:** Students may engage in PBA activities provided they do not represent the Member School and do not perform athletic services.
- b. **Personal Brand Development:** Students may develop and monetize their personal brand through social media, personal appearances, and endorsements unrelated to their school athletic participation.
- c. **Skills-Based Services:** Students may provide non-athletic services such as tutoring, personal training instruction, or coaching youth sports for reasonable compensation.

5-7.3 Prohibited PBA Activities

The following PBA activities are prohibited and shall result in ineligibility:

- a. **School Representation:** Any PBA activity that represents or references a Member School, unless directly connected to the student's participation in the school's interscholastic athletic program and directed by the school.
- b. **Prohibited Activities:** The student must not participate in any PBA related to products, services, individuals, companies, or industries that promote gaming or gambling, alcohol,

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tobacco, cannabis, illegal or banned substances (including performance-enhancing substances), sexually explicit material, or firearms or weapons.

c. Athletic Services: PBA activities that involve utilizing athletic skills or participation in interschool athletic contests or demonstrations that are organized, sponsored by, or affiliated with a Member School. A student may provide the following activities if not associated with Member School representation:

- (1.) Instructional Services: individual or group instruction, lessons, clinics, or camps.
- (2.) Appearances and Demonstrations: Participation in events, exhibitions, or promotional activities that may involve athletic skill, provided such participation is not tied to Member Schools or Member School competitions, or outcomes.
- (3.) Private Training and Coaching: Providing training or coaching services to individuals or teams not affiliated with the Member School.

d. PBA Collective Participation: Participation in or acceptance of benefits from PBA collectives that work on behalf of, in conjunction with, affiliated with, or for the benefit of any Member School.

e. Recruitment-Related Activities: PBA activities offered to entice a student to attend a particular high school for athletic purposes.

5-7.4 Procedural Requirements

a. School Notification: Students engaging in PBA activities must notify their school's athletic director in writing within 48 hours of entering into any PBA agreement.

b. Agreement Review: Schools may review PBA agreements to ensure compliance with IHSA rules, but may not prohibit compliant activities.

c. Student and Parent/Guardian Obligations: The student, parent, or guardian must determine whether the PBA might affect NCAA, NJCAA, and/or NAIA eligibility. They are also responsible for all student employment obligations, related documents, IRS tax responsibilities, and any other applicable local, state, or federal laws related to the PBA.

d. Educational Requirements: Member schools must provide annual education to student-athletes regarding PBA rules, compliance requirements, and potential consequences of violations.

e. Data Security and Integrity: Member Schools shall maintain reasonable security measures to safeguard personal data related to PBA agreements against loss, interference, misuse, unauthorized access, disclosure, alteration, or destruction, and shall maintain reasonable procedures to help ensure data reliability for its intended use.

f. School Rules: Stricter school rules permitted if not conflicting. A school corporation may adopt rules governing participants in addition to IHSA rules, provided such rules do not conflict with or violate IHSA rules.

5-7.5 Penalties for Violations

a. Individual Penalties: Students who violate PBA provisions shall be subject to ineligibility periods not to exceed Three-hundred Sixty-five (365) days from the date of violation in the sport concerned.

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b. **School Penalties:** Member Schools that facilitate or fail to report known PBA violations shall be subject to penalties described in Rule 17-7.1.

c. **Reinstatement:** Students may apply for reinstatement following the procedures established in Rule 5-4, with additional requirements for PBA-specific violations.

SANCTIONED SPORTS

As a general rule Brebeuf Jesuit Preparatory School sanctions the sports which are sanctioned by the IHSA. However, sports such as Bowling, Dance, Cheerleading, Hockey, Crew, Boys Lacrosse, Girls Lacrosse, Boys Volleyball, and Ultimate, who have well-established state associations who value and uphold the principles of education-based athletics, have been sanctioned and fully supported under the consideration of the Athletic Department, Principal, President, and Board of Trustees.

SOCIAL MEDIA

Participation in activities, groups, and teams is a privilege at Brebeuf Jesuit Preparatory School. The use of social media by a student considered to be “unbecoming of a Brave” may result in discipline including suspension or removal from the activity, group, leadership position, or team.

