



# **2019-2020 Manchester/ Chesterfield County Athletic Manual for Parents and Students**

## **Chesterfield County School Board**

Debbie Bailey - Dale District (Chair)  
Kathryn Haines - Midlothian District  
Ann Coker - Bermuda District  
Dorothy Heffron - Clover Hill District  
Ryan Harter - Matoaca District

## **Superintendent**

Dr. Mervin B. Daugherty Ed.D

## **Director of High School Education**

Dr. Joseph Tylus

# Chesterfield County Public High Schools

Carver College and Career Academy - Principal: Dr. Stephen Hackett DSA Xavia Gary  
12400 Branders Bridge Road Chester, VA 23831 Phone: 804 768-6156

Clover Hill High School - Principal: John Phillips DSA David Zyglocke  
13301 Kelly Green Lane Midlothian, VA 23112 Phone: 804 639-4940

Cosby High School - Principal: Ben Snyder DSA Michael Swartz  
14300 Fox Club Parkway Midlothian, VA 23112 Phone: 804 639-8357

James River High School - Principal: Amanda Voelker DSA Bryan Hannum  
3700 James River Road Midlothian, VA 23113

L.C. Bird High School - Principal: Adrienne Blanton DSA Gregory Aiken  
10301 Courthouse Road Chesterfield, VA 23832 Phone: 804 768-6110

Manchester High School - Principal: Chistin Ellis DSA Greg Woodle  
12601 Bailey Bridge Road Midlothian, VA 23112 Phone: 804 739-6275

Matoaca High School - Principal: Elizabeth Baber DSA Charles Payton  
17700 Longhouse Lane Midlothian, VA 23838

Midlothian High School - Principal: Shawn Abel DSA Shea Collins  
401 Charter Colony Parkway Midlothian, VA 23112 Phone: 804 378-2440

Monacan High School - Principal: Bill Broyles DSA Daniel Parsons  
11501 Smoketree Drive N. Chesterfield, VA 23236 Phone: 804 378-2480

Thomas Dale High School - Principal: Dr. Christopher Jones DSA Ricky Talman  
3626 West Hundred Road Midlothian, VA 23831 Phone: 804 768-6145

## Table of Contents

Manchester High School General Information .....	4
Introduction .....	5
Frequently Asked Questions .....	6
VHSL Eligibility Requirements .....	7
CCPS Athletic Requirements .....	8
School Athletic Department Policies .....	10
CCPS Sportsmanship Guide .....	12
Parent and Spectator Expectations .....	15
Communication between Parents, Coaches, & Athletes .....	16
CCPS Anti-Hazing Policy .....	18
Social Media Policy Statement .....	20
Out of Season Practice .....	22
NFHS Sports Hygiene Guidelines .....	23
Covid 19 Protocol .....	24

## Manchester High School General Information

**Director of Student Activities** - Greg Woodle Email: [gregory\\_woodle@ccpsnet.net](mailto:gregory_woodle@ccpsnet.net)

**Athletic Department Phone:** 804 739-6283 School Phone: 804 739-6275

**Athletic Page Website:** [www.manchesterlancerathletics.org](http://www.manchesterlancerathletics.org)

**Athletic Twitter Site:** ManchesterAD@MHSLancers

Manchester High School is a member of the Virginia High School League - Class 5 - Region B

Nickname: Lancers School Colors: Navy Blue and Orange

Fall Assistant Athletic Director: Renee Cranor Email: [renee\\_cranor@ccpsnet.net](mailto:renee_cranor@ccpsnet.net)

Assistant Athletic Director for Transportation: Peter Dennis Email: [peter\\_dennis@ccpsnet.net](mailto:peter_dennis@ccpsnet.net)

Winter Assistant Athletic Director: Jason Harrell Email: [jason\\_harrell@ccpsnet.net](mailto:jason_harrell@ccpsnet.net)

Spring Assistant Athletic Director: Peter Dennis Email [peter\\_dennis@ccpsnet.net](mailto:peter_dennis@ccpsnet.net)

Regular Season Dominion District Ticket Prices: Football-\$8 Basketball-\$7 Baseball, Field Hockey, Lacrosse, Softball, Soccer, Volleyball and Wrestling- \$6

