



---

# Athletics

**STUDENT HANDBOOK  
ADDENDUM  
2019-2020**

*Building Character and Growing Leaders*

---

# OUR MISSION

Our mission is to grow students into leaders by emphasizing good character, sportsmanship, integrity, responsibility, service to community, and academic achievement, while preparing them to compete at a high level in a variety of individual and team athletic programs.

# HIGH SCHOOL SPORTS

All Frisco ISD high schools compete in University Interscholastic League's 5A conference, which includes schools from across the state with enrollments between 1,150 to 2,189 students.

Baseball	Powerlifting	Track & Field
Basketball	Soccer	Volleyball
Cross Country	Softball	Wrestling
Football	Swimming & Diving	
Golf	Tennis	

# MIDDLE SCHOOL SPORTS

Basketball	Soccer	Volleyball
Cross Country	Tennis	
Football	Track & Field	

# CONTACT INFORMATION

**Frisco ISD Athletic Department**, 6950 Stadium Lane, Frisco, Texas 75033  
Phone: (469) 633-6120 Fax: (469) 633-6125

# TABLE OF CONTENTS

3	FISD Athletic Regulations & Expectations
6	Drug Testing Policy & Procedures
8	Code of Conduct for Extracurricular Activity Involvement
10	UIL Information
10	Student Transfers & Athletic Eligibility
11	Weather Policies
19	Student Insurance
20	Booster Clubs
21	Spectator Expectations

## **FRISCO ISD ATHLETIC REGULATIONS & EXPECTATIONS**

It is the desire of the administration and coaching staff of Frisco ISD that being an athlete will be one of the highlights of their secondary school career. Being a Frisco ISD athlete is a privilege, and is one that carries with it many responsibilities. As athletes in the Frisco ISD, our young people have an image to reflect. That image is one of positive leadership, character, responsibility, and great competitive spirit. Participation in the athletic program and/or University Interscholastic League contests is not a right but a privilege. No student is required to take part in athletic contests or activities. Therefore, it is imperative that all students participating in athletics understand the regulations that can be found below while conforming to the rules therein. Student athletes failing to follow these regulations or failing to live up to the Frisco ISD standards for student behavior can have athletic participation privileges removed by the supervising coach.

The following regulations will be in effect for all athletes in the Frisco ISD in order to be eligible to participate in any competitive sport, practice, or program directly related to improvement in a sport.

### **On the Field or Court**

1. The athlete must refrain from the use of profanity or resorting to illegal tactics.
2. Temper fits, flagrant violations of rules, etc., will not be tolerated.
3. Total Respect to officials is an absolute must; the coach will address officials if needed.
4. Athletes must learn that both winning and losing are a part of the game and that you have to be gracious in defeat and humble in victory.
5. Any behavior contrary to the above mentioned or any other act, which is not conducive to good sportsmanship, may result in removal from the contest, future contest, or team.

### **Personal Appearance and Grooming**

Participation in competitive athletics is completely voluntary on the part of all students. To participate in athletics in Frisco ISD, there are certain standards, which must be maintained. One such standard is acceptable grooming and personal appearance.

1. Uniformity: Athletes do much traveling to other schools, towns, communities, restaurants, etc. as representatives of Frisco ISD. Therefore, they should be dressed and groomed in a manner which best represents their school and team. We expect our athletes to set the standard for our school in the area of grooming and personal appearance.
2. Self Discipline: One of the rewards of being an athlete is learning self-discipline. There is no better way to acquire self-discipline than to make sacrifices. Giving up untidy fads of dress and appearance is a very small sacrifice.
3. Hair: In accordance with school policy, hair shall be clean, well groomed, and out of the eyes and shall be styled in a way that is not distracting and/or designed to be conspicuous. The athlete's hair should be neatly trimmed to meet his/her coach's satisfaction. Bleaching and dying of hair a different color is unacceptable. Facial hair such as mustaches, beards, goatees, and extremely long sideburns are not allowed.
4. Dress: The athlete should be neatly dressed and comply with all other school rules relating to dress not covered in athletic regulations.
5. Body Art/Piercing: The athletic department realizes that sometimes athletes will have tattoos and/or body piercings. However, tattoos should not be visible when representing

Frisco ISD as an athlete. The same holds true for earrings, or any other body piercings. Examples deemed inappropriate include: practice, games, banquets, tournaments, team pictures, media interviews, and at any time the athlete is representing their team. Tattoos should simply have tape or a band-aid over them, while the body jewelry can simply be taken off.

### **Disrespect to Teacher or Coach**

Any act of disrespect by an athlete to his/her teacher, coach, or member of school administration will be handled on an individual basis. Consequences may range from suspension to removal from athletic activities for one calendar year from date of incident. His or her return would be determined by his/her conduct during the period of the suspension or removal.

### **The Following Rules Apply to all Athletes at all Times**

1. No possession or use of tobacco or similar products of any kind (including vaping and E-cigarettes)
2. No possession or consumption of alcoholic beverages
3. No possession or use of abusive drugs (marijuana, narcotics, and drug paraphernalia)
4. All Social Media postings – both pictures and language should be appropriate and up to the expectations of the Frisco ISD Student Code of Conduct and the Frisco ISD Athletic Regulations and Expectations (examples of inappropriate use include, but are not limited to, profanity, inappropriate gestures, suggestive pictures, hazing, harassment, threats, etc).