TEAM CUTTING POLICIES

In accordance with our philosophy of athletics being a key component of the education of the whole person and our desire to see as many students as possible participate in the athletic program while at Brebeuf Jesuit, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport. However, when a coach is developing policy with respect to squad selection, he or she will strive to maximize the opportunities for our students without diluting the quality of the program.

1. Policies

- a. Choosing the members of athletic squads is the sole responsibility of the coaches of those squads. A coach may include assistants or outside judges to aid in this process.
- b. Non-varsity coaches shall take into consideration the policies established by the head coach in that particular program when selecting final team rosters.
- c. Prior to squad selection, the coach shall provide the following information to all candidates for the team:
 - i. Extent of try-out period (e.g. Varsity Cheerleading: 2 workshops & 1 try out)
 - ii. Criteria used to select the team (e.g. Varsity Cheerleading: Fight Song, Cheer, Chant, Jumps, Tumbling & appropriate attire)
 - iii. Number to be selected – (e.g. Varsity Cheerleading: Approximately 14)
 - iv. Practice commitment if they make the team – (e.g. Varsity Cheerleading: Tue. Thurs. 4:30-6:30p.m.)

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- v. Game commitments – (e.g. Varsity Cheerleading: Football – Every Friday night; Basketball – TBD)
- 2. Procedures
 - a. When a squad selection becomes a necessity, the process will include three important elements.
 - i. each student-athlete shall have attended a portion of the tryout
 - ii. each student-athlete has been given a fair opportunity to tryout working with the coach on conflicts, illness, or injury. Lack of communication on the part of the student-athlete could result in loss of an opportunity to try out.
 - iii. each student-athlete will be personally informed of the cut by the coach
 - b. Cut lists are not to be posted, but should be handled with a one-on-one meeting. If it is logistically impractical to meet with each student-athlete who has been cut, a person email may be sent to the student-athlete who was cut; if there are multiple student-athletes who were cut an email must be sent to each student-athlete individually.
 - c. Coaches will have a follow-up meeting if the parent/athlete makes that request to the head coach.
 - d. Coaches will discuss alternative possibilities for participation in the sport (i.e. manager), or other areas of the activities program (film coordinator, scout, etc.).
 - e. If a coach anticipates difficulties arising as a result of squad selection, he/she should discuss the situation with the Athletic Director and Principal.
 - f. In the event an athlete appeals the selection process as being unfair and is able to provide documentation/proof, he/she may be granted one day of additional try-out by the head coach.

TRANSFER STUDENTS

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

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

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TRANSGENDER STUDENT-ATHLETES

Brebeuf Jesuit welcomes student athletes of all gender identities and expressions. Transgender, nonbinary, and/or gender nonconforming students may participate in competitions in accordance with the policies and procedures of the organization that governs state participation (e.g. [IHSAA](#)). Brebeuf Jesuit is willing to work with all students to provide reasonable accommodations. For more information and/or to discuss your sport's state association policy please reach out to the Athletic Director.

TRAVEL

Travel to and from events is an important part of team-life, therefore all student-athletes are expected to travel to and from off-campus "away" athletic contests. However, the Athletic Department recognizes certain unique situations when other options are acceptable, if sparingly utilized. Such would be, but are not limited to:

1. A parent wishing to transport his/her own child may do so by giving the coach an authenticated note or email, 24 hours in advance, to that effect. The note must be given to the coach by the parent or verified as authentic by the parent.
2. A child may only ride with someone else's parent in rare cases and with an authenticated note or email from his/her own parent to the coach 24 hours in advance.
3. In cases where school transportation is not available or is in poor use of resources, a student may travel to or from an event with the parent after providing the coach with an authenticated note or email 24 hours prior (i.e. taking one diver to the IHSAA Regional).

UNDUE INFLUENCE

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

WELLNESS CENTER WEIGHT ROOM

The weight room is available for use by teams before, during, and after school. Advanced Physical Conditioning (APC) is offered during the school year under the guidance of the Wellness Center Coordinator. No student shall use the weight room or participate in pre-season/summer workouts or conditioning without adult supervision, without having a physical exam on file in the Athletic Department, and without completing a weight room orientation.

