

# MARLBORO ACADEMY



## ***Athletic Handbook***

2023-2024

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### **Mission**

Marlboro Academy is committed to developing and maintaining a comprehensive athletic program that seeks the greatest development possible for its participants within the framework of the total educational program.

### **Philosophy**

Marlboro Academy ascribes to an athletic participation philosophy that is inclusive yet preserves the integrity of interscholastic team sports. The school encourages the broad participation of its students, while providing a variety of interscholastic sports as can be reasonably supported by a school of its size.

### **Goals**

- To promote the highest ideals of commitment, sportsmanship, ethical behavior, and fair play
- To promote physical, mental, and social growth
- To put the best teams forward on the field or court
- To instill positive attributes that will remain with the student long after formal education has been completed.

### **Classification and Region Alignment**

Marlboro Academy is a Class AA school in Region III. The other schools in our region include Dillon Christian, Conway Christian Academy, The King's Academy, and Lee Academy. Low Country Prep and Christian Academy of Myrtle Beach are included in our region for soccer only.

### **Marlboro Academy Athletic Booster Club**

The Marlboro Academy Athletic Booster Club is a vital organization that enhances the athletic program through membership, concessions, fundraisers, purchases of uniforms and equipment, and sponsorship of the Athletic Banquet. Our annual Halloween Carnival is our primary fundraiser for athletics. All Marlboro Academy athletes are expected to support this athletic fundraiser by selling raffle tickets and participating in the event.

## Eligibility for Sports

The time commitment involved in many of our athletic programs is considerable. Students need to budget their time, sharpen their study skills, and fulfill the responsibilities to their team as well as to their academics.

Athletes are expected to arrive at school on time and be fully prepared for all class activities the day after a game, **whether it is a home game or an away game**. This includes homework being properly prepared as well as proper preparation for tests and quizzes.

Students must be signed into school by 11:30 AM to participate that day in an athletic event or other extracurricular activity. If a student needs to leave school early, he or she must not sign out prior to 11:30 AM.

If a case arises where a student's administrator, teacher, parent and or coach feel it would be beneficial for the student to restrict his/her involvement in games and/or practice for academic reasons, it will be arranged for a period without penalty.

### **ACADEMIC REQUIREMENTS:** (SCSIA Bluebook)

***Academic achievement is a pre-requisite to participation.***

A. In order to participate in athletic activities of the South Carolina Independent School Association, a student must be enrolled in and attending the member school in order to participate in that school's athletic program. The student must also meet all other necessary requirements for participation.

B. A student in grades 9-12 must take and pass at least **four (4), one unit CORE Courses** or **any five (5)** one-unit courses, **each grading period** (6/9/12 week) or semester to be eligible.

- Students below the 9th grade must pass four (4) subjects each grading period/semester.

- A senior who has met or is meeting all requirements for graduation must pass four (4), one-credit courses each marking period/semester.

- A student who is repeating a course for which he/she has previously received credit cannot count this course as one required for eligibility.

C. A Maximum of **Two Credits** earned/recovered during summer sessions may be accepted from an accredited school with an established summer school program.

D. First Semester Academic Eligibility: A student must have earned a minimum of 4 core units or any 5 units of credit from the previous school year to be declared eligible for the First Semester (Fall) of a school year.

- Any student who did not receive credit for at least **one-half of all courses** taken the previous school year cannot be declared eligible until after the successful completion of the **1st Semester**. Approved summer schools' courses/recovery can be applied to this standard.

- Block Schedule: At least two units must have been passed during the second semester or summer school. (*Example:* a student who earned 4 units for the first semester but withdrew/dropped-out the 2nd semester shall be declared ineligible for the First Semester).

E. Home School Courses. If a school allows a student to take courses at “home,” those courses are **not eligible** for athletic eligibility.

F. Schools providing non-traditional academic programs such as “virtual school,” distance learning or other non- traditional courses shall seek prior approval by SCISA before these courses may be used for athletic eligibility.