These rules apply to all athletes at all times during his/her school career. The head coach will assign consequences for any violation of rules stated above. Consequences will be in accordance with Frisco ISD Code of Conduct for Extracurricular Activity Involvement. Also, Frisco ISD requires all participants in athletics for grades 9-12 to undergo random drug and alcohol testing in accordance with Frisco ISD Substance Abuse Prevention and Testing Policy. Consequences may carry over from campus to campus if a student athlete transfers.

### **Theft**

Stealing items from other players, students, school, etc., will not be tolerated. Consequences will be determined on a case by case basis, and may include suspension or removal from the team.

### **School Equipment**

The athlete is financially responsible for all equipment checked out to him/her. The athlete shall not wear or use school equipment for personal use. Equipment may not be removed from school property without permission from his/her coach. Equipment must not be abused. It must be kept in the proper place in the locker room or on hangers.

## **Athletes Quitting a Team**

When a student expresses a desire to quit a school sponsored athletic team, the head coach of that sport will meet with the player and communicate with the athlete's parent/guardian to confirm the student's intent to quit prior to a final decision being made.

## **Removal from the Athletic Program**

If a coach is recommending a student to be removed from athletics and/or participation in other sports due to quitting a sport, the coach must consult with the campus athletic coordinator and must contact the building principal and district athletic department to collaboratively determine the appropriate course of action. No decision will take place until all parties are in agreement.

## **Quitting a Team and Immediately Joining Another Sport**

If an athlete quits a team and is seeking to immediately join another sport within the same school, the two head coaches of the respective sports will determine whether the request will be granted. The head coaches involved should consult with campus athletic coordinator, campus administration and FISD Athletic Department as needed.

## **Rejoining a Team after Quitting**

After quitting a school sponsored athletic team, should the athlete request to rejoin the team, it will be at the discretion of the head coach after consultation with the campus athletic coordinator whether the request will be granted. If the head coach of the sport is the campus athletic coordinator, the head coach/athletic coordinator will consult with either campus level administration or a representative from the FISD Athletic Department prior to making a final decision.

## **Athletes who Transfer/Move to Another FISD Campus**

If an athlete quits a sport at one FISD campus and moves or transfers to a second FISD campus, then the athlete's ability to participate in the same sport at the new campus will be determined by the new school's head coach. The new school's head coach will make this determination based on the facts and circumstances involved in the athlete quitting at the previous FISD campus.

*Note:* In cases involving students moving from one campus to another, all UIL requirements must be met and the District's Executive Committee may be involved and establish restrictions on the student's eligibility to participate at the varsity level.

## **Practice and Game Regulations**

A coach must be consulted ahead of time if any athlete must miss a practice or game. Missing a game or practice without permission may result in suspension or removal from the team. Obey all rules set by the coach. Profanity will not be tolerated

## **School vs. Club Expectations**

All school practices and games will take priority over club practices and games. An effort will be made to work with an athlete in club sports.

## **Facilities**

Horseplay in the locker rooms will not be tolerated. All showers should be turned off after use. The last person leaving the shower should turn off all showers. The training room is a work office, not a social hall. Do not enter the equipment room without coach's permission. Each athlete is responsible to see that his/her equipment is in its proper place before leaving.

## **Travel**

All athletes in Middle School and High School represent the community, school, and coaches. Therefore, they should conduct themselves in the following manner.

1. Be on time for all trips.
2. Dress neatly as directed by the coach
3. Be mannerly in restaurants
4. Each athlete is responsible to return his equipment to the proper place at the school.
5. All students making the trip on the bus will return on the bus unless there is an emergency situation or when parents are present with good reason for returning with parents. The head coach must approve prior to the trip.

# **DRUG TESTING POLICY**

Frisco ISD will be continuing the drug and /or alcohol-testing program that began in the 2000-2001 school year. All students participating in athletics at FISD high schools are required to comply with the random drug/alcohol screening policy approved by the FISD Board of Trustees.

## **Purpose**

The Frisco I.S.D. Board of Trustees is strongly committed to drug prevention education, to the creation of a safe environment, and to providing a climate where all students can reach their potential. The use of alcohol and illegal drugs presents a threat to the safety, health, and welfare of both our employees and our students. Because of the risks associated with such abuse, the board supports a student testing program for drugs and alcohol. It is the District's hope and intent that this program will encourage students to avoid the use of drugs or alcohol and to provide those who choose to use drugs and alcohol a reason to stop. Helping those students in need is the District's primary concern. The support of parents and community is vital to the success of this program.

## **Alcohol/Drug Testing for Athletes**

Athletics are school sponsored activities that are not directly related to instruction of essential knowledge and skills, but may have an indirect relation to some areas of the curriculum. Participation in athletics is a privilege, not a right. Students shall meet specific requirements in order to participate in these activities. The District shall require all participants in athletics grades 9-12 to undergo random drug and alcohol testing.

## **Required Permission**

In order for a student to participate in athletics, both the student and a parent or guardian must annually sign a consent form agreeing to be subject to rules and procedures of the FISD drug testing program. If the student is of legal age, then only the student will be required to sign the consent form. A student who volunteers to be tested must also have a consent form signed by both the student and a parent or guardian. A student of legal age who volunteers to be tested may sign his or her own consent form.