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SPORT-SPECIFIC CAUTIONARY STATEMENTS

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

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

BASEBALL AND SOFTBALL CAUTIONARY STATEMENT

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

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

Preparation for practice or contest:

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

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In the locker room:

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

Approach to the competitive/practice site:

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

Hazards specific to baseball/softball:

1. All protective equipment required by rule must be worn at practices and competition during those situations that require it.
2. Helmets are to be worn by batters, base runners, catchers and base coaches.
3. "On deck" hitters are to take practice swings in a designated circle but with complete attention directed to the pitcher and batter. If no circle is designated, stand behind the backstop. Keep hands off the backstop.
4. Swing only one (1) bat when taking practice swings. Use a bat ring that will not slide off the thick end of the bat.
5. Batting practice, infield drills, outfield drills, and pitching practice are to be done in designated areas and at designated times. DO NOT begin these practices without direction of the coach.
6. Sliding technique is to be performed as a progression and approved by the coach before it is tried. Lower extremity injuries may still occur when players are experienced in sliding techniques.
7. Offensive and defensive players involved in sliding or other close plays must recognize the possibility of being hit by a thrown ball, being accidentally bumped, or of injury due to friction burn, being stepped on, or skeletal injury. Be alert to the location of the ball and opponents. Assume a protected position. Do not leave limbs extended when on the ground.
8. Burns, sprains, strains and contusions must be reported to coaches.
9. Dugout and team bench - Players in the dugout or team bench area must be alert to foul balls, over throws, or defensive players moving towards the area at high speed.

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10. Indoors - always look before taking practice swings during drills. If you are chasing balls into a hitter's area, get his/her attention before going near him/her.
11. Pitchers in batting cages will always wear protective helmets.
12. On a pitched ball which appears to be headed towards a hitter, all hitters will be instructed to turn their front shoulder towards the catcher and tuck their chin to avoid being hit in the facial area.
13. Never catch without protective equipment.
14. Never slide head first into a catcher at home plate.

Emergencies:

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

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

BASKETBALL CAUTIONARY STATEMENT

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

Preparation for activity:

1. Wear all pads, braces and supportive undergarments to all practices and competitions.
2. Clothing and shoes should fit properly, be comfortable, and allow for maximal physical efforts. Clothing should be kept clean and sanitary.
3. Clothing should prevent heat dissipation, or restrict movement.
4. Players should ingest the equivalent of 4 - 6 glasses of water each day.

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5. Feet should be covered with a thin cotton sock followed by a heavier wool sock. If blisters are a chronic problem or begin to appear, coaches or trainers should be consulted for appropriate responses or preventive actions.
6. Players who require corrected vision must wear shatterproof glasses or lenses. Glasses must be mounted in break resistant frames, and be held in place by an elastic strap.
7. Players requiring preventive taping, padding, or bracing should arrive early enough to receive treatment and be able to participate in specialty work.
8. Remove all jewelry, metal hair clips and hats.
9. No horseplay, roughhousing, hazing or initiations.
10. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
11. High top basketball shoes are suggested and they should be properly laced up.
12. The use of braces is recommended.
13. Mouth guards are highly recommended.

In the locker room:

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

Travel to contest & practice site:

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

Hazards specific to basketball:

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

Emergencies:

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

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1. Be alert to any injury that the coach may not see. He/she will manage the person in trouble.
Assist by:
 - a. Stop all practices, scrimmages. DO NOT move the victim!
 - b. After calling the coach to manage the situation, help with the injured person.
 - c. Telephone for additional assistance (phone numbers and information are posted on the telephone); obtain first aid supplies or equipment.
 - d. Keep onlookers away.
 - e. Sit or kneel in close proximity.
 - f. Direct rescue squad members to the site.
2. Fire or Fire Alarm:
 - a. Evacuate and remain 150 feet from the building.
 - b. Be prepared to implement emergency procedures.
3. Bomb Threat:
 - a. Evacuate building and remain-200 yards from building.
4. Tornado:
 - a. Go to basketball team room, sit on floor next to and facing lockers.