G. Core Courses: Those courses in English, Mathematics, Science, Social Studies, Computer Science (1), Fine Arts (1) and Foreign Language that are recommended by the Commission on Higher Education and are common to SCISA schools.

H. A One Credit Course is a course taken for 36 weeks, one period each day for a minimum of 45 minutes. A course taken each day as above for 18 weeks would be a half credit which when combined with another half credit course would be the equivalent of a one credit course. A course taken for 36 weeks but only three, 45-minute periods each week would not be a one credit course. Note: A One Credit Course taken for 18 weeks, shall meet for one period each day for a minimum of 90 minutes.

- **Dual Credit Courses** are treated as one half of a Carnegie unit.

I. Eligibility is to be declared on the fourth (4th) school day after the end of the marking period. A student shall become eligible or ineligible at 12:01 AM on the fourth school day after the end of the marking period.

*Example 1:* The marking period ends on Friday. Student X becomes eligible or ineligible at 12:01 AM on Thursday. *Example 2:* The marking period ends on a Monday and Tuesday is a holiday for students. Student Y becomes eligible or ineligible at 12:01 AM on the following Monday.

### **ATHLETIC REQUIREMENTS:**

**The following forms must be completed prior to a student participating in the first practice and/or tryouts. They are available on the Marlboro Academy Website, the SCISA Website, or in the Athletic Office. Also, the athletic insurance fee must be paid to the Athletic Director as soon as a student makes a team. One fee per student per year.**

- SCISA Physical
- SCISA Pre-participation Health Questionnaire
- SCISA Participation Agreement
- SCISA Warning of Inherent Risk
- SCISA Concussion Awareness

## **Accidents/Injuries**

**Anytime a student is injured at school or outside of school, it is the parent's responsibility to notify the head coach and Athletic Director in writing prior to the next school day. Examples: car accidents, recreational teams, etc. SCISA is putting added emphasis on concussion awareness and protocol. Therefore, we must all be diligent in protecting our student-athletes by sharing information between the athletic staff and parents.**

All injuries must be reported to the Head Coach immediately. The Head Coach is to then notify the Athletic Director who will then complete a Student Accident Report. Please note that Marlboro Academy offers secondary insurance coverage.

## **Roster Limitations**

Marlboro Academy wishes to support maximum participation, from time to time there may be the necessity for roster limitations or "cuts" due to the student-athlete's present skill level or safety concerns.

## **The Privilege of Athletic Participation**

Participation on an athletic team at Marlboro Academy is a privilege and not a right. Maintaining one's membership on a team means accepting all of the responsibilities of an athlete. **However, unlike recreational or intramural teams, equal or guaranteed playing time does not exist.** In an effort to put the **best team** on the court or playing field, a coach will use players that are best suited for the conditions or demands of the contest at that time.

## **B-Team, Junior Varsity, and Varsity Participation**

Eligible students in grades 8-12 may participate on varsity teams in baseball, basketball, softball, and soccer. Eligible students in the 6-12 may participate on varsity teams in cheerleading, tennis, golf, volleyball, sporting clays and cross country.

Eligible students in grades 6-10 may participate on junior varsity teams in all sports as long as they meet the age requirement.

Eligible students in grades 5-8 may participate on B-Teams in all sports as long as they meet the age requirement.

When Varsity teams lack numbers due to illness, injury, or attrition, the coach may request players from junior varsity teams to be moved up to varsity. These requests must be approved by the Athletic Director and the Headmaster.

## **Expectations of Athletes**

- Be responsible for academic work, particularly in cases where classes are missed for game participation.
- Follow school rules as well as team rules and procedures.
- Demonstrate a willingness and enthusiasm to be a part of a team effort. The good of the whole team is more important than what is good for just one athlete.
- Exhibit punctuality, preparedness, and attentiveness for all practices and games.
- Honor the school's practice and game schedules over athletics and other activities outside of the school.
- Avoid being a part or an onlooker of any act of vandalism, no matter how small, at home or on away games and discourage any team member from exhibiting such behavior. Athletes are financially responsible for damages to all areas (floors, walls, ceilings, tiles, furniture, etc.), uniforms, and equipment.