## **Testing Procedures**

Testing shall be done in accordance with accepted practices and procedures established by the certified drug-testing laboratory contracted by the District. The testing parameters shall be set at industry standards as defined by the National Institute for Drug Abuse. A copy of the specimen collection and chain-of-custody procedures used by the District and the testing laboratory shall be made available to any parent or student upon request.

The district will make a list of the exact substances for which tests will be conducted available to students and parents upon request. The District reserves the right to test for, but not limited to, cannabinoids, cocaine, opiates, benzodiazepines, phencyclidine, amphetamines, ecstasy, all 4 types, methadone, creatinine, BUN, pH, inhalants and/or psilocybin, esoteric drugs (K2 and latest designer drugs) and all other illegal or addictive drugs. Athletes in grades 9-12 shall be tested on a random basis throughout the school year. A student who refuses to be tested (including students who have been determined to have made an attempt to avoid random testing by leaving campus or avoiding test administrators) when selected or who is determined to have tampered with a sample shall be deemed to have a positive test result and shall be subject to appropriate consequences depending on previous positive test results, if any.

## **Privacy**

Students shall be protected to the maximum extent possible. Testing results shall be sent directly to the District. The contracted laboratory shall notify the Athletic Director of the results. Records of test results shall be kept confidential and provided only to the student, the student's parents, and designated District officials responsible for administering the drug-testing program. Upon written request of parents/guardians or a student of legal age, records may be released to treatment facilities.

## **Prescription Medications**

Information about a student's current prescriptions and use of over the counter drugs is necessary in order to ensure the accuracy of testing results. Parents and athlete should submit the FISD Drug Testing Acknowledgement form with all medications (prescribed and/or over-the-counter) taken by the athlete listed on the back of the form.

If selected for screening, the athlete is responsible for notifying the drug testing representative, at the time the Chain of Custody form is being filled out, of any and all medications currently be taken (prescribed and/or over-the-counter). Failure to submit such information may result in a false positive test. When an athlete tests positive for a prescription medication, a note from the

prescribing physician will suffice as evidence to counteract a Positive test as long as said medication was listed on the Chain of Custody form at the time of testing.

### **Consequences of Positive Testing**

#### **Consequences of an initial confirmed positive test result shall be as follows:**

1. The coach will be required to conference with the athlete's parent or guardian.
2. The athlete will be recommended to seek substance abuse counseling.
3. The athlete will receive a minimum 14 calendar day suspension from athletic competition. If the positive result occurs during the offseason, the minimum 14 calendar days of suspension from competition will carry over to the next competitive season. A positive test during the last nine weeks of a school year shall result in a continuation of the suspension into the following school year.
4. Prior to participating in any athletic competition, a negative follow up test result must be obtained.
5. Follow up tests will continue weekly until a negative test result has been obtained.
6. The student/athlete must also participate in retesting with each random testing group for one calendar year from date of suspension.

#### **Consequences of a second confirmed positive test result shall be as follows:**

1. Required conference with parent or guardian;
2. Recommendation for further substance abuse counseling; and
3. Suspension from athletics for one calendar year from date of suspension.
4. An athlete wishing to return to activity from a calendar year suspension must notify their coach of their intent prior to the completion of the suspension and arrange to be included in the random test prior to the suspension end date and test negative.

#### **Consequence of a third confirmed positive test result:**

***An athlete will be banned from all athletic activities for the remainder of their high school years in Frisco ISD schools.***

### **Appeals Process for Positive Results**

A student who receives a positive result will be permitted to retain an appropriately licensed laboratory to conduct an independent chemical analysis on the sample. This must be requested by the parent and will be at the parent's expense. In addition, parents or student may appeal a positive result in accordance with District Policy FNG (Local) governing student and parent complaints.

## FRISCO ISD EXTRACURRICULAR CODE OF CONDUCT

Involvement in extracurricular activities is a privilege, and with that privilege comes responsibility. Participants are expected to conduct themselves in an exemplary fashion that will be a source of pride to the school district and to the community. Frisco ISD encourages student involvement in extracurricular activities and we expect them to abide by these policies in exchange for the lifelong benefits gained through this involvement.

The following policies apply to all extracurricular activities at all FISD schools.

1. **The illegal possession or use of alcohol or controlled substances is prohibited.** The following penalties will be enforced.

*Step 1 (1<sup>st</sup> offense)*

**The student will be suspended from participation in extracurricular competitions for 14 calendar days. The student will also be recommended to complete an approved substance abuse intervention program. If the violation occurs during the off-season, the 14 calendar day suspension will carry over until the next competitive season.**

*Step 2 (2<sup>nd</sup> subsequent offense)*

**The student will be barred from participation in all extracurricular activities at Frisco ISD for 1 calendar year from the date school officials notify the student and parent of the infraction.**

*Step 3 (3<sup>rd</sup> subsequent offense)*

**The student will be barred from all extracurricular activities for the remainder of their HS career.**

Each infraction carries over from one activity to the next and from year to year throughout the student's enrollment at any Frisco ISD school. Refusal to complete any assigned consequence in Step 1 will result in the enforcement of Step 2. Activity directors and coaches, in conjunction with FISD administrative staff, will investigate all reported violations in accordance with campus guidelines and training. Any infraction or combination of the illegal use or possession of alcohol and controlled substances and/or positive drug results will result in the same consequences, whether it is a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> offense.

