

2016-2017
Bel Air High School
Interscholastic Athletic Program
Parent and Student-Athlete
Handbook



Dear Parent/Guardian:

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family interest in this important component of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences which assist students in personal adjustments.

We are concerned with the educational development of boys and girls through athletics and feel that a properly controlled, well-organized sports program can meet student needs for self-expression, social, mental and physical growth. It is our intent to conduct a program that is educationally sound in purpose and will enhance each student's personal growth.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such emphasis on good training habits. Failure to comply with the rules of training and conduct can mean exclusion from the squad. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team. We do not want uniformity or blind conformity as a means for achieving team responsibility and discipline. However, there is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition. We are striving for excellence, and do not want our athletes to compromise with mediocrity. Student/Athletes must comply with all rules and policies stated in the Harford County Public Schools Student Handbook.

When your son/daughter participates in one of our sports programs, our staff commits to certain responsibilities and obligations. They are:

1. to provide adequate equipment and facilities
2. to provide well trained coaches

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the Department of Athletics to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic publication for students and parents. Please contact me if I can be of further assistance at 410-638-4600, or anthony.blackburn@hcps.org.

Sincerely,

Tony Blackburn
Athletic Director

Dear Athlete:

Being a member of a Bel Air High School Athletic Team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over the years. As a member of an interscholastic squad, you have inherited a wonderful tradition which you are challenged to uphold.

Our tradition has been to strive to win with honor. We desire to win, but only with honor to our athletes, our school and our community. Such a tradition is worthy of the best efforts of all concerned. Over many years our squads have achieved more than their share of conference, county, division, and state tournament championships. Many individuals have set records and achieved All-State, All-County, and All-Division honors.

It will not be easy to contribute to such a great athletic tradition. When you wear the colors of Bel Air High School, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family. We feel that you have the following responsibilities:

1. **Responsibilities to Yourself:** The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your experiences. Your academic studies, your participation in other extracurricular activities as well as in sports, prepare you for life as an adult.
2. **Responsibilities to Bel Air High School:** Another responsibility you assume as a squad member is to your school. Bel Air High School cannot maintain its position as having an outstanding school unless you do your best in the activity in which you engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on the athletic squad. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute significantly to school spirit and community pride. Make Bel Air High School proud of you and your community proud of your school, by your consistent demonstration of these ideals.

3. **Responsibilities to Others:** As a squad member you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have lived to all of the training rules, that you have practiced to the best of your ability every day and that you have played the game "all out", you can keep your self-respect and your family can be justly proud of you.

Keep in mind; the younger students in the Harford County School System are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them. Please contact me if I can be of further assistance at 410-638-4600, or anthony.blackburn@hcps.org.

Sincerely,

Mr. Blackburn
Athletic Director

BEL AIR HIGH SCHOOL ATHLETIC OVERVIEW

Bel Air High School offers a wide variety of athletic opportunities for high school students. Links to the athletic schedule and forms are available on the Bel Air High School Athletics Department website at the following website:

www.belairsports.com .

FALL SEASON

**Cheerleading
Boys Cross Country
Girls Cross Country
Girls Field Hockey
Football
Boys Golf
Girls Golf
Boys Soccer
Girls Soccer
Boys Volleyball
Girls Volleyball**

WINTER SEASON

**Boys Basketball
Girls Basketball
Cheerleading
Boys Indoor Track
Girls Indoor Track
Boys Swimming
Girls Swimming
Wrestling**

SPRING SEASON

**Baseball
Boys Lacrosse
Girls Lacrosse
Girls Softball
Boys Tennis
Girls Tennis
Boys Outdoor Track
Girls Outdoor Track**

Bel Air High School Mission Statement for Athletics

Bel Air High School supports the philosophy that a quality interscholastic athletic program is vital to the positive social, physical and educational development of students. The interscholastic athletic program enhances and supports the academic mission of the school system. We are committed to promoting the proper ideals of sportsmanship, ethical conduct and fair play at all athletic contests. We support high standards of good citizenship and propriety, along with regard for the rights of others.