**\*It is the responsibility of the student-athlete to always represent Marlboro Academy in a dignified and positive way.**

## **Removal from the Team**

An athlete may be removed from a team for any of the following reasons:

- Academic ineligibility
- Destruction of school property going to and from a game, while at an away game, or before, during, or after a home game
- Extreme un-sportsmanship-like conduct
- Repeated infractions of team-specific rules and procedures.
- The interest, order, and health of the team or to the general welfare to the team is at risk due to actions or situations posed by a participating athlete
- A school disciplinary issue that warrants removal as a disciplinary consequence, though offense may be unrelated to athletics. This is at the Headmaster's discretion.
- The Headmaster has the authority to remove a player from a team at any time due to the student-athlete's behavior being detrimental to Marlboro Academy.

## **Team-Specific Rules and Procedures**

Coaches will submit a list of team-specific rules to the Athletic Director for approval. At the team meeting, the parents will be informed, and the parents, student-athlete, and coaches will sign a contract.

## **Transportation/Travel**

Due to insurance requirements, all student athletes must travel with the team on transportation provided by the school unless they are riding with a parent or an adult designee. Student-athletes will contact their parents when leaving an away athletic event. **Parents are expected to be at the school when the team returns. Adult drivers will complete and submit a Driver Eligibility Form to the office to be approved to drive student-athletes other than their own to away games.**

## **Dress Code**

The coach will make it clear as to what the appropriate attire will be for his or her specific sport, the season, and other conditions that must be taken into consideration. Student-athletes must also follow the Dress Code in the Student Handbook.

## **Equipment and Uniforms**

Each student-athlete is responsible for his or her equipment and uniforms. Student athletes will be charged the full replacement cost for any uniform that is lost or damaged and has been provided by Marlboro Academy. All uniforms will be returned to the Athletic Director or designee directly following the final game. Student-athletes should have clothes to change into after that game. If the parent of a senior wants to purchase a uniform, the parent must make the request, in writing, to the Headmaster prior to the beginning of the season. The Headmaster will determine if this is possible.

## **Personal Equipment**

Athletes may incur the cost of warm-ups, team shoes, etc. **Coaches must secure permission from the Athletic Director to ask parents for the purchase of personal equipment that becomes the standard for the team.** Once approved, coaches are to put in writing their requests to parents of athletes with a copy to the Athletic Director.

## **Chain of Command**

If there are any questions or concerns, the student-athlete or parent is to first contact the appropriate coach. If there is no resolution, the parents should then contact the Athletic Director. Finally, if there still is no resolution, the Athletic Director will set up a meeting for the parent with the school Headmaster.

## **Awards**

Each senior varsity athlete who completes the season in good standing and will receive a varsity letter and sport pin or bar. For underclassmen, receiving a varsity letter and sport pin or bar will be at the coach's discretion. Student athletes who miss games due to illness or injury, may letter at the coach's discretion.

## **Scheduling/Dismissals**

Dismissal time from class will be determined by the Athletic Director and Headmaster. Coaches will make their requests to the Athletic Director.

Schedules are the responsibility of the Athletic Director. Coaches may make requests for additional games/matches to the Athletic Director. The Athletic Director will publish all schedules. It is important that parents and student-athletes realize that schedules can change due to weather, academic requirements, and school functions for home and away teams. The Athletic Director will publish changes in dates and times as soon as possible through email, school website, and social media. It is important to note that varsity games/matches take precedent over B-Team and JV practices and games.

## **Inclement Weather**

In the event of a school closing or early dismissal due to inclement weather, all practices and games shall be cancelled. On days where there is inclement weather and school is in session, athletes will be notified of changes, and announcements will be posted for students so they may contact parents. Texts may also be sent out through Gradelink.