2. **If a student commits a serious criminal act, it reflects negatively on all extracurricular activity participants.**

The following consequence, in addition to any other school disciplinary action, will be enforced in the event school personnel have reasonable suspicion to believe a student has been involved in the commission of a felony offense, as defined by the Texas Penal Code or by Federal law.

**The student will be removed from participation in all extracurricular activities for 1 calendar year from the date school officials first become aware of the offense.**

3. **Activity sponsors or coaches are permitted to assign reasonable consequences in the event a member of their activity group is in violation of any part of the FISD Student Code of Conduct or Campus Behavior Management Plan.**

## UNIVERSITY INTERSCHOLASTIC LEAGUE (UIL)

The purpose of the University Interscholastic League is to organize and properly supervise contests that assist in preparing students for citizenship. It aims to provide healthy, character building, educational activities carried out under rules providing for good sportsmanship and fair play for all participants.

Information regarding the UIL, including the UIL Calendar, UIL Side-by-Side Manual, and UIL rules pertaining to specific sports, can be found on the University Interscholastic League Website at <http://www.uil texas.org/> .

### UIL Eligibility

In accordance with UIL eligibility and TEA, FISD has determined that advanced level IB courses or AP courses, dual credit courses or Pre-AP courses **for HS** credit will be exempt from No\_Pass No Play. Any middle school student who takes a Pre-AP advanced level course that does not earn high school credit will retain eligibility for extracurricular activities, **if the grade earned at the first six week UIL eligibility checkpoint, or any subsequent nine week marking period is between a 60%-69%**. Athletes must be on grade level in order to participate at the beginning of the school year.

9<sup>th</sup> Grade = Promotion  
10<sup>th</sup> Grade = 5 Credits  
11<sup>th</sup> Grade = 10 Credits  
12<sup>th</sup> Grade = 15 Credits

In addition, to be enrolled in athletics on both "A" and "B" days, an athlete must earn a minimum number of credits the previous year.

9<sup>th</sup> Grade = Promotion  
10<sup>th</sup> Grade = 6 ½ credits  
11<sup>th</sup> Grade = 13 credits  
12<sup>th</sup> Grade = 19 ½ credits

Coaches will conduct a credit check at the beginning of each school year to ensure the proper number of credits have been obtained the previous year.

## TRANSFERS & ATHLETIC PARTICIPATION

### Intra-district Transfer and Athletic Participation

When a student athlete moves/transfers from one FISD campus to another FISD campus and that student plans to participate in an athletic program at the new school, they must leave the previous school and athletic program in good standing in order to be eligible for participation in sports. Under UIL guidelines, a student that transfers for athletic purposes would not be eligible for varsity participation at the receiving school.

## Transfers for Children of Frisco ISD Employees

The children of District employees may transfer from the assigned campus in the attendance zone in which they live to a campus in the attendance zone in which their employee/parent works provided that the parent is a full-time employee at a campus in the receiving attendance zone and space for additional students is available at the requested campus.

A student who requests a transfer under this policy at the first opportunity (*when the parent is first employed within the high school feeder pattern or when the student becomes eligible to enroll as a freshman*) provided by the District shall retain his or her eligibility for varsity UIL competition in accordance with Section 440(B)(4) of the UIL Constitution and Contest TRANSFERS BETWEEN SCHOOLS FACTORS TIME LINES RELOCATING STUDENTS CHILDREN OF EMPLOYEES Frisco ISD 043905 ADMISSIONS FDB INTRADISTRICT TRANSFERS AND CLASSROOM ASSIGNMENTS (LOCAL) DATE Rules. Requests for such intra-district transfers shall be filed with the Superintendent within 30 days of the assignment of personnel.

## **WEATHER GUIDELINES**

Frisco ISD has established guidelines concerning hot and cold weather that all FISD athletic trainers and coaches follow to ensure the safety of all student athletes.

In the event of severe weather or pending severe weather, the Frisco ISD Administration will make all decisions to continue as scheduled, postpone or cancel extra-curricular activities based on the available forecast information. The decision to postpone or cancel will be disseminated via our staff and the Frisco ISD Communication department. Should severe weather present itself during an event, the game administrator, coaches and game officials will make the decision based on the current conditions and forecasted weather.

Frisco ISD Athletics subscribes to a weather service through Schneider Electric/Telvent DTN. Through this service Frisco ISD has access to live meteorologists and our athletic staff has access to timely weather alerts via text messaging. Also, campus athletic leadership and athletic trainers have access to current weather radar, forecasts, alerts and warnings through a Telvent DTN Smartphone App.

### **Lightning Guidelines**

1. The chain of command that will make the call to remove individuals from the field will be as follows:

Practices: The athletic trainer and the head coach or coaches will make the call. If an athletic trainer is not present, the head coach or coaches will make the call to remove the athletes from the field.

Games: The official(s) will make the call, based on weather information accessed by the athletic trainer or a school official. The official along with the school administrator or administrators will make the call. If a school administrator is not present, the official and the head coach or coaches will make the call.