CHEERLEADING CAUTIONARY STATEMENT

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

Preparing for practice:

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

Workout expectations:

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

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Emergencies

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

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

CROSS COUNTRY CAUTIONARY STATEMENT

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

Preparation for practice or contests:

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

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8. Athletes with visual impairments must wear shatterproof glasses or lenses where judgment or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.

In the locker room:

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

Movement to the practice/contest site:

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

Hazards specific to cross country:

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

Entry Into and Expectations While in the Water

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

Emergencies

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

1. Stop all activities, practice, or competition. DO NOT move the victim!
2. Call a coach to manage the situation if not already at the site.

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

DANCE CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the Brebeuf Jesuit Preparatory School Dance Team. Because of the physical demands required, team members and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the activity.

Preparing for practice:

1. Wear assigned clothes for that practice, and remove all jewelry.
2. Dancers must be present and participate during warm-up.
3. Appropriate shoes must be worn during practice.
4. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.

Workout expectations:

1. Think safety first.
2. Always be aware of the proximity of others when executing individual and partner tricks.
3. Tricks should be practiced and perfected on mat prior to wood floor.
4. Advanced tricks are prohibited unless previously cleared by the coach.
5. If ill or dizzy, notify the coach. Do not practice.
6. Properly hydrate and fuel your body for practice with proper nutrition and sleep.

Emergencies

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

1. DO NOT move the student!
2. Be alert. Look around. Get the attention of other people as they may need to help.

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3. The coach will manage the person in trouble. You may be asked to assist in one of several ways:

- a. helping with the injured person
 - b. telephoning for additional assistance
 - c. obtaining first aid supplies or equipment
 - d. directing the rescue squad to the accident site
 - e. keeping onlookers back
4. Fires or fire drills may require immediate evacuation from the building
- a. sometimes there may be time to grab a coat and exit
 - b. if the situation requires quicker action, participants will evacuate through any exit
 - c. move and remain 50 feet away from the building
 - d. be prepared to use the procedures described in #2 above.

FOOTBALL CAUTIONARY STATEMENT

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

Pre-season preparation:

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

Tackling, blocking and running the ball:

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

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

Blocking and tackling by not putting the helmet as close to the body as possible could result in shoulder injury such as a separation or a pinched nerve in the neck area. The dangers of not

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following the proper techniques can be from minor to disabling to even death. The reason for following the safety rules in making contact with the upper body and helmet is that improper body alignment can put the spinal column in a vulnerable position for injury.

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

Basic hitting (contact), position and fundamental techniques:

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

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

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

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

Fitting and use of equipment:

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

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

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and a blow to the back of the neck could cause a neck injury, possibly quite serious such as paralysis or even death.

Preparation for practice or contests:

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

In the locker room:

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

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

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

Cautions specific to football:

1. The Head and Helmet
 - a. Tackle or block or break tackles with the shoulder pad. NEVER USE THE HELMET TO STRIKE THE OPPONENT.
 - b. Keep the chin and eyes up when blocking, tackling, or running with the ball.

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

Emergencies:

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

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

GOLF CAUTIONARY STATEMENT

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

Preparing for practice:

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

Movement to practice site:

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

Cautions specific to Golf:

1. When involved in club control/club swing drills, LOOK in all directions BEFORE taking your first practice swing. Be sure there is room for the club to be swung safely.
2. No horseplay with clubs or equipment. No club throwing.
3. Be alert to players on adjacent tees or fairways.

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4. Be alert to players in front and behind you. On short holes, signal players behind when it is safe to hit their tee shots. Do not hit tee or fairway shots if close to players ahead.
5. Call "FORE" if any shot moves into an adjacent fairway, or near any other players.
6. Drink water frequently on the course. If uncomfortable, stop in a shady area or sun shelter and consume water. Call for assistance if dizzy, ill or light headed.
7. If severe weather occurs while on the course:
 - a. Remove spikes, get away from clubs
 - b. Avoid isolated trees, shelters, hilltops, open spaces, or metal objects.
 - c. Move to a wood building, low, protected area, or heavily wooded area.