## **Risk of Athletic Participation**

In spite of protective equipment, supervision and the sound instruction of our coaches, there remain some risks associated with participation in athletics. ***Injuries inherent to sports can and do occur.*** We will do all that we can to ensure a safe and healthy environment for our student-athletes.

\*Please see Marlboro Academy's Concussion Policy and Heat Related Illness Policy adopted from SCISA at the back of this handbook.

## **Impact of Relationships in Athletics**

### *Player-Parent-Coach Relationship*

The player-parent-coach relationship is one of the most important relationships in athletics. Parents have a profound effect on this relationship, positively or negatively. While parents may not always agree with decisions made by a coach, by allowing their child to participate, they have accepted the decisions made by the coach. If there is extreme disagreement, the parents may request a conference with the coach and Athletic Director. Coaches recognize that parents only want the best for their child, and the entire team. Allowing the coach to instruct and guide team members is crucial in many respects. Should a parent have a concern, they are ***not*** to approach the coach directly at the conclusion of the contest.



### *Spectator Expectations*

Spectators will not harass, taunt, or verbally abuse an official. **SCISA passed a ruling that fines of up to \$250 can be assessed for abusive behavior of officials. If this cost is incurred, the school will pass the cost on to the person(s) responsible.** Remember that officials are in charge of the contest and have complete authority to report an incident to SCISA. It is our goal to act towards officials with civility and respect.

Spectators will refrain from coaching student-athletes from the sidelines during a game or any athletic contest.

Parents should share any concerns with the Athletic Director or the school Designated Representative for that event.

Parents should refrain from making negative comments towards the coaches and players from either team.

Parents should make every effort to show sportsmanship towards the visiting team including their coaches, players, and spectators.

Remember to follow the Marlboro Academy Spectator Code of Behavior/Ethics:

1. Direct all energies to encouraging your team.
2. Avoid actions which offend visiting teams or individual players.
3. Show appreciation of good play by both teams.
4. Learn the rules of the game to be a more intelligent spectator.
5. Treat all visiting teams in a way you would expect to be treated.
6. Accept the judgement of coaches and officials.
7. Encourage other spectators to participate in the spirit of good sportsmanship.
8. Be positive.

### *Social Media*

In today's world, social media has a tremendous influence on all aspects of society. This is especially true for athletics. Negative social media towards Marlboro Academy, coaches, players, and other parents cannot be tolerated. It is much better to schedule a meeting with coaches, the Athletic Director, and Headmaster when there is an issue that needs to be discussed and resolved rather than to put negative issues on social media. As we tell our students, once posts are made on social media, they will always be there and can always be retrieved.

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***If there are any questions about our athletic program, please contact Stevan Hernandez, Athletic Director: School Phone: 1-843-479-6501, Fax: 1-843-479-1941 \* Email: [shernandez@marlboroacademy.com](mailto:shernandez@marlboroacademy.com)***

The South Carolina  
Independent School Association  
**Concussion Policy**  
*Injury Prevention and Control*

*School Requirements:*

1. Each school shall have a written policy. Marlboro Academy has adopted SCISA's Concussion Policy and added to it when necessary.

2. The policy shall address these areas:

A. Required education of coaching staff.

\*SCISA requires that every coach (head coaches, assistant coaches, paid and volunteer coaches) take either the NFHS Concussion Course or completes the CDC's "Head's Up" Training every year prior to his/her first practice.

- The NFHS Course can be found at [www.nfhslearn.com](http://www.nfhslearn.com)

- The CDC's Head's Up Training can be found at:  
[www.cdc.gov/concussion/HeadsUp/Training](http://www.cdc.gov/concussion/HeadsUp/Training)

B. Education/awareness of parents and players.

- Schools are required to provide concussion education/awareness to parents and student-athletes. The pre-season parents' meeting provides an appropriate opportunity to present parents and student-athletes with concussion awareness.

- The CDC's Head's Up Training and/or NFHS Course are both highly recommended.