2. The athletic trainer will be the designated weather watcher (A person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous). If an athletic trainer is not present, the head coach and coaches must be the designated weather watcher.
3. Local weather forecasts and warnings will be monitored on the local radio stations. T.V. and the internet can also be used. Some websites that can be used to look at the Doppler radar include: [www.weather.com](http://www.weather.com) and [www.fox4news.com](http://www.fox4news.com)
4. Designate a safe shelter for each venue. Safe Shelter includes:
  - a. A safe location is any substantial, frequently inhabited building. The building should have four solid walls (not dug out), electrical and telephone wiring, as well as plumbing, all of which aid in grounding a structure.
  - b. The secondary choice for a safer location from the lightning hazard is a fully enclosed vehicle with a metal roof and the windows completely closed. It is important to not touch any part of the metal framework of the vehicle while inside it during ongoing thunderstorms.
  - c. It is not safe to shower, bathe, or talk on landline phones while inside a safe shelter during thunderstorms (cell phones are okay).
5. When to go to a safe shelter:
  - a. Use the weather system program. The weather system program (WeatherSentry [weather.dtn.com](http://weather.dtn.com)) will be used by FISD Athletic Trainers with the parameters set forth by the FISD Athletic Training staff: 20 mile advisory, 10 mile warning and 30 minute ALL CLEAR.
  - b. Use the Flash-to-Bang count. To use the flash-to-bang method:
    - o Begin counting when sighting a lightning flash.
    - o Counting is stopped when the associated bang (thunder) is heard.
    - o Divide this count by five to determine the distance to the lightning flash (in miles).
    - o For example, a flash-to-bang count of thirty seconds equals to a distance of six miles. Lightning has struck from as far away as 10 miles from the storm center.
    - o Postpone or suspend an activity if a thunderstorm appears imminent before or during an activity or contest, (regardless of whether lightning is seen or thunder is heard) until the hazard has passed. Signs of imminent thunderstorm activity are: darkening clouds, high winds and thunder or lightning activity.
    - o By the time the flash-to-bang count approaches thirty seconds, all individuals should be already inside a safe structure
6. Once activities have been suspended, wait until:
  - a. All clear received from weather alert system.
  - b. The last sound of thunder or lightening flash prior to resuming and activity or returning outdoors.
7. Avoid being the highest point in an open field, in contact with, or proximity to the highest point. Do not take shelter under or near trees, flagpoles, or light poles.

8. Observe the following basic first aid procedures in managing victims of a lightning strike:

- Survey the scene for safety
- Activate local EMS by calling 911
- Lightning victims do not “carry a charge” and are safe to touch
- If necessary, move the victim with care to a safer location.
- Evaluate circulation, airway, breathing, and begin CPR if necessary.
- Evaluate and treat for shock, fractures and/or burns.

9. All individuals have the right to leave an athletic site in order to seek a safe structure if the person feels in danger of impending lightning activity, without fear of repercussions or penalty from anyone.

### **Cold Weather Guidelines**

Cold exposure can be uncomfortable, impair performance and even become life threatening. Conditions created by cold exposure include frostbite and hypothermia. Wind chill can make activity uncomfortable and can impair performance when muscle temperature declines. Frostbite is the freezing of superficial tissues, usually of the face, ears, fingers, and toes. Hypothermia a significant drop in body temperature occurs with rapid cooling, exhaustion and energy depletion. The resulting failure to the temperature-regulating mechanisms constitutes a medical emergency.

Hypothermia frequently occurs at temperatures above freezing. A wet and windy 30-50 F degree exposure can be as serious as a subzero exposure. For this reason Frisco ISD is developing cold weather guidelines using the wind chill factor instead of the ambient temperature. See website for a wind chill factor chart.

[www.mste.uiuc.edu/dildine/wind\\_chill](http://www.mste.uiuc.edu/dildine/wind_chill)

Wind speed interacts with ambient temperature to significantly increase body cooling. When the body and clothing are wet (whether from sweat, rain, snow, or immersion), the cooling is even more pronounced due to the evaporation of the water held close to the skin by the wet clothing.

Clothing is one of the most important parts of keeping the athlete’s body warm. Athletes should dress in layers and try to stay as dry as possible. Layers can be added or removed depending on temperature, activity and wind chill. Athletes should layer themselves with wicking fabric next to the body, followed by lightweight or wool layers for warmth. Athletes should use a wind block garment to avoid wind chill during workouts. Heat loss from the head and neck may be as much as 50% of total heat loss, therefore the head and neck should be covered during cold conditions. Other extremities should be covered at all times to protect from the wind chill.

### **Cold Exposure:**

- Breathing of cold air can trigger an asthma attack (broncho spasm)
- Coughing, chest tightness, burning sensation in throat and nasal passage
- Reduction of strength, power, endurance, and aerobic capacity
- Core body temperature reduction, causing reduction of motor output

**Cold Recognition:**

- Shivering is a means for the body to generate heat
- Excessive shivering contributes to fatigue, loss of motor skills
- Numbness and pain in fingers, toes, ears, and exposed facial tissue
- Drop in core temperature; athlete exhibits sluggishness, slowed speech, disoriented

**General Guideline:**

- Wind Chill Factor will be assessed prior to practices
- Coaches will obtain weather report from weather.com, using the zip code based on campus location.
- The wind chill will determine which protocol will be followed.
- Wind chill readings will be taken before teams leave for traveling for competitions, and an hour by hour report will guide our decisions for the event.