Emergencies

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

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

GYMNASTICS CAUTIONARY STATEMENT

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

Preparing for practice:

1. Choose practice or competitive equipment that fits properly, does not catch on apparatus, or restrict the gymnast's movement.

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

In the gymnastics area:

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

Cautions specific to gymnastics:

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

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13. Vaulting Board approaches and distances from apparatus must be developed in conjunction with the coach and checked by the gymnast before practicing or competing.
14. Always use spotters that know what they are doing.

Emergencies

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

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

BOYS AND GIRLS LACROSSE CAUTIONARY STATEMENT

Lacrosse is a fast-paced, exciting sport that combines the best aspects of many other sports. Boy's lacrosse, specifically, is a contact sport in which players are allowed to use their sticks to check an opponent and make body contact. Because of these rules, injuries will occur. The following recommendations have been designed for participants in the Brebeuf boy's lacrosse program to best educate them and their parents on all aspects of the game to promote a positive a safe experience for all.

History of Game and Connection to Brebeuf Jesuit Preparatory School:

Lacrosse is an indigenous sport to Native American Indians. French Jesuit missionaries working in the St. Lawrence Valley in the 1630s were the first Europeans to see lacrosse being played. One of them, Jean de Brébeuf wrote about the game being played by the Huron Indians in 1636 and it was he who named the game "Lacrosse".

Qualified Coaches:

The coaches in our program bring with them a wealth of expertise as former players in all levels of the game and adhere to the highest standards of coaching qualifications and standards of conduct. Coaches ensure that all players are taught the rules of play and proper execution of the fundamentals. Brebeuf coaches are required to participate in continuing lacrosse specific

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education and training while also being required to obtain safety certifications on an annual basis as determined by the Indiana High School Athletic Association.

Player Expectations:

Players must be aware of the school, program and league rules of conduct. Emphasis is placed on safety and good sportsmanship in our program. Everyone involved with the program must act with consideration for the safety of others. Players must ensure that their behavior and equipment conform to all required and allowable standards, as defined by the National High School Federation. In addition, one of the league requirements is that all players obtain and maintain a current membership with US Lacrosse (the national governing body of lacrosse) for the purposes of increased liability insurance.

Pre-season Preparation:

Lacrosse has been defined as the “fastest game on two feet” by some. Because of the face-pace of the game and the fact that it is a contact sport, off-season/pre-season conditioning is a must to best prepare for the season. This includes both strength training as well as aerobic training. For athletes who are not multi-sport athletes, an individualized training program will be prepared for them to follow. Opportunities to participate in a variety of programs conducted by Impact Athletics will be promoted to all athletes leading up to the start of in-season training. All athletes will be required to continue with strength training during the season to help prevent injuries.

Required Equipment, Fit and Use:

The proper gear that fits, its continued maintenance and proper use will aid in the safety of players. All players are required to have and wear in contact practices and games the following equipment:

- Lacrosse Stick (Must meet US Lacrosse/NFHS specs and used within the rules of the game.)
 - **Stringing:** 4-5 leather or synthetic strings, 8-12 stitches or cross-lacing or mesh, max.
 - **Pocket:** depth is legal when the top of ball remains above the bottom of the head's wall when placed in the pocket of a horizontal stick.
 - **Head:** triangular piece affixed in same plane as shaft.
 - **Shaft:** wood, composite or metal alloy.
- Helmet (Must be field lacrosse-specific; possess seal indicating it meets NOCSAE standard performance specs and be properly fitted based on manufacturer's guidelines.)
- Mouthguard (Must be a visible color other than clear or white.)
- Shoulder Pads (Must cover top of shoulder, collarbone & sternum.)
- Arm Pads
- Gloves (Lacrosse specific gloves that do not have none of palm padding worn or cut out.)
- Protective Cup

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- Rib Pads (Optional)

Additional equipment required for goalies are:

- Throat Guard
- Chest Protector

Our program purchases and maintains helmets for varsity players. Helmets are checked and re-certified every two years as required by NOCSAE rules. All other equipment is the responsibility of each player to purchase and maintain. The program will make recommendations of specific equipment and provide discounted rates to players.