C. Concussion prevention.

D. Player injury evaluation. ***If in doubt, sit them out!***

E. Identification of "***appropriate medical personnel***".

F. Establish a Return to Practice/Play Protocol.

- SCISA Concussion Return to Play Form

G. Continual monitoring of athletes.

H. Reporting method.

## **What is a Concussion?**

A concussion is a type of **traumatic brain injury**, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious.

Concussions can occur in *any* sport or recreation activity. So, all coaches, parents, and athletes need to learn concussion signs and symptoms and what to do if a concussion occurs.

## **How Can I Recognize a Possible Concussion?**

To help recognize a concussion, you should watch for the following two things among your athletes:

- \*A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head.
- \*Any change in the athlete’s behavior, thinking, or physical functioning.

Athletes who experience *any* of the signs and symptoms listed below after a bump, blow, or jolt to the head or body should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it’s OK to return to play.

## **Signs Observed by Coaching Staff**

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (*even briefly*)
- Shows mood, behavior, or personality changes
- Can’t recall events *prior* to hit or fall
- Can’t recall events *after* hit or fall
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right” or is “feeling down”

\*Remember, you can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. Most people with a concussion will recover quickly and fully. But for some people, signs and symptoms of concussion can last for days, weeks, or longer

### **Know Your Concussion ABCs**

**A** — **Assess** the situation

**B** — **Be** alert for signs and symptoms

**C** — **Contact** a health care professional

### **What Can I Do to Prevent Concussions?**

As a coach or parent, you play a key role in preventing concussions and responding properly when they occur. Here are some steps you can take to help prevent concussions and ensure the best outcome for your athletes, the team, league or school.

**Educate athletes and other parents or coaches about concussion.** Before the first practice, talk to athletes and parents, and other coaches and school officials about the dangers of concussion and potential long-term consequences of concussion. Explain your concerns about concussion and your expectations of safe play. Show the videos and pass out the concussion fact sheets for athletes and for parents at the beginning of the season and again if a concussion occurs. Remind athletes to tell coaching staff right away if they suspect they have a concussion or that a teammate has a concussion.

**Monitor the health of your athletes.** Make sure to ask if an athlete has ever had a concussion and insist that your athletes are medically evaluated and are in good condition to participate. Some schools and leagues conduct preseason baseline testing (also known as neurocognitive tests) to assess brain function—learning and memory skills, ability to pay attention or concentrate, and how quickly someone can think and solve problems. These tests can be used again during the season if an athlete has a concussion to help identify the effects of the injury. Prior to the first practice, determine whether your school or league would consider conducting baseline testing.

### **During the Season: Practices and Games - *Insist that safety comes first!!!***

- Teach and practice safe playing techniques.
- Encourage athletes to follow the rules of play and to practice good sportsmanship at all times.
- Make sure athletes wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.

**Teach athletes it's not smart to play with a concussion.** Rest is key after a concussion. Sometimes athletes, parents, and other school or league officials wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your athlete convince you that they're "just fine."

**Prevent long-term problems.** If an athlete has a concussion, their brain needs time to heal. Don't let them return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short time period (hours, days, weeks)—can slow recovery or increase the chances for long-term problems.

**Work closely with league or school officials.** Be sure that appropriate individuals are available for injury assessment and referrals for further medical care. Enlist health care professionals (including school nurses) to monitor any changes in the athlete's behavior that could indicate that they have a concussion. Ask athletes or parents to report concussions that occurred during any sport or recreation activity. This will help in monitoring injured athletes who participate in multiple sports throughout the year.

## **Postseason**

**Keep track of concussion.** Coaches should work with other school or league officials to review injuries that occurred during the season. Discuss with others any needs for better concussion prevention or response preparations.

**Review your concussion policy and action plan.** Discuss any need for improvements in your concussion policy or action plan with appropriate health care professionals and school and league officials.

## **Appropriate Health-Care Professional**

Athletic game officials are required by the NFHS Rules (The National Federation of High School Associations) to “immediately remove from the game, any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) and the player shall not return to play until cleared by an appropriate health-care professional”.

