



**ANADARKO PUBLIC SCHOOLS  
ATHLETICS  
STUDENT/PARENT  
HANDBOOK  
2022-2023**

**Athletic Office Phone: 405-247-9536**

**Athletic Office Hours:**

**8:00 A.M.- 2:30 P.M.**

**Middle School Athletics: 1:27 p.m. – 2:17 p.m.**

**High School Athletics: 2:24 p.m. – 3:17 p.m.**

## **Anadarko Public Schools Athletics Philosophy**

The Anadarko Public Schools believes that interscholastic athletics greatly enhance the educational experience of all students involved, provide lifelong learning experiences, and develop leadership qualities in our students.

Participation in athletics at Anadarko Public Schools is a privilege. With this privilege comes the expectation of exemplary character displayed through good sportsmanship and respect for one's school, coaches, teammates, opponents, officials, facilities, and equipment. Every athlete is required to agree and adhere to the Anadarko Public Schools Student Code of Conduct. Coaches are role models and mentors, and this responsibility should be reflected in all of their actions as well.

Every sport, coach, and individual student-athlete will be treated fairly by the Athletic Administration. Diversity is embraced within the Athletic Department, and no student-athlete or coach will be discriminated against or subject to harassment of any form.

The Anadarko Athletic Department will follow all rules and regulations established by the Oklahoma Secondary Schools Activities Association and the Anadarko Public Schools Board of Education and Administration.

### **Contests and Competitions:**

Students may participate in various contests and competitions sponsored by the District. In determining participation in contests and competitions, the District administrator shall consider the primary educational aim's of the District and the needs and interests of the students. Contests shall not be used to promote private or commercial interests or to promote the sale of competitive goods or services. All contests to be conducted shall comply with any applicable district administrative regulations and procedures.

### **Extra-curricular Activities:**

A well-organized and well-conducted extra-curricular program is a potent factor in the morale of the student body and an important phase of good community-school relations. Students benefit through opportunities to grow physically and intellectually, to develop self-discipline, and to contribute to a team effort which is made possible by participation in extra-curricular and athletic activities. The eligibility of students to participate in the District's extra-curricular programs shall be monitored by coaches, sponsors, and principals.

### **Schedules/Sports Websites:**

All athletic contest schedules can be found on our athletic website at: [www.apswarriors.com](http://www.apswarriors.com) Important announcements, links, and athletic documents can also be found on the Athletic Department website. All parents should familiarize themselves with the site, as it almost always contains the information for which you are looking.

## **Participation Requirements:**

In order to participate in athletics at Anadarko Public Schools, a student must:

- Be enrolled in Anadarko Public Schools
- Be a student in good standing
- Have an up to date physical examination be on file with the athletic director. Physical examinations are required for students each year.

Participation in athletics is strictly voluntary, and thus, it is a privilege and not a right. Therefore, all student-athletes are expected to abide by the Anadarko Public Schools Student Code of Conduct and exhibit and model five basic traits:

1. Exemplary character IN AND OUT OF UNIFORM.
2. Respect for self, team, sport, other programs, and the school.
3. Confidence in self, team, and coaching staff.
4. Commitment to academics, athletics, and the school community.
5. Good sportsmanship, which includes fair play and courteous treatment of teammates, opponents, and officials, while representing the school and community in a respectful manner.

## **Academic Eligibility:**

Athletes are responsible for meeting academic standards of the district and to be in compliance with the OSSAA policies and Anadarko Board of Education policies. The weekly ineligibility period will begin Monday through Sunday.

## **Student Activity Absences:**

All regulations in accordance with the policies of the Oklahoma Secondary Schools Activities Association and of the Anadarko Board of Education shall govern student attendance and activities within this public school system.

## **Student-Athlete Expectations:**

Participating in athletics and any other type of extra-curricular activities is a privilege and not a right. With this privilege comes high expectations. Anadarko Schools expects our student-athletes to pursue excellence in their athletic endeavors. School sports are extremely competitive, so there are some basic expectations across all sports that will help our teams and individuals excel:

- Represent Anadarko Schools with class, dignity, and sportsmanship at all times. Our student-athletes are expected to promote a positive image of the school at all times through their actions and language - both in victory and defeat.
- Student-athletes are expected to follow all OSSAA, district, school, athletic department, and team rules. Violations of any of these rules and policies will result in consequences that are outlined in the OSSAA rules, district policy, the school student handbook, the student-athlete handbook, and the team rules, respectively.

Adherence to these expectations does not guarantee playing time. Due to the competitive

nature of athletic programs, there are no requirements for all athletes to receive playing time. All playing time decisions are left to individual coaches. No other factors go into the decisions than rewarding those student- athletes who give the team the best chance to win and are meeting all expectations of the coach in terms of attitude, work ethic, teamwork, and leadership.

### **Parent Expectations:**

Parents will demonstrate good sportsmanship by displaying the following behaviors:

- Providing support for coaches and officials to foster a positive, enjoyable experience for all student- athletes.
  - Recognizing that student participation in athletics is a privilege.
- Using good sportsmanship as spectators and conducting themselves in a manner that reflects well on both the team and the school.
  - Promoting the team by being supportive and helpful of the school program.
  - Refraining from coaching their students from the stands or sidelines.
  - Expecting consistent student attendance at practices and games.
  - Being supportive of Anadarko Public Schools athletic programs in public.

The Athletic Department highly suggests parents to review the free online National Federation of State High School Associations course titled, The Role of Parents in Sports. Please go to [www.nfhslearn.com](http://www.nfhslearn.com)

### **Parent/Student-Athlete/Coach Relationship:**

Both parenting and coaching are extremely important. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to student-athletes. As parents, when your son/daughter becomes involved in our program, you have a right to understand what expectations are placed on him/her. This begins with clear communication from the coach of your child's team.

#### **☐ Communication Parents Should Expect from Their Child's Coach:**

- A copy of the team rules.
- Expectations the coach has for your child as well as all the players on the team.
- Location and times of all practices and contests.
- Team requirements, such as fees, special equipment, and off-season conditioning.
- Violation of team rules that results in denying your child's participation.

## □ **Communication Coaches Expect From Parents:**

- Concerns expressed directly to the coach in accordance with the policy outlined below.
- Notification of any schedule conflicts well in advance.
- Any medical or injury issues that need to be monitored with your child.