Being a member of the interscholastic program is a privilege to be earned and maintained through the season. Each time participants travel to another school or step onto the practice or game field they are expected to represent themselves, their families, the team and the school in a responsible, sportsmanlike manner.

It is our responsibility at Bel Air High School to provide challenging opportunities for student athletes to compete successfully at the conference, regional and state levels.

In addition to the above stated Mission Statement, at Bel Air High School we will also encourage and promote:

- The belief that athletes should participate in multiple sports and not specialize in any one specific sport.
- The premise that all teams are considered vital for our student-athletes and each is a valued part of our athletic program. No one sport is considered more important than any other.
- The approach that all teams are treated as fairly as possible.

REGULATIONS AND PROCEDURES FOR THE ORGANIZATION AND ADMINISTRATION OF ATHLETIC PROGRAMS

Maryland Public Secondary Schools Athletic Association

1. Under the authorization of the Maryland State Board of Education and the State Superintendent of Schools has established regulations governing athletic programs for boys and girls in the public secondary schools of Maryland.
2. The Maryland Public Secondary Schools Athletic Association supervises the athletic programs in the public secondary schools of the State. All of the public high schools in Harford County are members of the association and are governed by its actions.
3. Local school systems may supplement the State rules governing their athletic programs with more restrictive ones. Less restrictive rules may not be adopted.
4. Harford County Board of Education. The policies of the Board of Education of Harford County regarding the program of interscholastic athletics and the notes clarifying their implementation are as follows:

A well-balanced program of interscholastic athletics is provided for high school students as an integral part of the comprehensive program of physical education. All such programs shall be in compliance with the Maryland State Board of Education Bylaw 13A.06.03 and such other administrative regulations and procedures deemed necessary by the Superintendent of Schools to organize and administer effectively the program of interscholastic athletics (Policy 02.08.095 - *Interscholastic Athletics*).

UPPER CHESAPEAKE BAY ATHLETIC CONFERENCE

Bel Air High School is a member of the Upper Chesapeake Bay Athletic Conference. This conference was established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union of effort. The conference membership facilitates the arranging of schedules, equalizing competition, and conducting league meets and determining league championships. The conference provides Bel Air High School the opportunity for competition without excessive travel and with schools of similar size and athletic philosophy. Membership implies abiding by conference schedules, rules and regulations.

Member schools are:

1. Aberdeen
2. Bel Air
3. Bohemia Manor
4. C. Milton Wright
5. Edgewood
6. Elkton
7. Fallston
8. Harford Tech
9. Havre de Grace
10. Joppatowne
11. North East
12. North Harford
13. Patterson Mill
14. Perryville
15. Rising Sun

Athletic and Academic Eligibility

Enrollment and Residency

In order to participate in curricular and extra-curricular activities in any Harford County Public School, students shall be officially registered and physically attending a Harford County Public School. (02.08.083 - Participation in Extracurricular Activities - Eligibility Rules)

Students attending a school outside of their residential attendance area may ONLY DO SO WITH SPECIAL PERMISSION of the Office of Student Services, or the Magnet Coordinator of Aberdeen High School, Edgewood High School, Harford Technical High School or North Harford High School. Any student in violation of the Board of Education Attendance Area policy is subject to loss of athletic eligibility for 180 school days, ineligibility in a specific sport for the remainder of their enrollment in HCPS, or penalties as deemed justified in any specific case. Penalties may also be imposed on the violating athlete's team and school.

Age

Students who are 19 years old or older as of August 31 are ineligible to participate in the interscholastic program. Any student who has been awarded a high school diploma is not eligible to compete.

Years of Participation

Students may participate in interscholastic athletic contest for a maximum of three seasons in any one sport in Grades 10, 11, and 12. Students who participate on an interscholastic team in Grade 9 will have a maximum athletic eligibility of four seasons in that one sport.

Academic Requirements

In order to be academically eligible to participate in interscholastic athletics, students must pass all classes and be on track for graduation.

