

PENN MANOR SCHOOL DISTRICT

ADMINISTRATIVE REGULATION

APPROVED: March 18, 2011

REVISED:

123-AR-5. ATHLETIC SAFETY

School administrators and coaches shall take appropriate measures to provide a safe, healthy experience for participants in the athletic program to minimize the number and degree of serious athletic injuries. The following safety regulations shall be implemented:

General Safety Procedures For Athletics	
	Safety is always emphasized.
	Players warm up thoroughly before participating and cool down thoroughly after participating.
	Safety is emphasized when teaching techniques and elements of play.
	Thorough, preseason medical examination required for each athlete who tries out for and/or participates on an athletic team.
	Injuries are inspected thoroughly and treated seriously.
	Injuries are analyzed to determine cause and to attempt to prevent in the future.
	Tactics and techniques that lead to injuries are discouraged.
	Practice sessions are planned/scheduled carefully and are of appropriate length.
	Adequate protective equipment is provided.
	Careful attention is given to proper fit and adjustment of equipment.
	Equipment is properly maintained.
	Players and coaches are knowledgeable of game rules.
	Participants inform the coach of any injury(ies).
	Coach emphasizes fair play, self-control, consideration for others and proper conduct in all situations.

Athletic Practices And Contests During Extreme Heat	
	Precautions are taken for excessive heat during practices and contests.
	Coaches are aware of and take measures to prevent heat exhaustion, heat stroke and other injuries.
	Players are aware of signs and symptoms of heat exhaustion and instructed to notify the coach immediately when certain signs and symptoms of heat exhaustion occur.
	Coaches immediately remove players from practice/contests and administer first aid upon appearance of heat-related symptoms.
	Players are acclimated slowly to heat.
	Unlimited water is available at practices/games.
	Water breaks are taken during hot weather or long practices.
	Coaching staff checks humidity levels on practice days during periods of extreme heat.
	During hot weather, weight loss is monitored.
	All heat related injuries are treated seriously.
	Pre-game warm-ups are shortened to include only stretching exercise when the heat level is excessive.
	Extra water/ice provided by school for team use.
	During extreme heat, players are permitted to remove head coverings when not participating.

Participation After Injury

When a player has sustained serious injury that may be aggravated by continued participation in the game or practice, the coach must receive permission from a physician before the player reenters the game or participates in practice.