## **Addressing Athletic Issues:**

There may be times when things do not go the way you or your child wish. At these times, a discussion with the coach is encouraged. In these rare occurrences, we ask that you follow these steps:

1. Parent/guardian requests a meeting with the level and/or head coach; the student-athlete is in attendance.
2. Parent/guardian requests a meeting with the Athletic Director.
3. Parent/guardian requests a meeting with the Principal.

Please follow these steps in order. We are teaching our students to be leaders and responsible adults who can advocate for themselves; so, they need to initiate contact with their coach if they feel there is a problem that needs to be addressed. Also, no student-athlete or parent/guardian should ever approach a coach right after a game. Emotions can be too high, and no good can come from discussing playing time right after a game.

Although we have this policy, it is important to realize that playing time is the sole decision of the coaching staff. No parent or student-athlete should ever approach a coach and ask why he/she is not playing. Instead, a meeting or conversation should focus on what areas the student-athlete needs to improve upon in order to increase playing time. Also, no other student-athletes will be discussed in any meeting. Only the student-athlete involved in the situation will be discussed.

We truly believe that any conflicts can be resolved by following the steps above. The only time it would be acceptable to skip steps or not involve your child is if there is an abuse or inappropriate conduct accusation against a coach that necessitates going straight to the Athletic Director or Principal.

## **Student-Athlete Code of Conduct:**

Anadarko Public School offers an extensive and diverse athletic program to provide additional learning opportunities to students. Involvement in athletics is a privilege, and students choosing to participate take on extended responsibilities as representatives of their school and community. These extended responsibilities justify holding students who choose to participate in the athletic program to a high standard of conduct as a condition of participation. Students who choose to participate in the athletic program are responsible for behaving in accordance with this code. When a student's behavior or conduct does not meet this standard, he/she will lose the privilege of participating in athletic programs. The expectations for the behavior of our student-athletes are very clear, and all violations of this Student – Athlete Code of Conduct are detailed below.

The Student Code of Conduct is in effect 24 hours a day, 7 days a week, 12 months a year, both inside and outside of school and/or school-related activities. All student-athletes and their parents/guardians must sign the code each year of participation in athletics.

### **Expectations Of Student-Athletes:**

Students may be suspended from participation in athletic activities for misconduct including, but not limited to, the following.

All student-athletes **MUST**:

- Not possess or use tobacco, alcohol, illegal drugs, or controlled substances. (The word “possess” used in this code includes knowingly being in the presence of a product, even if it is not directly on your person.)
- Not host a party or have the participant’s parent/guardian or family member host a party at which the following are permitted for minors: illegal consumption of alcohol, use of controlled substances, steroids, or look-alike drugs.
- Practice good citizenship in all environments by respecting the property and rights of others. (Poor citizenship includes actions such as stealing, vandalism and other illegal acts.)
- Display proper sportsmanship.
- Not utilize social media and other websites in an inappropriate manner.
- Not engage in hazing or bullying of any type.
- Realize the existence of and be held accountable for the individual rules of each sport as outlined by the coach, in addition to those outlined in the athletic code.

### **Consequences For Violations:**

The consequences for violating this Code of Conduct shall be based on a student’s participation in sanctioned athletics during all four years of high school. Offenses and consequences are carried over from one sport to the next and from one school year to the next until the entire penalty is served. Furthermore, the student must finish the season in good standing.

### **Violations Related to Sportsmanship:**

All athletes must display good sportsmanship and respect for their school, coaches, teammates, opponents, officials, facilities, and equipment at all times. Any instance of poor sportsmanship will be handled by the Head Coach, Athletic Director, and/or Principal on an individual basis, based on the expectations established in that specific sport’s team rules and/or the student-athlete handbook.

Any student that is ejected from a contest will, at a minimum, be subject to the OSSAA sport specific manuals stating the penalty to the athlete. There are **NO EXCEPTIONS** to this rule. Moreover, the Head Coach will report all such ejections immediately to the Athletic Director and Principal. The Athletic Director and Principal will review all facts from the incident, and they have the discretion to impose a stiffer penalty than the OSSAA penalty, including (but not limited to) a longer suspension or removal from the team.

### **Violations Related to Social Media:**

Student-athletes are responsible for their actions on social media and other websites, including but not limited to Facebook, Twitter, SnapChat, Instagram, Blogs, and YouTube. Any photos, comments, or other evidence that suggests a code violation has occurred will be investigated immediately by the Athletic Director and Principal. Any photo that shows a student-athlete in possession of tobacco, alcohol, drugs, or controlled substances will fall under the consequences of a violation related to tobacco, alcohol, drugs, controlled substances, and citizenship as outlined above.

Any inappropriate postings to any social media or blog sites by a student-athlete will be handled on an individual basis by the Athletic Director and Principal. Inappropriate postings include but are not limited to obscene or vulgar language; graphic images or videos; sexually explicit language, imagery, or videos; threats; and unkind or inflammatory remarks about Anadarko Public Schools, its faculty, staff, and administration, coaches, and students, or other high schools and their coaches and athletes.

### **Violations Related to Hazing (Bullying):**

Hazing will not be tolerated and will be subject to disciplinary action up to and including a permanent ban from athletics, suspensions, expulsion from school, and police involvement if warranted. Each incident will be handled on an individual basis by the administration of the school. Any student who is witness to or is the subject of hazing should immediately report the incident to his level coach, the varsity coach, the Athletic Director, the Principal, or any other school personnel.

### **Additional Violations:**

Any inappropriate action that is not specifically listed above is still subject to athletic suspension for student-athletes. For instance, disciplinary action for behavior in violation of school rules as described in the Student Handbook may also subject participants to disciplinary action under the Athletic Student Code of Conduct and the District Drug Policy. Additionally, conduct resulting in the participants arrest or conviction of an ordinance violation or crime may result in disciplinary action under the Athletic Student Code of Conduct and the District Drug Policy. In these cases, the Principal and Athletic Director will decide the consequences.

All coaches have team rules for their individual programs. Any violations of team rules that are not covered by the Student Code of Conduct will be dealt with by the coach of that sport.

### **Equipment:**

A great amount of money is spent every year to maintain and upgrade facilities and to purchase and maintain equipment. Student-athletes, parents, friends, alumni, and our community all play a role in financing our programs in some way. So please, take pride in the facilities and equipment and treat them with respect!

Student-athletes are responsible for all equipment and uniforms issued to them. Any lost or unreturned equipment/uniforms must be replaced at the expense of the student-athlete. Students will not be allowed to participate in another sport until all equipment is returned or all fees are paid for lost equipment.