\*\*\*school age children and above need tickets\*\*\*\*\*

### **Athletic Department Staff**

#### **Fall Sports**

Varsity Sideline Cheer Melissa Bigos Varsity Field Hockey Chris Spawn Competition Cheer Melissa Bigos JV Field Hockey Rebecca Hamilton JV Sideline Cheer Adrienne Moore Boys/Girls Golf Jason Sipe Boys Cross Country Paul Kline Boys Volleyball Charlie Krausse Girls Cross Country Fraser Hudgins JV Boys Volleyball John Adent Varsity Football Tom Hall Varsity Girls Volleyball Carol Hutchings JV Football Cody Wilburn JV Girls Volleyball Ayanna Crawford

#### **Winter Sports**

Varsity Boys Basketball Josh Karlson Boys Indoor Track Gene Bowen JV Boys Basketball Rashaun Alexander Girls Indoor Track Fred Bullock Varsity Girls Basketball Rasheed Wright Varsity Wrestling John Henley JV Girls Basketball Vonda Bossa JV Wrestling Matt Dowdy Varsity Cheer Melissa Bigos JV Cheer Adrienne Moore

#### **Spring Sports**

Varsity Baseball Ricky Saunders Varsity Softball Will Willis JV Baseball Chad Kannon JV Softball Blake Shumaker Varsity Boys Soccer Chuck Johnson Boys Tennis Charlie Krausse Boys JV Soccer Ryan Johnston Girls Tennis Mike McIntire Varsity Girls Soccer Michael Blevins Boys Track Gene Bowen Girls Track Fred Bullock JV Girls Soccer TBA

## **Introduction**

The purpose of the Chesterfield/Manchester Athletic Manual is to inform the student-athlete and their parents/guardians of the policies set forth governing athletics and individual athletes at each school. In it you will find the regulations of the Virginia High School League (VHSL) that are applicable to all member public schools. The policies that govern all Chesterfield County High School athletic programs are listed as well. Additionally, there is information concerning the expectations of our student-athletes and their parents/guardians as members of the school's Athletic Department.

### **Included in this manual is information concerning;**

- VHSL eligibility Requirements
- County and School Athletic Policies
- Sportsmanship Guide
- Parent/Coach Communication
- Social Media Position and Statement
- Out-of-Season Practice Rule
- Infectious disease Control
- Heat and Hydration Information
- Concussion Information
- NCAA Eligibility
- Team Policy and Sport Specific Information

Each school traditionally host a preseason meeting for parents, which begins with an overview of VHSL, CCPS, and individual high school policies, a description of insurance information, the athletic training program, concussion information, a review of the Athletic Participation/Parental Consent/Physical Examination Form, the VHSL, high school eligibility requirement, and NCAA eligibility information. Additionally, information about each sport and specific team policies are discussed. You should make every effort to attend these meetings.

The Manchester Athletic Department is committed to assisting our athletes in furthering their athletic and educational endeavors beyond their years as a Lancer. With this in mind, there are also other useful sections for the more serious student-athlete. One is designed to assist the student-athlete in the process of choosing a school where he or she may want to compete at the collegiate level while earning a degree. The other is meant to help the student-athlete market his or her athletic talents.

**If you have any questions concerning this manual or the preseason meeting, please contact the Student Activities Director at your school.**

### **Frequently Asked Questions**

**Q:** where can I obtain the VHSL Participation/Parental Consent Physical Examination Form?

**A:** This form may be downloaded from the [www.vhsl.org](http://www.vhsl.org) website by looking under information for parents and students. Also found on <https://manchesterlancerathletics.org/main/filesLinks> under “Forms”.

**Q:** What are the valid dates of sports physicals?

**A:** The VHSL calendar runs from May 1 of the current year to June 30 of the succeeding school year. That means a sport physical examination given on or after May 1 in a given year is good through June 30 of the following year.

**Q:** How do we find out about tryouts dates, offseason practice, contest schedules and cancellations?

**A:** Starting dates for each season, contest schedules, and up-to-date postponements and cancellations can be found by going to [www.manchesterlancerathletics.org](http://www.manchesterlancerathletics.org). It can also be found by going directly to [www.dominiondistrictva.org](http://www.dominiondistrictva.org).

**Q:** How big of a commitment is participation in an interscholastic athletic team?

**A:** HUGE! Teams will practice or compete each day, including many Saturdays and some holidays. You can count on a six day a week commitment.

**Q:** If my son/daughter is ill and at home during the day or leaves school early due to illness, can he/she come to school just for practice or a game?