- Fall academic eligibility for students entering Grades 10, 11, and 12 is determined by the

fourth marking period grades from the preceding school year. A student is ineligible if the student has received a failing grade in any subject on a quarterly report card or the student has received a failing grade in any subject as a final grade. All ninth graders are eligible for participation in interscholastic athletics at the beginning of their freshman school year.

- Removal from eligibility shall be effective the first day of school following the distribution of report cards. Return to eligibility can be effective the first day after the quarter ends. Students must meet eligibility requirements to be reinstated. The principal will make the final determination.
- An ineligible student may appeal his/her ineligibility to a school Eligibility Committee. The student must make an appeal in writing within three school days after he/she has been declared ineligible. In the event that the ineligibility occurs at the end of the fourth quarter of the school year, the appeal must be made before the beginning of the preschool meetings of teachers. All appeals for Fall Sports will be heard before the first day of practice.

The Eligibility Committee will make one of two recommendations to the principal.

1. If the student is unable to control the circumstances causing the failures, recommend to the principal that the student be declared eligible.
2. If the student was able to control the circumstances causing the failures, recommend to the principal that the student should remain ineligible.

Pay to Participate

Beginning in the fall of 2013, all athletes who make the final roster must pay a fee of \$100 in order to participate. Guidelines for this will be shared with your child prior to the start of the season.

A student in the public high schools of Harford County is eligible to try-out for an interscholastic sport when:

1. **A completed Athletic Participation Form**(provided in back of handbook)
 - a. The parent permission forms provided by the HCPS are to be used.
 - b. All students must have an accident insurance policy that will cover the sport in which they wish to participate before they may take part in the sport for either practice or games.
 - c. Insurance is available for purchase, including special insurance for football for those without their own personal coverage; please contact your school for information.
2. **A completed Pre-Participation Physical Examination Form** (provided in back of handbook)
 - a. A physical examination required of candidates and participants in interscholastic athletics shall be valid only from June 8 through the following June 7 in order to enable a student to participate in interscholastic sports during this period of time.
 - b. Must be completed by a physician or authorized health care provider on form provided by the school system (found in back of handbook).
3. **Signed Rules and Expectations Form**

In addition to these requirements, a student at Bel Air High School must also have a signed **Acknowledgement and receipt of the Athletic Handbook Form** on file for the current season.

OTHER ELIGIBILITY GUIDELINES

Amateur Status

Student athletes lose amateur status by using athletic skill as players for financial gain or by competing under an assumed name. Students shall lose all amateur status in a particular sport if they sign a professional contract in the sport. Students who have ceased to be amateurs in a particular sport may not represent a school in interscholastic athletics in that sport.

Awards

In order to receive an athletic award, an athlete must complete the season in good standing and have met all team obligations. Each sports program will have its own policy for achievement of sports awards

based on sport specific requirements. Coaches and/or school will determine the degree of participation necessary in order for a manager, scorekeeper, trainer, or statistician to receive an award. All members of a team, players and managers, are eligible to earn the Minds in Motion Award if they have a 3.25 G.P.A.

Non-School Participation

Students, while participating on a school team, are permitted to participate in the same sport outside of school during the sport's season as long as the participation does not conflict with their school team's practice, games, or post-season.

RULES OF CONDUCT FOR STUDENT ATHLETES

Sportsmanship

Good sportsmanship is best described as commitment to fair play, ethical behavior and integrity. Sportsmanship is characterized by generosity, genuine concern for others and a view of the opponent as a competitor, not an adversary. All athletes are to abide by a code of ethics, which will earn them the honor and respect that participation and competition in interscholastic athletics affords.

General Behavior

Student athletes must abide by the Rules and Regulations of the Maryland Public Secondary Schools Athletic Association (please see www.mpssaa.org), the Harford County Public Schools Parent-Student Handbook (please see <http://www.hcps.org/students/docs/ParentStudentHandbook2011-12.pdf>), and the Rules and Regulations for Interscholastic Athletics in Harford County Public Schools (please see <http://www.hcps.org/departments/curriculum/athletics.aspx>).