### **Locker Room:**

Student-athletes are not allowed in the locker room with adult supervision. Moreover, the locker room should not be used as a hangout. Student-athletes should only use the locker room to change for practice and then exit the locker room. Only lockers assigned by a coach may be used. All personal belongings must be locked in the locker. Anadarko Schools is not responsible for lost or stolen items that are not properly secured in a locker.

### **Transportation:**

It is the policy of the Anadarko Board of Education to allow the use of school buses or other district-owned vehicles for the transportation of students participating in school-sponsored activities under the following conditions:

- Bus or district-owned vehicle use for athletic trips and by student organizations.
- Students participating in such activities must return in the same vehicle in which they departed unless permission is granted from the activity sponsors to return with parents.
- School patrons will not be permitted to ride school buses on any activity trip unless they are assigned as sponsors by a principal for non-athletic events.

### **Student Drug Testing:**

*Anadarko Public Schools is committed to cooperating with parents/guardians in an effort to help students avoid illegal drug use. The Anadarko Public School District believes accountability is a powerful tool to help some students avoid using drugs and that early detection and intervention can save lives.*

The Board, in an effort to protect the health and safety of its extra-curricular activities students from illegal and/or performance-enhancing drug use and abuse, thereby setting an example for all other students of the District, adopts the following policy for drug testing of students participating in extracurricular activities.

Although the Board, administration, and staff desire that every student in the District refrain from using or possessing illegal drugs, district officials realize that their power to restrict the possession or use of illegal and performance-enhancing drugs is limited. Therefore, this policy governs only performance-enhancing and illegal drug use by students participating in certain extracurricular activities. Students who are not involved in extracurricular activities and parents or guardians who would like for them to be included in the testing program may sign the appropriate forms. The sanctions of this policy relate solely to limiting the opportunity of any student determined to be in violation of this policy to participate in extracurricular activities. No suspensions from school or academic sanctions will be imposed for violations of this policy. This policy supplements and complements all other policies, rules, and regulations of the District regarding possession or use of illegal drugs.



Participation in school-sponsored interscholastic extracurricular activities at District is a privilege. Students who participate in these activities are respected by the student body and are representing the school district and the community. Accordingly, students in extracurricular activities carry a responsibility to themselves, their fellow students, their parents and their school to set the highest possible examples of conduct, sportsmanship, and training, which includes avoiding the use or possession of illegal drugs. Additionally, this school district is contracted to follow the rules and regulations of the Oklahoma Secondary Schools Athletic Association, whose rules specifically state: **A student under a discipline plan or whose conduct or character outside the school is such as to reflect discredit upon the school shall be ineligible until reinstated.**

The purposes of this policy are to prevent illegal drug use, to educate students as to the serious physical, mental, and emotional harm caused by illegal drug use; to alert students with possible substance abuse problems to the potential harms of illegal drug use; to help students avoid drugs; to help students get off drugs; to prevent injury, illness, and abuse. This policy is not intended to be disciplinary or punitive in nature. The sanctions of this policy relate solely to limiting the opportunity of any student found to be in violation of the policy to participate in extracurricular activity competitions or trips. There will be no academic sanction for violations of this policy.

Illegal and performance-enhancing drug use of any kind is incompatible with the physical, mental, and emotional demands placed upon participants in extracurricular activities and upon the positive image these students project to other students and to the community on behalf of the District. For the safety, health and well-being of students in extracurricular activities the District has adopted this policy for use by all participants in extracurricular activities in grades 7-12.

## **I. Definitions**

- 1.** Student athlete or activity participant student means a member of any District sponsored extracurricular organization that participates in interscholastic competitions or activity that requires overnight travel.
- 2.** Extracurricular means those activities that take place outside of the Regular course of study in school and participants are those students involved in those activities.
- 3.** Drug use test means a scientifically substantiated method to test for the Presence of illegal or performance enhancing drug or metabolites thereof in a person's saliva.
- 4.** Random selection basis means a mechanism for selecting students for drug testing that:
  - a.** Results in an equal probability that any student from a group of students subject to the selection's mechanism will be selected, and
  - b.** Does not give the school district discretion to waive the selection of any student athlete or extracurricular activities participant selected under the mechanism.

5. Illegal drugs means any substance which an individual may not sell, possess, use, distribute, or purchase under either federal or state law. Illegal drugs include but is not limited to, all scheduled drugs as defined by the Oklahoma Uniform Controlled Dangerous Substance Act, all prescription drugs obtained without authorization, and all prescribed and over-the-counter drugs being used for an abusive purpose. Illegal drugs also include alcohol.

6. Performance-enhancing drugs include anabolic steroids and any other natural or synthetic substance used to increase muscle mass, strength, endurance, speed, or athletic ability. The term "performance -enhancing drugs" does not include dietary or nutritional supplements such as vitamins, minerals, and proteins which can be lawfully purchased in over-the-counter transactions.

7. Positive when referring to drug use test administered under this policy, means a toxicological test result which is considered to demonstrate the presence of an illegal or performance enhancing drug or the metabolites thereof using the standards customarily established by the testing laboratory administering the drug use test.

8. Reasonable suspicion means a suspicion of illegal or performance-enhancing drug use based on specific observation made by coaches/administrators/sponsors or the appearance, speech, or behavior of an activity student; the reasonable inferences drawn from those observations; and/or information of illegal or performance-enhancing drug use by an activity student supplied to school officials by other students, staff members, or parents. In the context of performance-enhancing drugs, reasonable suspicion specifically includes unusual increases in size, strength, weight, or other abilities.

9. Self-referral is when a participant believes he/she will test positive for illegal or performance-enhancing drugs, prior to submission for a drug test under this policy, so the participant notifies the principal, athletic director, coach or sponsor of such belief.

## **II. Procedures**

Each student shall be provided with a copy of the "Student Drug Testing Consent Form" which shall be read, signed and dated by the student, parent or custodial guardian and coach/sponsor before such student shall be eligible to practice or participate in any extra-curricular activities.

The consent requires the activity student to provide a saliva sample: (a) *as* part of the student's annual physical or for eligibility for participation; (b) when the activity student is selected the random selection basis to provide a saliva sample; and (c) at any time when there is reasonable suspicion to test for illegal or performance-enhancing drugs. No student shall be allowed to practice or participate in any extra-curricular activities unless the student has returned the properly signed "Student Drug Testing Consent Form."