Helmets and Safeguards

Helmet standards were developed and adopted in the late 1960's and early 1970's during which time there were epidemic levels of deaths due to severe brain injury in contact sports. Today, because of the adoption of these helmet standards and other rule changes, the number of deaths due to severe brain injuries has been significantly and dramatically reduced. Unfortunately, severe and catastrophic injuries can never be completely eliminated because of the differences among individuals, the inherent risk and the nature of contact sports. No helmet can reduce the risk of neck injuries.

Helmet standards are still evolving with new scientific findings, changes in the sport, and the level of acceptable risk, most recently in an attempt to address new concerns for concussive brain injury. As these standards evolve, governing bodies will determine when and how new helmet standards will be adopted as rules. Regardless of how and when helmet standards evolve, wearing helmets specifically approved for the sport is crucial for the safety of all players.

Preparation for Practice or Games:

1. Wear all required protective equipment to every practice or game unless otherwise indicated by the daily practice plan/coach. (Mouth guards are not optional.)
2. Wear outer and under garments that are appropriate for humidity and temperature.
3. Players should ingest the equivalent of 4-6 glasses of water each day.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
6. Remove all jewelry.
7. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
8. Goalkeeper must wear proper additional equipment (throat protector and chest protector).
9. For players needing taping for support, report to trainers to give enough time to arrive to practice on-time.

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10. Obtain treatment from trainers as directed.

In the Locker Room:

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

Approach to Practice or Game Site:

1. Be alert to ramps, stairs, and changes in the texture and levels of concrete, fields, and sidewalks.
2. Be alert to the location of the passing of balls in drills.
3. Be alert to fast action or multi-player movements.
4. If ill or dizzy, notify the coach. Do not practice.
5. Do not hang on goal posts at any time.
6. Lacrosse is played and practiced in all types of weather. Players should have proper clothing and footwear.
7. If lightning is in the area, the practice or game will be suspended until the storm passes. (20 minutes without lightning or thunder)
8. Lacrosse players will follow all other posted or published team rules.

Cautions Specific to Lacrosse:

1. The Head and Helmet
 - a. NEVER USE THE HELMET TO STRIKE THE OPPONENT. Leading with the head will subject you to causing serious harm to yourself and the opposing player.
 - b. Lacrosse balls are hard objects that can cause concussions. Be careful when approaching a player in the process of shooting.
2. Sticks
 - a. NEVER USE A STICK AS A WEAPON. Play within the rules and only perform checks that are properly taught by a coach with the purpose to dislodge the ball. A check should never be performed to cause injury to a player.
 - b. Stick checks can cause injury. Due to the nature of the material of a stick and exposed areas of the body, a legal stick check can cause injury (bruises, fractured or broken bones, etc.). Make sure you wear all of the proper gear to protect your body. For attackmen, it is highly recommended that they wear Rib Pads.
3. Body Checking

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- a. Play within the rules and only body check a player with the ball or another player within 5 yards of the ball.
- b. Throwing body check on an opposing player who does not have a chance to protect himself is illegal. During a game, this is a 2 minute non-releasable penalty.
- c. Protect yourself at all times on the practice and game field. Use caution when picking up groundballs and in other areas of play.
4. Water
 - a. Frequent drink breaks will be scheduled during practices, and players should hydrate themselves frequently before and during practice and games.
5. Weight Room
 - a. Maintenance strength training procedures will be utilized. Observe all weight room policies for progressions, spotting, and general safety.
6. Heat Related Issues
 - a. Lacrosse Players are Vulnerable because lacrosse is a warm-weather running sport, lacrosse participants are at risk for heat illnesses – especially goalies.
 - b. Players should be hydrated prior to the start of games or practices and to continue to drink eight ounces of fluid every 20 minutes during the activity with water or sports drinks.
 - c. Players should avoid soda, caffeine drinks and alcohol before or during games, as these can promote dehydration.
 - d. Players should wear light-colored, “breathable” clothing.
7. Post-game
 - a. Follow trainer’s recommendations if incurred an injury during practice or a game. As noted before, lacrosse is a contact sport and bruises and other injuries are common. Icing of joints or taking of ibuprofen is common.