**A:** If a student is too ill to attend school or is too ill to remain at school, then it's not appropriate for him/her to participate in a practice or a competition.

**Q:** If my son/daughter is injured and cannot participate, is he/she expected to be at practice and/or contests?

**A:** Depending upon the injury, yes. The coach and athlete need to work this out. He/she is a part of the team. There is always something to be learned from attending, and though injured, the student has a role and a responsibility with the team. An athlete is not permitted to return to full activity with the team until the doctor treating the student releases him/her in writing.

**Q:** Who do I contact if I have any questions?

**A:** General questions should be directed to the Activities Director. Please contact the coach for concerns regarding a specific sport.

### **Virginia High School League (VHSL) Eligibility Requirements**

- **Bona Fide Student Rule** - Must be a student in good standing
- **Grade Rule** - Must be enrolled in one of the last four years of school
- **Semester Rule** - Eight (8) semesters to compete upon entering the ninth grade
- **Age Rule** - Cannot be 19 years of age on or before August 1st
- **Scholarship Rule** - Must have earned five (5) credits the previous semester and be enrolled in at least five for the current semester. Incoming freshmen are exempted for the first semester, but they must be taking a minimum of five credits. Classes taken a second time for strengthening that have been passed previously do not count in the credit total.
- **Athletic Participation/Parental Consent/Physical Examination Rule** - Must be on file with Activities Director
- **Transfer Rule** - The student shall not have enrolled in one high school and subsequently transferred to and enrolled in another high school without a corresponding move by the parent(s) or guardian(s).
- **Amateur Rule** - The student shall be an amateur.
- **Awards Rule** - The student shall not have accepted any awards other than those such as letters, plaques, trophies, etc., presented or approved by the school.
- **All Star Participation Rule** - The student shall not have participated in any all-star contest.
- **Sportsmanship Rule** - The student shall demonstrate appropriate sportsmanship at all times. Any student who in protest lays hands or attempts to lay hands on an official may be declared ineligible for up to one year. Any student who strikes on an opponent, coach or spectator during or following an athletic contest may be declared ineligible for a specified period of time, up to one year, depending on the seriousness of the act.
- **Ejection of a Player** - Any player ejected from a contest for unsportsmanlike conduct shall be ineligible for the team's next contest. A player ejected for fighting shall be ineligible for the team's next three contests. For ejection due to profanity directed at a game official, there will be a two game suspension. The athlete will have to complete the VHSL video and turn in the certificate to the Athletic Director.
- **Penalty for Giving False Information** - Any student, or parents, who give false information, either written or verbal, that affects his/her eligibility, shall become ineligible at any VHSL school for a period of one year.

- **Eighth Graders' Participation at the High School Level** - Eighth graders may try out for the teams at the high school level in sports that are not offered at the middle school and where high schools have JV and freshman teams.

### **CCPS Athletic Policies**

**School Attendance:** Athletes must be in attendance at school for the minimum portion of the day as outlined by the Athletic Department of his/her school in order to practice or play in a contest. Family emergencies and medical appointments must be excused by the Director of Student Activities. Athletes who leave school during the day to illness will not be allowed to return to practice or compete in a contest.

**Transportation:** Transportation to and from games may or may not be provided for all sports. When transportation is not provided for a sport, the **CCPS Parental Assumption of Risk** form must be on file for all athletes of that sport. In instances where transportation is provided, team members are expected to ride with his/her team both to and from contests. When approved by the head coach, a team member may ride home with his/her parent as long as the parent/guardian provides written notification to the head coach of the team.

**Equipment:** Each athlete will be responsible for all equipment that is issued to him/her by the school. No athletic letters or awards will be given to any athlete who fails to turn in equipment. Athletes will be charged the replacement cost for any equipment that is not returned or is damaged through negligence or abuse.

**Eighth Graders Participating at the High School Level:** Eighth graders may try out for the teams at the high school level in sports that are not offered at the middle school and where the high school has a JV or freshman team. Eighth graders must try out at the high school in the zone in which they reside unless an exception is approved by the principals of both high schools.

**Out Season Workouts/Open Gyms:** Students participating in any workouts including the weight room, open gym, or other conditioning programs must have a current VHSL physical on file with the school and must be an enrolled student at the school or from a feeder middle school in the zone. Additionally, all athletes must have a signed CDC Heads Up Concussion form on file.