Prior to the commencement of drug testing each year an orientation session will be held with each Activity Student to educate them of the sample collection process, privacy arrangements; drug testing procedures and other areas which may help to reassure the activity student and help avoid embarrassment or uncomfortable feelings about the drug testing process.

Each Activity Student shall receive a copy of this Student Drug Testing Policy. The head coach or sponsor shall be responsible for explaining the Policy to all prospective students, and for preparing an educational presentation to acquaint the student with the harmful consequences of drug and alcohol use and abuse.

All Activity Students will be required to provide a saliva sample before the student may participate in an extracurricular activity covered under this policy. A student who moves into the district after the school year begins will have to undergo a drug test before they will be eligible for participation.

Drug use testing for Activity Students will also be chosen on a random selection basis monthly from a list of all Activity Students who are involved in off-season or in-season activities. The District will determine a monthly number of student names to be drawn at random to provide a saliva sample for drug use testing for illegal drugs or performance-enhancing drugs.

***In addition to the drug tests required above, any Activity Student may be required at any time to submit to a test for illegal or performance-enhancing drugs, or the metabolites thereof when an administrator, coach, or sponsor has reasonable suspicion of illegal or performance-enhancing drug use by that particular student.***

The District will set a fee to be collected from the student when this consent form is signed and returned to the coach or sponsor.

Any drug use test will be administered by or at the direction of a professional laboratory chosen by the District. The professional laboratory shall be required to use scientifically validated toxicological testing methods, have detailed written specifications to assure chain of custody of the specimens, and proper laboratory control and scientific testing.

All aspects of the drug use testing program, including the taking of specimens, will be conducted so as to safeguard the personal and privacy rights of the student to the maximum degree possible. The test specimen shall be obtained in a manner designed to minimize intrusiveness of the procedure. In particular, the specimen must be collected in a restroom or other private facility behind a closed stall. The principal/athletic director shall designate a coach, sponsor, or school employee of the same sex as the student to accompany the student to a restroom or other private facility behind a closed stall. The monitor shall not observe the student while the specimen is being produced, but the monitor shall be present outside the stall to listen for the normal sounds of urination in order to guard against tampered specimens and to insure an accurate chain of custody. The monitor shall verify the normal warmth and appearance of the specimen. If at any time during the testing procedure the monitor has reason to believe or suspect that a student is tampering with the specimen, the monitor may stop the procedure and inform the principal/athletic director who will then determine if a new sample should be obtained. The monitor shall give each student a form on which the student may list any medications legally prescribed for the student he or she has taken in the preceding thirty (30) days. The parent or legal guardian shall be able to confirm the medication list submitted by their child during the twenty-four (24) hours following any drug test. The medication list shall be submitted to the lab in a sealed and confidential envelope and shall not be viewed by district employees.

An initial positive test result will be subject to confirmation by a second and different test of the same specimen. The second test will use the gas chromatography/mass spectrometry technique. A specimen shall not be reported positive unless the second test utilizing the gas chromatography/mass spectrometry procedure is positive for the presence of an illegal drug or the metabolites thereof. The unused portion of a specimen that tested positive shall be preserved by the laboratory for a period of six (6) months or the end of the school year, whichever is shorter. Student records will be retained until the end of the school year.

### **III. Confidentiality**

The laboratory will notify the principal/athletic director or designee of any positive test. To keep the positive test results confidential, the principal/athletic director or designee will only notify the student, the head coach/sponsor, and the parent or custodial guardian of the student of the results. The principal/athletic director or designee will schedule a conference with the student and parent or guardian and explain the student's opportunity to submit additional information to the principal, the athletic director, or to the lab. The District will rely on the opinion of the laboratory which performed the test in determining whether the positive test result was produced by something other than consumption of an illegal or performance-enhancing drug.

Test results will be kept in files separate from the student's other educational records, shall be disclosed only to those school personnel who have a need to know, and will not be turned over to any law enforcement authorities.

### **IV. Appeal**

An Activity Student who has been determined by the principal/athletic director to be in violation of this policy shall have the right to appeal the decision to the Superintendent or his/her designee(s). Such a request for a review must be submitted to the Superintendent in writing within five (5) calendar days of notice of the positive test. A student requesting a review will remain eligible to participate in any extra-curricular activities until the review is completed. The Superintendent or his/her designee(s) shall then determine whether the original finding was justified. No further review of the Superintendent's decision will be provided and his/her decision shall be conclusive in all respects. Any necessary interpretation or application of this policy shall be in the sole and exclusive judgment and discretion of the Superintendent which shall be final and non-appealable.

### **V. Consequences:**

*Any Activity Student who tests positive in a drug test under this policy shall be subject to the following restrictions:*

#### ***A. For the First Offense:***

The parent/guardian will be contacted immediately and a private conference will be scheduled to present the test results to the parent/guardian. A meeting will then be set up with the student, parent/guardian, athletic director and/or principal concerning the positive drug test. In order to continue participation in the activity the student and parent/guardian must, within five (5) days of the joint meeting, show proof that the student has received drug counseling from a qualified drug treatment program or counseling entity. Additionally, the student must voluntarily submit to a

second drug test to be administered within two (2) weeks in accordance with the testing provisions of this policy. The required retest will be at the District's expense.

If parent/ guardian and student agree to these provisions, the student will continue to participate in the activity. Should the parent/student not agree to these provisions the consequences listed in this policy for the second offense will be imposed.

***B. For the Second Offense:***

Suspension from participation in all activities covered under this policy for (14) calendar days, and successful completion of four (4) hours of substance abuse education/counseling provided by the school. The student may not participate in any meetings, practices, scrimmages or competitions during this period. The student will be randomly tested monthly for the remainder of the school year. The time and date will be unknown to the student and determined by the principal/athletic director or designee.

These restrictions and requirements shall begin immediately, consecutive in nature, unless a review appeal is filed following receipt of a positive test. Provided, however, a student who on his or her own volition informs (self-refers) the athletic director, principal, or coach/sponsor of usage before being notified to submit to a drug use test will be allowed to remain active in all activities covered under this policy. Such a student will however, be considered to have committed his/her first offense under the policy, and will be required to re-test as would a student who has tested positive.

***C. For the Third Offense (in the same school year):***

Complete suspension from participation in all extra-curricular activities including all meetings, practices, performances, and competition for the remainder of the school year, or eighty-eight school days (1 semester) whichever is the longer.

**VI. Self-Referral**

A student who self-refers to the athletic director, principal, coach, or sponsor before being notified to submit to a drug test will be allowed to remain active in all extracurricular activities. However, the student will be considered to have committed his/her first offense under this policy, and will be required to retest as would a student who has tested positive.