Athletes may be dismissed from the team or have disciplinary action taken for any of the following:

- Failure to comply with eligibility requirements
- Failure to meet academic or attendance requirements
- Continued discipline problems either in school or in sport or sports in which they participate
- Unsportsmanlike conduct at events such as profanity, abusive remarks, attempts to do harm to others, displays of emotional instability, or acts detrimental to the welfare of the team, school, others
- Failure to attend practices without approved excuses, two unexcused absences
- Accumulation of limited number of excused absences, four excused absences
- Failure to comply with the rules and regulations of the coach, school, or sport

- Possession or use of tobacco, alcohol, drugs, or any controlled substance
- Use of diuretic, laxative, or other methods designed to accelerate weight loss
- Stealing
- Defiance towards coaches
- Hazing in any shape or form (physical, verbal, or nonverbal)
- Racial or ethnic slurs at any member of the team or opponent's team or fans

Each dismissal is subject to review by the Athletic Director and Administration. Students who are dismissed from the team for any reason relinquish the rights and benefits of the team.

Hazing

In athletic settings, some may view hazing as a harmless rite of initiation or an activity that promotes team bonding. However, it is actually a form of harassment and is a violation of state law and Harford County Board of Education Policy. Hazing will not be tolerated on the field or court, in the locker room, on the bus, or at any other activity where student athletes represent the Harford County Public School System.

Maryland anti-hazing law defines hazing as: "...any situation which recklessly or intentionally subjects a student to the risk of serious bodily injury for the purpose of initiation into a student organization of a school..."

Penalty for violation can result in a \$500 fine and six months in jail.

Hazing is an activity that is forbidden in Harford County Public Schools and includes any action or creation of a situation, which recklessly or intentionally subjects a student to the risk of bodily harm, injury, or humiliation. Any athlete found to be involved in hazing activities may be subject to loss of eligibility to participate in extra-curricular activities.

Athletic Department Policies - General

Equipment

School equipment issued to the student-athlete is his/her responsibility. S/he is expected to keep it clean and in good condition. All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for contests and practice. Athletes who do not return all equipment at the end of the season will pay for its replacement. In several sports, athletes will be required to purchase a portion of the game uniform, which will after the season become their property.

All athletes are responsible for any/all equipment given them for use before, during or after the season. Student-athletes should wash equipment regularly. Regular washing insures a level of hygiene that prevents spread of germs and disease. At the end of the season, equipment must be turned in cleaned, mended, and folded. There is an established procedure for collection of equipment. No equipment can be purchased, all equipment must be returned. Students not returning all equipment must pay the replacement cost for the missing equipment. Restitution will also be required for any equipment that has been abused. Coaches will have collection days for all materials and students are to return the equipment at this time. Failure to return equipment on time may result in disciplinary action. The obligation may also result in a student not getting a report card into the next grade level or withholding of senior transcript. Only these students who have met all graduation requirements and who have resolved all outstanding obligations are invited to participate in commencement exercises.

Locker Room Regulations

- Roughhousing is not allowed in the locker room
- No one except coaches and assigned players are allowed in the locker room.
- No glass containers are permitted in locker rooms.

- Spiked and cleated shoes taken off before entering the school building.

Squad Selection and Reduction

Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective team size for any particular sport. Selection is based on performance and includes technique, tactics, conditioning, attitude and overall value of contribution to the team. Varsity team selection is made with the above factors as the most important criteria. Choosing the members of a team is the sole responsibility of the coaches of that team. Prior to trying out, the coach shall provide the following information to all candidates for the team:

- Extent of try-out period
- Criteria used to select the team
- Number to be selected
- Practice commitment on making the team

Weight Room Regulations:

- Any student who uses the weight room must have a signed parental permission and release form on file in the athletic office.
- Shirts and shoes are required at all times - tank tops are acceptable.
- No one is to be in the weight room alone.
- All students must be under the supervision of the instructor assigned.
- Lifters must work with a partner.
- Replace all weights on racks immediately following use.
- Know your limits! Work with the instructor to determine your limits.
- Do the lifts correctly. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury.
- Warm-up with proper stretching exercises.
- No chewing gum or eating candy while lifting.
- No food or drinks inside weight room.
- No horseplay or profanity.
- No abuse of equipment. Any equipment that is broken must be reported immediately.