**High School Cold Weather Guidelines**

**PRACTICE PROTOCOL**

**Wind Chill Factor 33-35° F with Precipitation:**

- 35 min. of exposure/20 min. inside gym (may return outside after 20 min.)
- Dry clothing (socks, gloves)
- Athletes must be dressed in warm-up with extremities covered

**Wind Chill Factor 31-32° F (Dry):**

- 45 min. exposure/ 15 min. inside gym (may return outside after 20 min.)
- Athletes must be in warm-ups with extremities covered

**Wind Chill Factor 32° F or lower with precipitation:**

- All practices will be inside
- No outside exposure

**Wind Chill Factor 26-30° F (Dry):**

- 30 min. of total exposure to chill factor
- 15 min. inside
- Warm-ups must be worn with all extremities covered at all times

**Wind Chill Factor of 25° F or lower:**

- No outside practices
- All work must be inside

**Middle School Cold Weather Guidelines**

**PRACTICE PROTOCOL**

**Wind Chill Factor less than 45° F with precipitation:**

- 35 min. of exposure 20/minutes inside gym (may return outside after 20 min.)
- Dry clothing (Socks, gloves)
- Athletes must be dressed in warm-up with extremities covered

**Wind Chill Factor less than 35° F:**

- All practices inside

**Outdoor Competition Protocol for both High School and Middle School**

**Games to be postponed due to cold weather will be determined on a case by case basis by the Frisco ISD Administration.**

Postponed games to be re-scheduled will be determined by the Head Coach of that sport as well as the Athletic Director or Assistant Athletic Director. An outside sport game date will be considered for rescheduling if the following occurs:

- \* Wind chill reaches 25 degrees or less, with precipitation.
- \* Wind chill is less than 20 degrees, without precipitation.

**Hot Weather Guidelines**

Practice or competition in hot and humid environmental conditions poses special problems for student-athletes. Heat stress and resulting heat illness is a primary concern in these conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat-related problems. The following practices should be observed.

**General Considerations for Risk Reductions:**

1. Encourage proper education regarding heat illnesses (for athletes, coaches, parents, medical staff, etc.) Education about risk factors should focus on hydration needs; acclimatization, work/rest ratio, signs and symptoms of exertional heat illnesses, treatment, dietary supplements, nutritional issues, and fitness status.
2. Assure that onsite medical staff has authority to alter work/rest ratios, practice schedules, amount of equipment, and withdrawal of individuals from participation based on environment and/or athlete's medical conditions.

**General Guidelines:**

1. Gradual acclimatization of the athlete to hot/humid conditions is a must. We advise that student-athletes should gradually increase exposure to hot and/or humid environmental conditions over a period of 7 to 10 days to achieve acclimatization.
2. Clothing and protective gear can increase heat stress. Dark colors absorb solar radiation, clothing, and protective gear interfere with the evaporation of sweat and other avenues of heat loss. During acclimatization process, student athletes should practice in T-shirts, shorts, socks, and shoes. Rubberized suits should never be worn.
3. Unlimited access to drinking water will be provided throughout practice and competitions.
4. To identify heat stress conditions on the field of play and determine practice and competition modifications due to hot weather one of two methods will be use:
  - a) Wet Bulb Globe Temperature (WBGT)- a measurement of ambient temperature, relative humidity, radiant heat from the sun, and wind speed.
    - i. Utilizing the Kestrel Heat Stress Unit and NATA Guidelines: See Chart below

- b) Heat Index- measure of how hot it really feels when relative humidity is factored with the actual air temperature.
- i. The website below includes a heat index table. Use this table to assess the heat index. <http://www.weatherimages.org/data/heatindex.html>
  - ii. See heat index specific guidelines below.

\*\*\* These measurements will be taken 30 minutes prior to practice and every 30 minutes throughout practice.

WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
UNDER 82.0	<b>NORMAL ACTIVITIES</b> -- Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
82.0 - 86.9	<b>USE DISCRETION</b> for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of four minutes duration each.
87.0 - 89.9	<b>MAXIMUM PRACTICE TIME IS TWO HOURS.</b> For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each.
90.0 - 92.0	<b>MAXIMUM LENGTH OF PRACTICE IS ONE HOUR,</b> no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.
OVER 92	<b>NO OUTDOOR WORKOUTS; CANCEL EXERCISE;</b> delay practices until a cooler WBGT reading occurs.

### Heat Index Specific Guidelines: High School Athletics

#### Heat index of less than 100:

- Water breaks every 30-45 min.

#### Heat index of 100-105:

##### **Football:**

- Full pads
  - o Water breaks every 30 min.
  - o Break duration 1 period (5 min.)
- Shorts/shirts/helmets.
  - o Water breaks every 40 min.
- Cardiovascular Conditioning: remove helmets.

##### **Other Sports:**

- Water breaks every 40 min.

#### Heat index of 106-110:

##### **Football:**

- Full pads
  - o Water breaks every 20 min

- o Practice will not exceed 1 hr. 45 min.
- Shorts/shoulder pads/helmets
  - o Water breaks every 30 min.
  - o Practice will not exceed 2 hr.
- Athletes allowed to remove helmets while not in contact with drills.
- Cardiovascular Conditioning: remove shoulder pads and helmets.

***Cross Country/Men's and Women's Track:***

- Long Distance runners must be directly supervised by coaches at all times.
- Water breaks every 30 min.
- Practice will not exceed 2 hr.
- Track and Field athletes- Water breaks every 30 min.
- Practice will not exceed 2 hr.

***Baseball, Softball, Soccer and Tennis:***

- Water breaks every 30 min.
- Practice will not exceed 2 hr.