Contest Officials Role – to recognize the symptoms consistent with that of a concussion and remove the athlete from the contest until he/she has been diagnosed by an appropriate health-care professional. [Officials shall always rule on the side of caution with the health and safety of the athlete being his primary and foremost concern].

Appropriate Health-Care Professional: an individual(s) from the following professions who are designated as the persons to diagnose whether an athlete has or does not have a concussion:

MD - A medical doctor licensed to practice medicine in South Carolina/North Carolina

DO - A doctor of osteopathic medicine licensed to practice in South Carolina/North Carolina

PA - A physician's assistant licensed to practice in South Carolina/North Carolina

NP - A registered nurse practitioner licensed to practice in South Carolina/North Carolina

PM - A paramedic licensed to practice in South Carolina/North Carolina

AT - An athletic trainer certified nationally or by the State of South Carolina/North Carolina

These shall be the only persons who shall clear an athlete's re-entry into a contest when the athlete has been removed from the contest due to signs or symptoms of a concussion (as described in the NFHS rules book for each sport). If none of these are present at the contest, the athlete shall not return to that contest or any subsequent contest until cleared by one of the above listed health-care professionals.

### **What Should I do If a Concussion Occurs?**

If you suspect that an athlete has a concussion, implement your 4-step action plan:

#### **1. Remove the athlete from play.**

Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body.

**\*\*\* *When in doubt, keep the athlete out of play.***

#### **2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion.**

Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body
- Any loss of consciousness (passed out/knocked out) and if so, for how long
- Any memory loss immediately following the injury
- Any seizures immediately following the injury
- Number of previous concussions (*if any*)

#### **3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.**

Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.

#### **4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play.**

A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

### **Return to Play (RTP) Procedures After a Concussion**

Return to activity and play is a medical decision. The athlete must meet all of the following criteria in order to progress to activity: Asymptomatic at rest and with exertion (including mental exertion in school) AND have written clearance from their primary care provider or concussion specialist (athlete must be cleared for progression to activity by a physician other than an Emergency Room physician, if diagnosed with a concussion). Once the above criteria are met, the athlete will be progressed back to full activity following the step-wise process. (This

progression must be closely supervised by a Certified Athletic Trainer. If your school does not have an athletic trainer, then the coach must have a very specific plan to follow as directed by the athlete's physician). Progression is individualized, and will be determined on a case by case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the athlete, and sport/activity in which the athlete participates. An athlete with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport may be progressed more slowly. Stepwise progression as described below:

- Step 1: Complete cognitive rest. This may include staying home from school or limiting school hours (and studying) for several days.
- Activities requiring concentration and attention may worsen symptoms and delay recovery.
- Step 2: Return to school full-time.
- Step 3: Light exercise. This step cannot begin until the athlete is no longer having concussion symptoms and is cleared by a physician for further activity. At this point the athlete may begin walking or riding an exercise bike. No weight-lifting.
- Step 4: Running in the gym or on the field. No helmet or other equipment.
- Step 5: Non-contact training drills in full equipment. Weight-training can begin.
- Step 6: Full contact practice or training.
- Step 7: Play in game. Must be cleared by physician before returning to play.

If post-concussion symptoms occur at any step, the athlete must stop the activity and the treating physician must be contacted. Depending upon the specific type and severity of the symptoms, the athlete may be told to rest for 24 hours and then resume activity at a level one step below where he or she was at when the symptoms occurred.

<b>Stage</b>	<b>Functional Exercise</b>	<b>Objective</b>
<b>1. No Activity</b>	Complete physical and cognitive rest	Recovery
<b>2. Light aerobic exercise</b>	Walking, swimming or stationary cycling keeping intensity <70% maximum predicted heart rate. No resistance training	Increase heart rate
<b>3. Sport-specific exercise</b>	Running drills. No head impact activities	Add Movement
<b>4. Non-contact training drills</b>	Progression to more complex training drills, e.g. passing drills in football. May start progressive resistance training	Exercise, coordination, and cognitive load
<b>5. Full contact practice</b>	Following <b>written medical clearance</b> , participate in normal training activities	Restore confidence and assess functional skills by coaching staff
<b>6. Normal game play</b>		

# The South Carolina Independent School Association Heat Related Illness and Athletic Participation Prevention, Recognition & Treatment

Each school shall have a written plan. The plan shall cover the following areas. Marlboro Academy has adopted SCISA's Heat Related Illness Policy and made changes when necessary.