Absence/Lateness to School

On the day of a contest, student participants must attend the entire school day. When a contest is on a Saturday or non-school day, the student must be present the last school day prior to the contest. In extenuating circumstances, which shall be determined by the principal, the principal may grant that the student be allowed to participate.

Students who are absent/late from school MAY NOT be present on sidelines or in the stands as a spectator.

Student participants MUST be in homeroom by 7:27am to be considered eligible to participate in any athletic contest or practice that day. Students who are late to school may not participate in any athletic contest or practice unless they have a note from a doctor, dentist or judge to excuse their absence. A note from a parent is NOT considered a valid document for the granting of an excused lateness. Finally, in the event of extenuating circumstances, which shall be determined by the principal, the principal may grant that the student be allowed to participate.

Missing Practice/Game

An athlete should always consult his/her coach before missing practice. Missing practice or a game without good reason will be dealt with through team discipline.

Vacation Policy

Vacations by athletic team members during a sport season are discouraged. Parents/Guardians and athletes wishing to go on vacation should reassess the student's commitment to being an athlete. In the event of an absence due to a vacation, an athlete must be willing to assume the consequences related to his/her status on that team.

Release from Class or Extra-Curricular Activity

It is the responsibility of athletes to see their teacher the day **before** missed classes caused by an athletic contest. Students should see their sponsor as soon as they realize that a conflict does exist. All work shall be made up at the direction of the teacher/sponsor.

Dropping, Transferring Sports and Non-Interscholastic Athletic Sport Participation

Completing a season is highly desirable. However, on occasion an athlete might find it necessary to drop a sport for a good reason. If this is the case, the student athlete should consult with the head coach. The student shall return all equipment.

Athletes who are members of a Interscholastic Athletic team at Bel Air High School are prohibited from participating in non-interscholastic athletic events at BAHS while their current season is going on. This includes, but is not limited to, Powder Puff, Student/Faculty Sporting Events and Intramurals.

Media coverage of Athletic Events

Local media are notified of all Harford County High School athletic events and frequently attend games and competitions. Student athletes may be videotaped or photographed by the media while participating in practices and/or games.

In addition, the media often feature individual teams and student athletes. The athletic director and coaches may arrange for individual athletes to be interviewed by the media for this purpose. Athletes should notify their coaches any time they are contacted by a member of the media.

Parents who do not want their student athlete to be interviewed by the media should contact the athletic director and the coach. Parents may stipulate on the Athletic Participation Form if they do not want their student athlete's photograph used on the school's website, the booster club's website, or in other school system publications.

Schedules

Schedules for Bel Air High School sporting events can be found on www.countysportszone.com.

Game Postponements

All game postponements will be announced on www.countysportszone.com by 12:30pm for afternoon games and by 2:30pm for evening events. Social Media will also be utilized to announce all game postponement. Parents should “follow” The Bellarion on Twitter or “like” The Bellarion on Facebook. Parents are discouraged from calling Bel Air High School to see if a game has been postponed.

E-Mail, Websites and Social Media

The Bel Air High School athletic department has adopted the following policy regarding the use of e-mail messages, websites, blogs, social media or other electronic communication.

Student-Athletes should be aware that third parties—including the media, faculty, future employers and college officials—could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete and our school.

This can also be detrimental to a student-athletes' future options (i.e. college, profession). Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco.
- Photos, videos, and comments that are of sexual nature. This includes, but is not limited to, links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of drugs and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school and derogatory comments against race and/or gender.
- No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).

Possible consequences for violating this policy are:

- (1) Single game suspension
- (2) Multiple game suspension
- (3) Dismissal from the team

Parent-Coach Communication

Congratulations, your child has made the team! Now what?