**VII. Refusal to Submit to Drug Use Test**

***A participating student who refuses to submit to a drug test authorized under this policy, shall not be eligible to participate in any activities covered under this policy including all meetings, practices, performance and competitions for the remainder of the school year. Additionally, such students shall not be considered for any interscholastic activity honors or awards given by the school.***

**Injuries:**

Any student-athlete who is injured during a contest, practice, or workout should immediately see the coach. It is very important that a member of the coaching staff is aware of an injury before a

student-athlete goes home.

**Accident Insurance:**

Insurance against accident or injury, if required by any applicable law or regulation or desired by the parent or guardian of the student, shall be provided by the student who engages in extra-curricular activities, and will not be provided by the school.

**Concussion and Head Injury Awareness:**

On an annual basis, a concussion and head injury information sheet shall be completed and returned by District athletes and their parent or guardian. The information sheet must be returned prior to the athlete's participation in practice or competition.

An athlete who is suspected of sustaining a concussion or head injury during a practice or game shall be removed from participation at that time. An athlete who has been removed from participation during a practice or game based upon a suspected concussion or head injury may not participate in practice or game-play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussions and has received written clearance to return to participation from that health care provider.

**Chase Morris Sudden Cardiac Arrest Prevention Act:**

Each year prior to participation in any athletic activity, students in grades seven through twelve and their parents/guardians shall be required to complete and sign an acknowledgment of receipt and review of sudden cardiac arrest symptoms and warning signs information sheet prepared by the State Department of Health and the State Department of Education.

District may hold an informational meeting prior to the beginning of each athletic season for all ages of competitors regarding the symptoms and warning signs of sudden cardiac arrest. Informational meetings may include parents, students, coaches, other school officials, physicians, pediatric cardiologists and athletic trainers.

A student who collapses or faints without concurrent head injury while participating in an athletic activity shall be immediately removed by the coach from participation and shall not return to participation until the student has been evaluated and cleared for return to participation in writing by a health care provider as defined by law.

Annually and prior to coaching an athletic activity, a coach of an athletic activity shall complete the sudden cardiac arrest training course offered by the State Department of Health.

**Bullying**

Statute [70-24-100.4](#), the School Bullying Prevention Act, requires each district board to adopt a policy for the control and discipline of all children attending a public school. The policy must specifically prohibit threatening behavior, harassment, intimidation and bullying by students at school and via electronic communication. The policy must also establish a procedure for

reporting and investigation and reporting of incidents, address prevention and education, and establish procedures for referral to mental health care options. The Act requires the district board policy to allow a school to request the disclosure of any information concerning students that have received mental health care following a school referral, if there is a specific threat to the safety of students and/or personnel. Statute [70-24-100.5](#) requires each Safe School Committee to study and make recommendations to the principal regarding student bullying and harassment at school and the professional development needs of faculty and staff.

## **Cyber Bullying**

[Statute 70-24-100.3](#) includes acts of electronic communications its list of potential acts of "harassment, intimidation and bullying" in the school environment." "Electronic communication" is defined as the communication of any written, verbal, or pictorial information by means of an electronic device, including, but not limited to, a telephone, a cellular telephone or other wireless telecommunication device, or a computer. A specific electronic communication does not need to originate at a school or with school equipment to be included under this policy if it is specifically directed at students or school personnel and contains harassment, intimidation or bullying.

## **Hazing**

Athletic hazing will not be tolerated. It is the policy (BOE 2145) of this school district that no student or employees of the district shall participate in or be members of any secret fraternity or secret organization that is in any degree related to the school or to a school activity. No student organization or any person associated with any organization sanctioned or authorized by the Board of Education shall engage or participate in hazing.

For the purposes of this policy, hazing is defined as an activity which recklessly or intentionally endangers the mental health or physical health or safety of a student for the purpose of initiation or admission into or affiliation with any organization sanctioned or authorized by the Board of Education.

“Endanger the physical health” shall include, but is not limited to, any brutality of a physical nature, such as whipping; beating; branding; forced calisthenics; exposure to the elements; forced consumption of any food, low-point beer, alcoholic beverage, drug, or controlled dangerous substance; or other forced physical activity which could adversely affect the physical health or safety of the individual.

“Endanger the mental health” shall include any activity, except those activities authorized by law, which would subject the individual to extreme mental stress, such as prolonged sleep deprivation, forced prolonged exclusion from social contact, forced conduct which could result in extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual.

## **Oklahoma Hazing Law:**

**§21-1190. Hazing – Prohibition – Presumption as forced activity – Penalty – Definition**

A. No student organization or any person associated with any organization sanctioned or authorized by the governing board of any public or private school or institution of higher education in this state shall engage or participate in hazing.

B. Any hazing activity described in subsection F of this section upon which the initiation or admission into or affiliation with an organization sanctioned or authorized by a public or private school or by any institution of higher education in this state is directly or indirectly conditioned shall be presumed to be a forced activity, even if the student willingly participates in such activity.

C. A copy of the policy or the rules and regulations of the public or private school or institution of higher education which prohibits hazing shall be given to each student enrolled in the school or institution and shall be deemed to be part of the bylaws of all organizations operating at the public school or the institution of higher education.

D. Any organization sanctioned or authorized by the governing board of a public or private school or of an institution of higher education in this state which violates subsection A of this section, upon conviction, shall be guilty of a misdemeanor, and may be punishable by a fine of not more than One Thousand Five Hundred Dollars (\$1,500.00) and the forfeit for a period of not less than one (1) year all of the rights and privileges of being an organization organized or operating at the public or private school or at the institution of higher education.

E. Any individual convicted of violating the provisions of subsection A of this section shall be guilty of a misdemeanor, and may be punishable by imprisonment for not to exceed ninety (90) days in the county jail, or by the imposition of a fine not to exceed Five Hundred Dollars (\$500.00), or by both such imprisonment and fine.

**House Bill 2615: Student Athletes**

A new bill was passed during the 2016 legislative session relating to student-athletes and their families. Please review the guidelines listed below very carefully and feel free to contact the District Administration Office at 405-247-6605 with any questions.

- A. Except as provided for herein, no person shall give, offer, promise or attempt to give any money or other thing of value to a student-athlete or member of the immediate family of a student-athlete:
  - \* to induce, encourage or reward the application, enrollment or attendance of the student-athlete at a public or private institution of post-secondary education in order to have the student-athlete participate in intercollegiate sporting events, contests, exhibitions or programs at the institution; or
  - \* to induce, encourage or reward the participation in intercollegiate sporting events, contests, exhibition or program by the student-athlete.