Emergencies:

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

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

SOCCER CAUTIONARY STATEMENT

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

Preparation for practice or contests:

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

In the locker room:

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

Approach to the practice or contest site:

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

Cautions Specific to Soccer:

1. Play the ball when on defense. DO NOT attack the offensive opponent with illegal contact.

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2. When involved in shooting drill, shoot in specified sequences and in designated areas and directions. Be sure the goalkeeper is ready for all shots.
3. High kicks are prohibited.
4. Intentional pushing and tripping is prohibited.
5. Charging or contacting the goalkeeper is prohibited.
6. Players must brace the neck and keep the mouth closed while striking the ball with the upper portion of the forehead when heading the ball.
7. Out of control runs, jumps, or high kicks are prohibited.
8. Slide tackles must be approved by a coach.
9. Shin pads must be worn by all players.
10. Water will be available at practices and contests.

Emergencies

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

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

SWIMMING CAUTIONARY STATEMENT

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

Preparing for practice:

1. Choose a suit that fits comfortably and dries easily.
2. Goggles are highly recommended. They prevent eye irritation and may protect the eyes from "flying arms" or other swimmers during practice.
3. Earplugs are helpful in avoiding ear infections. Soft wax earplugs can be molded to fit into the ear to keep water out.

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4. A swim cap can help keep hair out of the eyes and keep you warmer during practice by preventing body heat from being lost.
5. A close fitting T-shirt put on after showering will also, help maintain body heat.
6. Participants should ingest the equivalent of 4-6 glasses of water each day.
7. Swimmers-with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present physician's approval to the coach prior to participation in any practice session.

In the locker room:

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

Entry into the pool area:

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

Preparing to Swim:

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

Entry into and expectations while in the water:

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

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7. No roughhouse or horseplay.

Emergencies

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

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

TENNIS CAUTIONARY STATEMENT

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

Preparation for practice or contest:

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

In the locker room:

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

Approach to the practice or contest site:

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

Hazards specific to tennis:

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

Emergencies

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

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

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

TRACK & FIELD CAUTIONARY STATEMENT

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

Preparation for practice or contests:

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

In the locker room:

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

Movement to the practice/contest site:

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

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4. Stretch thoroughly and start your workout with easy running.

Hazards specific to track and field:

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

Emergencies

Because of the physical demands of track and field, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid.

However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

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

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- c. Be prepared to implement the emergency procedures outlined in #4

BOYS AND GIRLS VOLLEYBALL CAUTIONARY STATEMENT

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

Preparing for activity:

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

In the locker room:

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

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

1. Be alert to ramps/steps leading to practice/contest area.
2. Be alert to variations in surfaces (i.e. locker rooms, ramps, stairways or playing floors.
3. Be alert to the following:
 - a. Ball carts
 - b. Volleyball in flight, rolling, rebounding, or bouncing
 - c. Spiking or serving drills
 - d. Nets, support poles, cables, chairs, bleachers, and official's stand
4. No horseplay, roughhousing, hazing or initiations.

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Preparing to play:

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

Hazards specific to volleyball:

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

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17. Muscle soreness and possible strains occur more frequently at beginning of the season due to increased use of muscles and increased time spent exercising. Stretch before/after practice.
18. Making contact with the nets, support poles, cables, referee's stand, floor, wall, bleachers, and other players during practice or competition could possibly result in serious bodily injury.

Emergencies:

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

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

WRESTLING CAUTIONARY STATEMENT

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

Preparation for practice or contest:

1. Wear all protective equipment including ear protectors to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all equipment is properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Wrestlers should ingest the equivalent of 4-6 glasses of water each day.
5. Wrestlers with visual impairment(s) MUST REMOVE GLASSES.
6. Wrestlers needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
7. Remove all jewelry and metal hair fasteners.

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8. Wrestlers with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
9. Weight control or reduction must be conducted very carefully, with attention to balanced meals, and in compliance with the State Athletic Association guidelines.
10. All cuts, abrasions, boils, rashes, and skin irritations should be seen by a coach, athletic trainer, or physician.

In the locker room:

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

Approach to the practice or contest site:

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

Hazards specific to wrestling:

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

Emergencies

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

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

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