Accepting a position on a team includes acceptance of interscholastic athletics procedures by both the student and the parent/guardian. Students and parents must recognize that coaches have the authority over who becomes a member of the team, which students play, and who is removed from the team. Coaching strategy is determined by the coaching staff.

As the parent of a student athlete, you have a right to know what expectations are being placed on your child.

The coach should clearly communicate to parents:

- His/her philosophy of coaching.
- Expectations he/she has for your child as well as all the team members.
- Locations and times of all practices and contests.
- Team requirements, such as special equipment, off-season conditioning, etc.
- Procedures that will be followed should your child be injured during practice or a contest.
- Discipline that results in your child losing the privilege of participation.

In return, the coach expects the following communication from parents:

- Concerns be shared directly.
- Notification of any schedule conflicts well in advance.
- Specific concerns related to the coach's philosophy and /or expectations.

It is important to understand that there may be times when things do not go the way you or your child wish. At these times, discussion with the coach is encouraged. Appropriate concerns to discuss with the coach include the mental and/or physical treatment of your child, ways to help your child

improve, and concerns about your child's behavior or safety.

Topics that are **not** appropriate to discuss with the coach are **playing time, team strategy, play calling and other student athletes.**

It is not appropriate to confront a coach before or after a practice or contest.

When situations arise that require a conference between the coach and the parent, the following procedure should be followed:

- Call the high school to set up an appointment.
- If the coach cannot be reached, call the Athletic Director and he will coordinate the meeting for you.

If after the conference, you do not feel a satisfactory resolution was reached, contact the Athletic Director and at this meeting, the appropriate next step can be determined.

Be a fan, not a fanatic!

In order to provide a pleasant, safe environment for all spectators and participants, all those attending interscholastic athletic events are asked to abide by the following policy, to refrain from:

- Intimidating or harassing the players, coaches, officials or fans.
- Using profanity.
- Throwing objects.
- Entering the playing area.
- Loitering in the hallways, walkways or on school grounds.

Spectators who violate these rules of conduct will be asked to leave the event. Furthermore, such actions could result in the issue of a trespass letter, Denial of Access, or a ban from future athletic events at Bel Air High School. Admission is a privilege not a license to display rude or offensive behavior.

Care and Prevention of Sports Injuries

Although there are risks involved in athletic participation, there is no reason for parents or students to be apprehensive. Bel Air High School coaches and athletic trainer(s) place a great deal of emphasis on training and conditioning, injury prevention and management, proper use of equipment, and maintenance of safe playing areas.

Student athletes can take steps to ensure they are physically prepared for practices and games:

- Eat three well-balanced, nutritious meals each day. In between meals, eat healthy snacks that are low in fat and sugar.
- Drink plenty of fluids (preferably water) each day – especially before practices and games.
- Get at least 8 hours of sleep each night.
- Warm-up thoroughly before exercising.
- Report all injuries to your coach and the athletic trainer. Never let injuries go untreated.
- Always wear the prescribed uniform, including protective gear, for practices and games.
- Wash your uniform, protective gear and practice clothing after each use to avoid growth of bacteria and staph infections.
- Do not share equipment, uniforms or other clothing, towels or personal items such as razors.

Sports Related Concussions

A concussion is an injury to the brain as a result of a force or jolt applied directly or indirectly to the head. Concussions can occur in any sport. Parents will be notified on the day of the injury about the known or possible concussion.

If a student athlete exhibits any sign of concussion or reports any symptom, he/she will be removed from practice or play. The student athlete will not be asked to participate in a practice or game while experiencing any lingering or persisting symptoms of a concussion, no matter how slight, until cleared by a qualified health care professional. The student must be completely symptom free at rest and during physical and mental exertion prior to return to sports activities.

Sports Concussion Program Testing

The Harford County Public School System offers a state-of-the-art Sports Concussion Program to detect and treat concussions in high school athletes. The program is offered by Derek McCoy, MD who supervises the Concussion Management Program (CMP) for Harford County Public Schools (HCPS) student athletes. CMP is overseen and administered by Dr. Derek McCoy of the University of Maryland Upper Chesapeake Health, Bel Air, Maryland, a doctor with substantial experience in concussion management and sports medicine.