- B. No person shall enter into or solicit directly or through an agent a transaction with a student-athlete if the person has, or could reasonably be expected to have, knowledge that the transaction would likely cause the student-athlete to permanently or temporarily lose athletic scholarship eligibility, the ability to participate on an intercollegiate athletic team or the ability to participate in one or more intercollegiate sporting competitions sanctioned by:
- \* A national association for the promotion and regulation of intercollegiate athletics;
  - \* An athletic conference or other sanctioning body; or
  - \* The institution of post-secondary education itself as a reasonable self-imposed disciplinary action taken by the institution to mitigate sanctions likely to be imposed by an organization as a result of the transaction or as a violation of the rules of the institution.
- C. The aforementioned rules do not apply to:
- \* Any public or private institution of post secondary education or any officer or employee of the institution when the institution or officer or employee of the institution is acting in accordance with official written policy of the institution which is in compliance with the by laws of the National Collegiate Athletic Association;
  - \* Any intercollegiate athletic award approved or administered by the public or private institution of post secondary education;
  - \* Grants-in-aid or other full or partial scholarships awarded to a student-athlete or administered by a public or private institution of post secondary education;
  - \* Members of the immediate family of the student-athlete; and
  - \* Money or things of value given by a person to a student-athlete or the immediate family of a student-athlete that do not exceed \$100.00 in value in the aggregate on an annual basis.
- D. Any person who violates the rules stated above shall be guilty of a misdemeanor and if convicted, shall be subject to a fine of NO LESS THAN \$5,000.00, or imprisonment not to exceed 1 year, or both.

\*Please note that the guidelines stated above do not apply to intramural athletic programs sponsored by the district.

## **OSSAA ELIGIBILITY RULES**

You may find the OSSAA eligibility rules at <http://www.ossaa.com/OSSAAHome.aspx>

## **ATHLETE/PARENT COMPLIANCE FORM**

We have read and discussed the athlete/parent handbook and understand the expectations, rules, regulations, policies and procedures of Anadarko Schools Athletics Program and the Anadarko Board of Education.

We understand the commitment we are making and agree to abide by the rules, expectations, regulations, policies, and procedures set forth in this document.

\_\_\_\_\_  
Athlete's Name (Please Print)

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

OSSAA PHYSICAL EXAMINATION AND PARENTAL CONSENT FORM

PLEASE PRINT

DATE OF EXAM \_\_\_\_\_

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Personal physician \_\_\_\_\_ Phone \_\_\_\_\_

In case of emergency, contact: Name \_\_\_\_\_

Relationship \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Explain "Yes" answers below. Circle questions you don't know the answers to.

- |                                                                                                                              | YES                      | NO                       |                                                                                                                                                                                                                                 | YES                              | NO                                 |
|------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|------------------------------------|
| 1. Have you had a medical illness or injury since your last check up or sports physical?                                     | <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had numbness or tingling in your arms, hands, legs, or feet?                                                                                                                                                      | <input type="checkbox"/>         | <input type="checkbox"/>           |
| Do you have an ongoing or chronic illness?                                                                                   | <input type="checkbox"/> | <input type="checkbox"/> | 8. Have you ever become ill from exercising in the heat?                                                                                                                                                                        | <input type="checkbox"/>         | <input type="checkbox"/>           |
| 2. Have you ever been hospitalized overnight?                                                                                | <input type="checkbox"/> | <input type="checkbox"/> | 9. Do you cough, wheeze, or have trouble breathing during or after activity?                                                                                                                                                    | <input type="checkbox"/>         | <input type="checkbox"/>           |
| Have you ever had surgery?                                                                                                   | <input type="checkbox"/> | <input type="checkbox"/> | Do you have asthma?                                                                                                                                                                                                             | <input type="checkbox"/>         | <input type="checkbox"/>           |
| 3. Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills or using an inhaler? | <input type="checkbox"/> | <input type="checkbox"/> | Do you have seasonal allergies that require medical treatment?                                                                                                                                                                  | <input type="checkbox"/>         | <input type="checkbox"/>           |
| Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?                 | <input type="checkbox"/> | <input type="checkbox"/> | Do you or does someone in your family have sickle cell trait or disease?                                                                                                                                                        | <input type="checkbox"/>         | <input type="checkbox"/>           |
| 4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?                                  | <input type="checkbox"/> | <input type="checkbox"/> | 10. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)? | <input type="checkbox"/>         | <input type="checkbox"/>           |
| Have you ever had a rash or hives develop during or after exercise?                                                          | <input type="checkbox"/> | <input type="checkbox"/> | 11. Have you had any problems with your eyes or vision?                                                                                                                                                                         | <input type="checkbox"/>         | <input type="checkbox"/>           |
| 5. Have you ever passed out during or after exercise?                                                                        | <input type="checkbox"/> | <input type="checkbox"/> | Do you wear glasses, contacts, or protective eyewear?                                                                                                                                                                           | <input type="checkbox"/>         | <input type="checkbox"/>           |
| Have you ever been dizzy during or after exercise?                                                                           | <input type="checkbox"/> | <input type="checkbox"/> | 12. Have you ever had a sprain, strain, or swelling after injury?                                                                                                                                                               | <input type="checkbox"/>         | <input type="checkbox"/>           |
| Have you ever had chest pain during or after exercise?                                                                       | <input type="checkbox"/> | <input type="checkbox"/> | Have you broken or fractured any bones or dislocated any joints?                                                                                                                                                                | <input type="checkbox"/>         | <input type="checkbox"/>           |
| Do you get tired more quickly than your friends do during exercise?                                                          | <input type="checkbox"/> | <input type="checkbox"/> | Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?                                                                                                                                    | <input type="checkbox"/>         | <input type="checkbox"/>           |
| Have you ever had racing of your heart or skipped heartbeats?                                                                | <input type="checkbox"/> | <input type="checkbox"/> | If yes, check appropriate box and explain below.                                                                                                                                                                                |                                  |                                    |
| Have you had high blood pressure or high cholesterol?                                                                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Head                                                                                                                                                                                                   | <input type="checkbox"/> Elbow   | <input type="checkbox"/> Hip       |
| Have you ever been told you have a heart murmur?                                                                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Neck                                                                                                                                                                                                   | <input type="checkbox"/> Forearm | <input type="checkbox"/> Thigh     |
| Has any family member or relative died of heart problems or of sudden death before age 50?                                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Back                                                                                                                                                                                                   | <input type="checkbox"/> Wrist   | <input type="checkbox"/> Knee      |
| Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Chest                                                                                                                                                                                                  | <input type="checkbox"/> Hand    | <input type="checkbox"/> Shin/calf |
| Has a physician ever denied or restricted your participation in sports for any heart problems?                               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Shoulder                                                                                                                                                                                               | <input type="checkbox"/> Finger  | <input type="checkbox"/> Ankle     |
| 6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Upper arm                                                                                                                                                                                              |                                  | <input type="checkbox"/> Foot      |
| Have you ever had a head injury or concussion?                                                                               | <input type="checkbox"/> | <input type="checkbox"/> | 13. Do you want to weigh more or less than you do now?                                                                                                                                                                          | <input type="checkbox"/>         | <input type="checkbox"/>           |
| Have you ever been knocked out, become unconscious, or lost your memory?                                                     | <input type="checkbox"/> | <input type="checkbox"/> | Do you lose weight regularly to meet weight requirements for your sport?                                                                                                                                                        | <input type="checkbox"/>         | <input type="checkbox"/>           |
| Have you ever had a seizure?                                                                                                 | <input type="checkbox"/> | <input type="checkbox"/> | 14. Do you feel stressed out?                                                                                                                                                                                                   | <input type="checkbox"/>         | <input type="checkbox"/>           |
| Do you have frequent or severe headaches?                                                                                    | <input type="checkbox"/> | <input type="checkbox"/> | 15. Record the dates of your most recent immunizations (shots) for:                                                                                                                                                             |                                  |                                    |
|                                                                                                                              |                          |                          | Tetanus _____ Measles _____                                                                                                                                                                                                     |                                  |                                    |
|                                                                                                                              |                          |                          | Hepatitis _____ Chickenpox _____                                                                                                                                                                                                |                                  |                                    |
|                                                                                                                              |                          |                          | Explain "Yes" answers on a separate sheet.                                                                                                                                                                                      |                                  |                                    |