1. Education of Coaches, players, and parents about heat related illnesses and the warning signs.
  - A. Heat related conditions: Heat cramps; Heat Exhaustion; Heat Stroke; and Hyponatremia
  - B. Proper Rest and hydration.
  - C. A darker urine color is a quick indicator of dehydration. Your urine should look more like lemonade than apple juice.
2. A Completed Physical and Agreement for Participation Form required prior to athletic participation.
3. Instrument / means to monitor weather conditions in regards to heat, humidity and heat index. The current conditions can direct the coaching/training staff increase to the number and duration of rest periods and to decrease the duration of practice time, the protective equipment that may be worn by a player and the type of activity that a player may be performing (such as a skill/drill activity vs. conditioning).
  - 3A. The school shall have a WBGT index or Heat-Humidity Index Chart to determine what, if any, weather/heat dictated adjustments need to be made to the practice session.
4. Summer conditioning programs are designed to assist with the acclimatization of student-athletes for the upcoming fall sports season.
5. Practice/game policies, procedures and accessories:
  1. Unlimited hydration during rest time. Some programs allow players to carry water bottles during station/skill drills for additional hydration between rest periods.
  2. Rest area / cooling zone not in direct sunlight. Shaded area or utilize tents.
  3. Practice during cooler portions of the day (early morning or late evening), if possible.
  4. If possible, have appropriate medical care available. AED on site and/or CPR certified coaching staff.
  5. EAP to include emergency medical response to an athletic venue.
  6. Return to practice/play protocol.



## Stages of Heat Illness, Warning Signs Treatment, And Return To Activity

**Heat stroke** is an extremely serious illness that can result in death unless quickly recognized and properly treated. Signs and symptoms include an increase in core body temperature (usually above 104°F/40°C); central nervous system dysfunction, such as altered consciousness, seizures, confusion, emotional instability, irrational behavior or decreased mental acuity; nausea, vomiting, or diarrhea; headache, dizziness, or weakness; increased heart rate; decreased blood pressure or fast breathing; dehydration; and combativeness.

What to do: It's very important that treatment for heat stroke be both aggressive and immediate, provided adequate medical personnel are on site. Key steps to take when heat stroke is identified include immediate whole-body cooling, preferably through cold-water immersion, followed immediately by medical treatment in an emergency room or trauma center. *The athlete should not be allowed to return until his doctor approves and provides specific return to play instructions. The athlete should return to physical activity slowly and under the watchful eye of a trainer or other health care professional.*

**Heat exhaustion** is a moderately serious illness resulting from fluid loss or sodium loss in the heat. Signs and symptoms include loss of coordination; dizziness or fainting; profuse sweating or pale skin; headache, nausea, vomiting or diarrhea; stomach/intestinal cramps or persistent muscle cramps.

What to do: Heat exhaustion patients should immediately be transported to a cool, shaded environment with feet elevated, and fluids should be replaced. If their condition worsens or does not improve within minutes, they should be transported to the emergency room for evaluation and treatment. Those suffering from heat exhaustion should avoid intense activity in the heat until at least the next day. NATA also recommends a trip to the doctor to rule out any underlying conditions that predispose them to heat exhaustion. *The athlete should not be allowed to play again until all symptoms of heat exhaustion and dehydration are no longer present. Play or practice in the heat should be postponed until at least the next day and possibly longer depending in the severity of the heat exhaustion. If emergency medical treatment was received, the athlete should not be allowed to return without specific return to play instructions from the doctor.*

**Heat cramps** are often present in those who perform strenuous exercise in the heat. Conversely, cramps also occur in the absence of warm or hot conditions. Signs and symptoms include intense pain (not associated with pulling or straining a muscle) and persistent muscle contractions that continue during and after exercise.