**Medical Procedures and Warnings:** School athletic departments attempt to make participation in our athletic programs as safe as possible. Injuries, however, do occur in athletics and **athletes and parents are warned that serious injury may result from**

**participation in our athletic program.** In the event of an injury to an athlete, the following procedures will be used: 1. First Aid will be administered to the injured athlete as needed. 2. If the injury is of a serious nature, the parents and if necessary, the rescue squad will be called. 3. Athletes under a doctor's care must be released by that doctor before returning to competition, and must be cleared by the school's trainer in accordance with the protocol set forth by HCA Sports Medicine.

**Standards of Conduct:** The following standards of conduct have been established to ensure the athletes that represent CCPS high schools conduct themselves in an appropriate manner. Violation of the following may result in disciplinary action that could include suspensions or dismissal from the team.

1. Illegal use of tobacco (including vaping), alcohol, or drugs.
2. Unexcused absences from practices or games.
3. Theft or destruction of school property including the property of schools that the team is visiting.
4. Unsportsmanlike or disrespectful conduct toward coaches, school officials, game officials, teammates or opponents.
5. Other actions detrimental to the team including involvement in disciplinary actions within the school.
6. Any student suspended under the Chesterfield County drug and alcohol policy is suspended from all activities for a period of 45 days (**Chesterfield County School Board Policy**).
7. Any player ejected from a contest will be suspended in accordance with the VHSL Handbook. Unsportsmanlike conduct - one game for profanity directed at game officials - two games; for fighting- three game suspension will follow (VHSL Policy).

**Athletes Dismissed from or Who Quit a Team:** An athlete who is dismissed from a team or who quits after the season begins may, at the discretion of the Activities Director, be prohibited from conditioning or trying out with another team. The athlete may only begin working with another team after being cleared by the Athletic Department.

## Manchester High Athletic Department Policies

The Manchester Athletic Department has established the following standards of conduct to ensure that the athletes who represent MHS conduct themselves in an appropriate manner. Violation of the following will result in disciplinary action that may include suspension, dismissal from the team or an athlete being placed under an athletic department contract.

**In-School Detention:** Any athlete assigned ISD must report to the DSA before going back to the team. The reason for assignment to ISD will be discussed by the DSA and the athlete's coach to determine the need for further action by the athletic department. Students assigned to ISD may be suspended from contests on the day of ISD. If no game is scheduled the day of ISD, the athlete may be suspended from subsequent contests. The action may also be something else deemed suitable by the DSA. Athletes must practice while serving ISD.

**Out of School Suspension:** Students serving out of school suspension during a sports season are automatically suspended from the team; therefore, they are prohibited from attending practice and games or any other school sponsored activity. **Before the athlete can be reinstated to the team, there must be a conference involving the coach, athlete, parent/guardian, and the DSA to determine the athlete's status and discuss future conduct.**

**Athletes Who Quit or are Dismissed from a Team:** No participation in conditioning/workouts for another sport season will be allowed until the official VHSL starting date or until the two coaches involved have reached an accord.

**Athletes Who Drive to School:** Athletes who drive to school must leave their cars in assigned student parking locations until after practice **ends**. If an athlete returns to school for practice from a Community Service Class or no last period class, he/she must still park in the student lot. Those taking the Weight Lifting Class should also keep their car in the student lot. **Parking at the field house is for coaches and event workers only. No students! The penalty for non-compliance may be the revocation of parking privileges at school.**

**Violation of Team Policies:** Coaches may impose other requirements upon students as long as they do not conflict with Athletic Department policies.

**Supervision:** Athletes must always be supervised by a coach. They are required to be with a coach until they are picked-up by a parent/guardian. It's the athletes responsibility to know the teams plan for parent pick-up. Failure to follow the team rule could be reason for future action.

**Hazing and Bullying:** This is a very serious issue that is not condoned by the Athlete Department. Athletes found guilty of hazing or bullying will be dismissed from the team. Under State law a report will be made with the authorities.

## CCPS Sportsmanship Guide

**A Guide for Athletes, Coaches, and Parents:** Participation in co-curricular activities is a privilege. As representatives of Chesterfield County Public Schools, student athletes are expected to conduct themselves in a manner that meets the highest standards at all times. It is the goal of Chesterfield County Public Schools to provide all students with opportunities to engage in athletic activities that enrich their education and further develop the core values of respect, responsibility, fairness, trust, and good citizenship.