The above information is correct to the best of my knowledge. I hereby give my informed consent for the above-mentioned student to participate in activities. I understand the risk of injury in athletic participation. If my son/daughter becomes ill or is injured, necessary medical care can be instituted by physicians, coaches, trainers or other personnel properly trained. I further acknowledge and consent that, as a condition for participating in activities, identifying information about the above-mentioned student may be disclosed to OSSAA in connection with any investigation or inquiry concerning the student's eligibility to participate an/or any possible violation of OSSAA rules. OSSAA will undertake reasonable measure to maintain the confidentiality of such identifying information, provided that such information has not otherwise been publicly disclosed in some manner.

Signature of parent/guardian \_\_\_\_\_ Signature of Athlete \_\_\_\_\_ Date \_\_\_\_\_

PREPARTICIPATION PHYSICAL EVALUATION

PLEASE PRINT

DATE OF EXAM \_\_\_\_\_

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Body fat (optional) \_\_\_\_\_ % Pulse \_\_\_\_\_ BP \_\_\_\_\_ / \_\_\_\_\_

Vision: R 20/ \_\_\_\_\_ L 20/ \_\_\_\_\_ Corrected Y / N Pupils: Equal \_\_\_\_\_ Unequal \_\_\_\_\_

MEDICAL	Normal	Abnormal Findings
Appearance		
Eyes/Ears/Throat		
Lymph Nodes		
Heart		
Pulses		
Lungs		
Abdomen		
Genitalia (male only)		
Skin		
MUSCULOSKETAL		
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot		

CLEARANCE

( ) Cleared

( ) Cleared after completing evaluation/rehabilitation for: \_\_\_\_\_

( ) Not cleared for: \_\_\_\_\_ Reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_

Name & Title of Examiner (Print/Type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of Examiner \_\_\_\_\_

**A List of Requirements and Recommendations**  
**For the Implementation of Oklahoma Statute 24-155 of Title 70**  
**(Senate Bill 1700)**

**Concussion and Head Injury Awareness and Management**

**(Updated July 2013)**

REQUIREMENTS

1. An acknowledgement statement from student-athlete and parent/guardian must be on file annually with the school district prior to the beginning of the athlete's practice/competition.
2. Athletes who are suspected of sustaining a concussion or head injury during practice or game must be removed from participation at that time.
3. Determine for your district the definition of "a licensed health care provider trained in the evaluation and management of concussions".
4. An athlete who has been removed from participation may not participate until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives "written clearance" to return to participation from that health care provider.
5. All district coaches view the 20-minute free video "Concussion in Sports: What You Need to Know" at the National Federation website at [www.nfhslearn.com](http://www.nfhslearn.com) and that documentation of viewing be kept on file in the district.

RECOMMENDATIONS

6. Set forth policy and procedures for reporting and tracking student-athletes that have been determined to suffer a concussion or head injury.
7. Set forth policy and procedures for a step by step process for student-athletes that have been determined to suffer a concussion or head injury in order to facilitate the student-athletes safe return to practice and/or participation in competitive events.
8. Provide relevant information to all staff on where information on concussion and head injuries can be found on the OSSAA website at [www.ossaa.com](http://www.ossaa.com), the National Federation of State High School Associations website at [www.nfhs.org](http://www.nfhs.org), the Oklahoma Athletic Trainers Association website at [www.oata.net](http://www.oata.net), the Center for Disease Control website at [www.cdc.gov/TraumaticBrainInjury](http://www.cdc.gov/TraumaticBrainInjury).

# Concussion/Head Injury Fact Sheet Student-Athletes

What is a Concussion?

A concussion is a brain injury  
Is caused by a bump or blow to the head  
Can change the way your brain normally works  
Can occur during practice or games in any sport  
Can happen even if you have just been knocked out  
Can be serious even if you have just been dinged

What are the symptoms of a concussion?

Headache or pressure in head  
Nausea or vomiting  
Balance problems or dizziness  
Sensitivity to light  
Sensitivity to noise  
Feeling sluggish, hazy, foggy, or groggy  
Concentration or memory problems  
Confusion  
Does not feel right

What should I do if I think I have a concussion?

Tell your coach or parents. Never ignore a bump or blow to the head even if you feel fine. Also tell your coach if one of your teammates may have a concussion.

Get a medical checkup. A Doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.

Give yourself time to get better. If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Additional concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

How can I get a concussion?