***Other Sports and Off Season Programs:***

- 45 minutes total of heat exposure with a minimum of 1water break

**Heat Index of 111-115:**

***Football:***

- Shorts/Shoulder Pads/Helmets only
  - o Water breaks every 20 min.
  - o Practice not to exceed 2 hr. total
- Cardiovascular Conditioning duration and intensity decreased.
  - o Remove shoulder pads and helmet

***Cross Country/Men's and Women's Track:***

- Long Distance runners must be directly supervised by coaches at all times.
- Water breaks every 20 min.
- Practice will not exceed 2 hr.

***Baseball, Softball, Soccer and Tennis:***

- Water breaks every 20 min.
- Practice will not exceed 2 hr.

***Other Sports and Off Season Programs:***

- 30 minutes total of heat exposure with a minimum of 1water break

**Heat Index of 116-117:**

***Football:***

- Shorts/Shirt/Helmets only
  - o Water breaks every 20 min.
  - o Practice not to exceed 1 hr. 30 min. total
- NO Cardiovascular Conditioning

***Cross Country/Men's and Women's Track:***

- Long Distance runners must be directly supervised by coaches at all times.
- Water breaks every 15 min.
- Practice will not exceed 1 hr. 30 min.

**Baseball, Softball, Soccer and Tennis:**

- Water breaks every 20 min.
- Practice will not exceed 2 hr.

**Other Sports and Off Season Programs:**

- 30 minutes total of heat exposure with a minimum of 1 water break.

**Heat Index of 118-120:**

**All Sports:**

- No outside practice will be allowed in any sport

**Specific Guidelines: Middle School Athletics**

**Heat Index of less than 100:**

**All Sports:**

- Water breaks every 30-45 min.

**Heat Index of 100-105:**

**Football:**

- Full pads
  - Water breaks every 20 min.
  - Practice will not exceed 1 hr. 30 min.
- Shorts/shoulder pads/ helmets
  - Water breaks every 30 min.
  - Practice will not exceed 1 hr. 45 min.
- Athletes are allowed to remove helmets while not in contact with drills.
- Cardiovascular Conditioning: remove shoulder pads and helmets. Decrease duration and intensity.

**Other Sports:**

- Water breaks every 30 min.
- Practice will not exceed 1 hr. 45 min.

**Heat Index of 106-110:**

**Football:**

- Shorts/Shoulder Pads/Helmets only
  - Water breaks every 15 min.
  - Practice not to exceed 1 hr. 30 min. total
  - No cardiovascular conditioning.

**Other Sports:**

- Water breaks every 15 min.
- Practice not to exceed 1 hr. 30 min. total
- No cardiovascular conditioning.

**No outside practice when temperature exceeds 109° F and/or heat index is 111° F.**

**Air Quality Index Guidelines**

<u>Air Quality Index</u>	<u>Guidelines to Follow</u>
Good: <b>Code Green</b>	No action taken
Moderate: <b>Code Yellow</b>	No limit to exercise, but watch those that may be affected: Asthma
Unhealthy for Sensitive Groups: <b>Code Orange</b>	2 ½ hr practice limit, but watch those that may be affected: Asthma
Unhealthy: <b>Code Red</b>	2 hr practice limit, but watch those that may be affected: Asthma
Very Unhealthy: <b>Code Purple</b>	1 ½ hr practice limit, but watch those that may be affected: Asthma

**STUDENT INSURANCE INFORMATION**

The Frisco Independent School District provides a supplemental student accident insurance plan to 7-12 grade students participating in UIL/Athletic activities. Frisco ISD has contracted with The Student Insurance Plan to administer the student accident insurance program for the 2019-2020 school year. Accidents occurring during scheduled practice sessions, games, tournaments, events at other schools, and/or travel to and from activities are covered under this plan.

In addition to the supplemental accident coverage provided by Frisco ISD, Student Insurance Plans also offers Frisco ISD parents/guardians the opportunity to purchase additional coverage to supplement their primary insurance.

Information regarding the supplemental accident coverage provided by Frisco ISD, and the optional supplemental insurance that may be purchased, can be found at the website below:

<http://www.friscoisd.org/departments/risk-management/student-accident-insurance>