As part of the program, student athletes voluntarily participate in pre-concussion baseline testing to assess key functions affected by a concussion. The information is used for comparison after an injury to assess whether the athlete has a concussion and to assist in recovery if the athlete has suffered a concussion.

This testing program is not a mandatory requirement of sports participation but voluntary participation in this program is highly recommended by HCPS.

Reporting of Injury

All injuries which occur during participation in athletics should be reported to the trainer and coach. Once a physician treats an athlete, the athlete must obtain the doctor's permission to return to the activity.

Universal Immediate Care of Athletic Injuries

The following procedure (R.I.C.E.) will be used in response to injuries incurred during an athletic practice or game.

REST - Do not use the injured body part until pain free activity can be resumed.

ICE - Apply ice directly to the injured area 20 minutes on, 20 minutes off, for the first three hours. After 72 hours, 20 minutes on, 40 minutes off, one time.

Do not use chemical packs directly on facial injuries. Do not apply heat if swelling, inflammation or pain persists.

COMPRESSION - Wrap from below the injured area and toward the body and use a pad under the wrap to add compression forces to retard swelling and activate absorption. When sleeping, loosen the wrap, but do not remove it.

ELEVATION - Elevate to a level above the heart to reduce bleeding and swelling. Every injury that requires the use of this procedure should be evaluated by the athletic trainer, the athlete's family physician or by an orthopedic surgeon as soon as possible. Athletes referred to a doctor by the athletic trainer or coach must present a doctor's note giving permission to return to play or practice.

Weather Cancellations

If Harford County Public Schools are closed for the day or dismissed early due to inclement weather, all games, events and practices are cancelled.

Thunder and Lightning

If thunder and /or lightning can be heard and/or seen, stop activity and seek protective shelter immediately. Thirty minutes should pass after the last sound of thunder and /or lightning prior to resuming play.

Transportation Guidelines

All participants must travel with the team and the coaches to the site of an athletic contest unless the administration receives documentation of parent permission for the student to be transported by the parent, another student's parent; designated by the parent, or the student prior to the trip. This

documentation must be presented to the principal at least one week prior to the athletic contest.

Heat

When the Heat Index Reading (a combination of the air temperature and relative humidity) is 104 degrees or above, regular practice will be discontinued. A very short restricted practice is permitted and it is recommended that practices be held indoors.

If the Heat Index Reading is between 95 and 103 degrees, practices will be modified to include frequent water breaks. Games and events may continue with mandatory official time outs midway through quarters. Water stops will be provided midway in cross country meets.

Mandatory 10-minute rest periods will be provided for every 45 minutes of activity when the Heat Index Reading is between 84 and 94 degrees.

**Bel Air High School
Acknowledgement of Receipt of Athletic Handbook**

**PLEASE DETACH THIS PAGE AND RETURN TO YOUR CHILD'S COACH.
NO PLAYER WILL BE ALLOWED TO PLAY IN A GAME UNTIL THIS FORM HAS BEEN TURNED IN.**

I have read, understand and agree to comply with the provisions set forth in the pages of this athletic handbook. I fully understand its meaning and consequences and support its enforcement by persons responsible.

I agree to pay for any and all equipment which I may lose, misplace or damage through carelessness or intent.

I further agree to assume full responsibility for all equipment issued to me, and to confine the use of that equipment to practice, games, or meets.

Date

Athlete's Signature

I, as parent of _____, have read the rules and policies set forth for athletic participation at Bel Air High School, and give my son or daughter permission to participate under these conditions. I will do my part in seeing that he/she follows these rules and regulations. I fully understand its meaning and consequences and support its enforcement by persons responsible.

Date

Parent's or Guardian's Signature

RECEIVED BY THE ATHLETIC DEPARTMENT ON _____

(Date)

Signature of Athletic Director

COMMENTS: VIOLATIONS, DISCIPLINE, ETC.