Follow your coach's rules for safety and the rules of the sport.

Practice good sportsmanship.

Use the proper equipment, including personal protective equipment (such as helmets, padding, shin guards and eye and mouth guards—In order for equipment to protect you, it must be the right equipment for the game, position, and activity; it must be worn correctly and used every time you play.)

For more information visit:

[www.Cdc.gov/tramaticbraininjury/](http://www.Cdc.gov/tramaticbraininjury/)

[www.oata.net](http://www.oata.net)

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

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

It's better to miss one game than the whole season!

**Concussion and Head Injury Acknowledgement**

**(Anadarko Public Schools)**

In compliance with Oklahoma Statute Section 24—155 of title 70, this acknowledgement form is to confirm that you have read and understand the CONCUSSION FACT SHEET provided to you by Anadarko Public Schools related to potential concussions and head injuries occurring during participation in athletics.

I \_\_\_\_\_, as a student – athlete who participates in

PLEASE PRINT STUDENT ATHLETES NAME

Anadarko Public School Athletics and I

PLEASE PRINT PARENT /GUARDIAN'S NAME

As the legal guardian , I have read the information material provided to us by Anadarko Public Schools related to concussions and head injuries occurring during participation in athletic programs and understand the content and warnings.

---

SIGNATURE OF STUDENT ATHLETE

DATE

---

SIGNATURE OF PARENT/GUARDIAN

DATE

This form should be completed annually prior to the athlete's first practice and /or competition and be kept on file for one year beyond the date of signature in the principal's office designated by the principal.



OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION

7300 N. BROADWAY EXTENSION  
OKLAHOMA CITY, OKLAHOMA 73116  
PHONE: 405-840-1116 FACSIMILE: 405-840-9559



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SUDDEN CARDIAC AWARENESS INFORMATION SHEET

The information outlined below is to serve as a guide in identifying sudden cardiac events and the importance of establishing an emergency protocol for sudden cardiac events. It is vitally important to act quickly, and appropriately when dealing with any issue dealing with cardiac arrest. All coaches, at all levels, as well as school administrators should be knowledgeable in the school's protocol for dealing with such events.

**What is sudden cardiac arrest?**

Sudden cardiac arrest is a condition in which the heart suddenly and unexpectedly stops functioning. In turn blood stops flowing to the brain and other organs, and can result in death if not treated within minutes.

**What causes sudden cardiac arrest?**

The heart is a complex muscle that has an electrical system that controls the rate and rhythm at which the heart beats. Problems with that electrical system can cause arrhythmias, which can cause the heart to beat too fast or too slowly. An irregular heartbeat can be problematic, and in those cases the person has generally been made aware of the problem, however it can also go unnoticed, which is what makes a cardiac event so dangerous.

Some conditions may be present at birth, or inherited while others may be an abnormality for an individual at birth but not inherited. Other conditions may not be present at birth, but developed later in life.

**What are the signs and symptoms?**

Fainting/dizziness  
Unusual fatigue  
Chest pain  
Shortness of breath  
Nausea/vomiting  
Increased heart rate beyond what is normal when exercising

**What is the treatment?**

Response time is critical when dealing with cardiac arrest.  
**Call 911 immediately**  
Begin CPR and or locate the nearest AED (automated external defibrillator) and begin the procedure for using the device.

**Can you screen for cardiac abnormalities?**

Yes, the student athlete could undergo an EKG. Below is the 12-step screening process from the American Heart Association.

**American Heart Association's 12-step screening process:**

*Personal history*

1. Chest pain/discomfort upon exertion
2. Unexplained fainting or near-fainting
3. Excessive and unexplained fatigue associated with exercise
4. Heart murmur
5. High blood pressure

*Family history*

6. One or more relatives who died of heart disease (sudden/unexpected or otherwise) before age 50
7. Close relative under age 50 with disability from heart disease
8. Specific knowledge of certain cardiac conditions in family members: hypertrophic or dilated cardiomyopathy in which the heart cavity or wall becomes enlarged, long QT syndrome which affects the heart's electrical rhythm, Marfan syndrome in which the walls of the heart's major arteries are weakened, or clinically important arrhythmias or heart rhythms.

*Physical examination*

9. Heart murmur
10. Femoral pulses to exclude narrowing of the aorta
11. Physical appearance of Marfan syndrome
12. Brachial artery blood pressure (taken in a sitting position)

**What can I do to avoid cardiac arrest?**

Whether a heart condition is hereditary or not, or even with a healthy heart there are things that can be done to decrease the risks associated with a cardiac event.

A healthy diet, including fruits and vegetables, and avoiding foods high in saturated fat and sodium will help. You should also avoid drinks high in sugar, such as soda and energy drinks. There is no better fluid replacement than water to avoid or combat dehydration.

Energy drinks will increase the heart rate, so you should always avoid drinking anything that promotes an effect of increased energy.

Daily exercise is also recommended to maintain a healthy heart. There is no better way to avoid a cardiac event than to be knowledgeable in your own family history, and live a healthy lifestyle that promotes good heart health.

**Develop an Emergency Plan specifically for cardiac arrest.**

Each school should develop an emergency plan specifically to deal with cardiac events. The plan should include the location of the nearest AED if available, as well as who will be in charge should the plan be put into action. Example: The head coach will immediately begin CPR and ask someone to call 911.

Each school should develop a plan that will work for their respective school environment. While the plans for different schools may vary, no school should be without an emergency plan, which should be posted prominently. All school staff, including teachers, administrators, coaches, etc. should be trained in implementing the emergency plan.

# SUDDEN CARDIAC ARREST ACKNOWLEDGMENT SHEET

\_\_\_\_\_  
(NAME OF SCHOOL)

I, \_\_\_\_\_, as a student-athlete who participates in  
(PLEASE PRINT STUDENT ATHLETE'S NAME)

\_\_\_\_\_ athletics and I, \_\_\_\_\_  
(NAME OF SCHOOL) (PLEASE PRINT PARENT/LEGAL GURADIAN'S NAME)

as the parent/legal guardian, have read the information material provided to us by  
\_\_\_\_\_ related cardiac awareness during participation in athletic  
programs and understand the content and warnings.

\_\_\_\_\_  
SIGNATURE OF STUDENT-ATHLETE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE OF PARENT/LEGAL GUARDIAN

\_\_\_\_\_  
DATE

**This form should be completed annually prior to the athlete's first practice and/or competition and be kept on file for one year beyond the date of signature in the principal's office or the office designated by the principal.**