**Any questions can be directed to the appropriate FISD Athletic Trainer:**

*Centennial High School* – Jennifer Lamabe, (469) 633-5666

*Frisco High School* – Jena Leslie, (469) 633-5566

*Heritage High School* – Jim Kurowski, (469) 633-5964

*Independence High School* – Chris Enriquez, (469) 633-5449

*Liberty High School* – Anne Morton, (469) 633-5864

*Lone Star High School* – Corwin Anschutz, (469) 633-5364

*Lebanon Trail High School* – Leon Jones, (469) 633-6664

*Memorial High School* - Lou Scala, (469) 633-7389

*Reedy High School* – John Hicks, (469) 633-6464

*Wakeland High School* – Rachel Langford, (469) 633-5776

# ATHLETIC BOOSTER CLUB REGULATIONS

1. Booster clubs are expected to observe and follow all ***UIL Booster Club Guidelines*** and the ***FISD Booster Club Requirements and Operational Guidelines***.
2. An annual FISD district meeting will be held for booster club officers. The president, another officer or representative, must attend this meeting.
3. Booster clubs must have written by-laws on file with the athletic coordinator at their respective campus.
4. Booster clubs must obtain tax exempt or 501(c)(3) status. Booster clubs may not use the FISD Sales Tax Permit number for any reason.
5. Booster clubs must turn in regular financial reports to the head coach of the sport represented and the athletic coordinator at their respective campus.
6. For accountability purposes, there should be at least two people involved with collecting and depositing of funds in addition to the treasurer, who will be responsible for verifying the account and depositing the funds.
7. Booster financial transactions should always incorporate the distribution and collection of receipts or a comparable communication and record keeping system.
8. Coaches should not handle money associated with booster club activities.
9. Transparency should be a goal of our athletic booster clubs. Officers should be elected by the membership. The election process should be clearly outlined in the by-laws, and the election outcomes should be communicated to the campus principal.
10. FISD employees should not serve in a booster club role connected with booster club financial operations. FISD employees must obtain principal approval prior to serving as an officer/board member of a booster club.
11. The head coach, or an assistant coach appointed by the head coach, should attend every booster club meeting in an advisory capacity.
12. Booster clubs may seek guidance from the head coach and must obtain final approval from campus administration on all decisions directly impacting students or campus or district programs.
13. Booster clubs do not have the authority to direct the duties of a coach/school employee. Scheduling of contests, scheduling of practices, program rules and expectations, and all other program related criteria are under the jurisdiction of the local school administration.
14. Fundraisers which are routinely approved by FISD include spirit wear sales, the sale of concessions at FISD facilities and FISD partner facilities, and sports clinics organized by the coaches during their respective season. Questions about these fundraisers should be directed to the campus administration. Booster clubs must obtain approval for all other booster club fundraisers from the campus administration.
15. Booster clubs can raise funds to provide items such as team programs, team posters, end of season banquet, and/or scholarships for graduating seniors.

16. Scholarships should be awarded through the Frisco Education Foundation. Criteria for the scholarships should be reviewed by the campus administration. The Frisco Education Foundation will examine applications and make final decisions.
17. Booster Club funds should rarely be used for the purchase of athletic equipment or supplies. This type of purchase should only occur after receiving approval from the Frisco ISD Athletic Director. On the rare occasion Booster Club funds are approved for the purchase of athletic equipment or supplies, the funds will be made available for spending in this manner:
  1. The Booster Club will submit a check made payable to the Frisco ISD.
  2. The check will be deposited into the Frisco ISD General Fund.
  3. The donated funds will be made available to the athletic program directly connected to the donating Booster Club.
  4. The head coach will submit a purchase requisition for the appropriate items(s).  
*Note: Booster Clubs cannot dictate how donated funds will be spent.*
18. Booster clubs are expected to follow FISD concession stand procedures, which can be found online at: <http://www.friscoisd.org/departments/athletics/concessions>.

## SPECTATOR EXPECTATIONS

### Fair Play Among The Spectators

- Remember that you are at a contest to support your team and to enjoy the competition. Spectators are not to intimidate, taunt, or ridicule the opposing players, opposing fans or officials.
- Remember that high school and middle school athletes are students and that they sometimes make mistakes. Praise student athletes for their attempts to improve, just as you would praise students working in the classroom.
- Remember that holding a ticket to a school athletic event is a privilege to observe the contest, not a license to attack others verbally or to be obnoxious.
- Learn the rules of the game to understand and appreciate certain situations that take place during a contest.
- Show respect for opposing players, coaches, spectators, and support groups. Treat them as you would treat a guest in your home. Avoid comments of an ethnic, racial, or sexual nature.
- Respect the integrity and judgment of the game officials. They do their best to promote student-athletes, so admire their willingness to participate in full view of the public!
- Show appreciation for an outstanding play by either team.
- Refrain from using alcohol or drugs before, during and after games on or near the site of the event.
- Cheer only in a way that supports and uplifts the teams involved.
- Compliment school and league administrators for their efforts to support educational athletics and fair play.
- Be a positive role model through your own actions and censure poor behavior in other spectators.

## **Letter From The Athletic Department**

Dear Parents, Family, Friends, and Student Athletes,

Student athletes in Frisco ISD play an invaluable role in the success of our schools. They represent not only their school, but they also represent their families and their community. They are expected to be successful academically, to compete effectively in their chosen sport(s), and to act in a mature and responsible manner at all times. For this they deserve our support, respect, and appreciation.

Although at all Frisco ISD schools we always compete to win, there are times when we will not be victorious. Though we may not win every contest or match, our student athletes still benefit from accomplishing previously established team and individual goals. The coaches and student members of our athletic teams are expected to display good sportsmanship at all times. Those of us who support them by attending their contests should display good sportsmanship as well.

The University Interscholastic League, the organization responsible for supervising and conducting all public school athletic, academic and music contests, requires that schools provide an appropriate environment for all contests, including the demonstration of good sportsmanship by participants as well as fans. If there is a serious problem with a fan or participant, the school is required to do whatever is necessary to resolve the problem, even so far as removing the responsible party from the activity. We ask that each of you do your part to make sure that Frisco ISD has the reputation of a school district that competes to win, has great fan support and is completely committed to ideals of good sportsmanship.

We should all channel our energy into yelling encouragement to our players and our team, rather than yelling at an official or opposing player. Be positive and supportive of all participants and in doing so make sure everyone views Frisco ISD for what it is, the best school district in the State of Texas. Thanks for all you do to support Frisco ISD and our student athletes.

Sincerely,

The Frisco ISD Administrative and Athletic Staffs