What to do: People suffering from heat cramps should cease activity, consume high sodium food and stretch the affected muscle. They should also be assessed by an athletic trainer to determine if they can return to activity. If cramping progresses in severity or number of muscle groups, patients should be transported to the emergency room for more advanced treatment. *The athlete can return to play when the cramp has gone away when he/she feels and acts like playing again.*

**Hyponatremia** is a potentially fatal illness that occurs when a person's blood sodium levels decrease, either due to over-hydration or inadequate sodium intake, or both. Medical complications can result in cerebral and/or pulmonary edema. Signs and symptoms of this illness include excessive fluid consumption before, during and after exercising (weight gain during activity); increasing headache; nausea and vomiting (often repetitive); and swelling of extremities (hands and feet).

What to do: Hyponatremia cases that involve mental confusion and intense headache should be seen by a physician so proper treatment can be administered. A physician should also be consulted prior to resuming outdoor activity in the heat. Always listen to your body. If you are participating in any activity in the heat, and you start to feel ill or strange, you should stop immediately and seek medical attention, as needed. *The athlete should not be allowed to return until his doctor approves and provides specific return to play instructions. The athlete should return to physical activity slowly and under the watchful eye of a trainer or other health care professional.*

#### **Heat Index under 95° for All Sports:**

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Optional water breaks every 30 minutes for 10 minutes duration.
- Ice/Cool-down towels for cooling
- Watch/monitor athletes carefully for necessary action

#### **Heat Index 95° to 99° for All Sports:**

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes duration (helmets/shoulder pads removed).
- Ice/Cool-down towels for cooling
- Watch/monitor athletes carefully for necessary action

#### **Heat Index 100° to 104° for All Sports:**

- Provide ample amounts of water. This means water should always be available and athletes should take in as much water as they desire.
- Mandatory water breaks every 20 minutes for 10 minutes duration (helmets/shoulder pads removed).
- Ice/Cool-down towels for cooling
- Watch/monitor athletes carefully for necessary action
- Alter uniform by removing items if possible
- Reduce time of outside activity as well as indoor activity if air conditioning unavailable
- Postpone practice to later in day if possible

#### **Heat Index above 104° for All Sports:**

- Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

# Recommendations for Hydration

## What Not to Drink

- Drinks with Carbohydrate (CHO) concentrations of greater than eight percent should be avoided.
- Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of de-hydration associated with excess urine production, or decreased voluntary fluid intake.

## Hydration Tips and Fluid Guidelines

- Drink according to a schedule based on individual fluid needs.
- Drink before, during and after practices and games.
- Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- Drink another 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- Drink early -By the time you're thirsty, you're already dehydrated.
- In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.
- Drink fluids based on the amount of sweat and urine loss.
- Within two hours, drink enough to replace any weight loss from exercise.
- Drink approximately 20-24 ounces of sports drink per pound of weight loss.

**Dehydration usually occurs with a weight loss of two percent of body weight or more.**

## What to Drink During Exercise

- If exercise lasts more than 45-50 minutes or is intense, a sports drink should be provided during the session.
- The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO.
- During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and thus aid in hydration.
- Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and contribute to dehydration and should be avoided during exercise.
- Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the amount of fluid lost with sweat.
- Salt should never be added to drinks, and salt tablets should be avoided.
- Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.

## **Athletic Handbook signature page:**

**Students will not be permitted to participate in Marlboro Academy athletics until the student and parent have signed and returned the signature page.**

We have read Marlboro Academy 2023-2024 Athletic Handbook which includes Marlboro Academy's Concussion Policy. We agree to abide by the policies within it. If we have any questions or concerns, we will contact the Athletic Director.

Parent's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student's Name: \_\_\_\_\_

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_