Engaging in planned instruction teaches good sportsmanship and proper behavior. It is the responsibility of the administration, staff, coaches, parents, and the community at large to create a climate that fosters the development of these behaviors. This is accomplished by encouraging and modeling positive and appropriate behavior within the sporting environment while, at the same time striving for excellence.

Expectations for the behavior of athletes, coaches, and spectators at athletic contests, practices, and events are outlined below:

**Athletes:** Athletes are required to meet the following expectations:

1. Be courteous to visiting teams and officials
2. Play hard and to the limit of your ability, regardless of discouragement. True athletes do not give up nor do they argue, cheat, or taunt opponents.
3. Retain composure at all times and never leave the bench or enter the playing field/court to engage in a fight.
4. Be modest when successful and be gracious in defeat. A true competitor does not offer excuses.
5. Maintain a high degree of physical fitness by conscientiously observing team and training rules.
6. Demonstrate loyalty to the school by maintaining a high scholastic standing and by participating in or supporting other school activities.
7. Play for the love and honor of the game.
8. Understand and observe the rules of the game and the standards of eligibility.
9. Respect the integrity and judgement of officials and accept their decisions without question.
10. Respect the facilities of the host school and demonstrate the behavior expected of guests.

**Coaches:** Coaches are required to meet the following expectations:

1. Exemplify behavior that is representative of the educational staff of the school and a credit to the teaching and business profession.
2. Demonstrate high ideals, good habits and desirable attitudes in personal behavior and demand the same standards of your players. Make sportsmanship priority #1!!!
3. Emphasize to players and bench personnel the importance of proper sideline behavior and the necessity of restraining from entering the playing field/court.
4. Recognize that the purpose of competition is to promote the physical, mental, social, and emotional well-being of individual players and that the most important values of competition are derived from playing the game fairly.
5. Be a modest winner and a gracious loser.
6. Maintain self-control at all times, accepting adverse decisions without public display of emotion or of dissatisfaction with the officials.
7. Cooperate with the school administration in the planning, scheduling, and conduct of sports activities.
8. Employ accepted educational methods in coaching, giving all players an opportunity to use and develop initiative, leadership, and judgement.
9. Pay close attention to the physical condition and well-being of players, refusing to jeopardize the health of an individual for the sake of the team.
10. Teach athletes that it is better to lose fairly than win unfairly.
11. Demonstrate integrity. Do not allow gambling, profanity, abusive language, or similar violations.
12. Refuse to criticize an opponent, an official, or others associated with sports activities.
13. Properly supervise student athletes under your immediate care and specifically observe a coach's responsibilities during events off school grounds.

**Parents/Spectators:** Parents/spectators are required to meet the following expectations:

1. Realize that you represent the school and community and, therefore, have an obligation to be a true sportsman, encouraging through positive behavior the practice of good sportsmanship.
2. Recognize that good sportsmanship is more important than victory by approving and applauding good teamwork, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.

3. Recognize that since the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social, and emotional well-being of the players, victory or defeat are secondary.
4. Treat visiting teams and officials as guests, extending to them every courtesy.
5. Be modest in victory and gracious in defeat.
6. Respect the judgement and integrity of officials, realizing that their decisions are based upon game conditions.

**The Profile of the Ideal Parent of an Athlete:** Support your child and attend as many contests as possible. Avoid putting pressure on your child to start, score, or be the star of the team. Support the coach in public around other parents and fans. Avoid speaking negatively about the coach in front of your child. It may create a major barrier in the child's hope for improvement in the sport. Understand the ultimate purpose of athletics. It exists as an integral part of the total educational mission of the school and participation in athletics is a privilege not a right. Understand that the goals for the team and the athletic program are more important than the hopes and dreams that you have for your child. Serve as a good role model for the students, athletes, and other fans. Contribute as members of the booster club. Appreciate the educational opportunity that your child is receiving in our athletic program. This includes the enormous time and effort provided by the coaching staff. Attend the preseason parent's meeting and read the "Student/Parent Athletic Handbook." Follow the chain of command when you have a concern. Express concerns and questions in a courteous manner and do it at the right time and in the proper setting. Abide by all the regulations and procedures for our athletic program.

## **Parent Fan Expectations**

As a parent and fan, your support of your child at athletic events is important to your child and the MHS. Because of the importance of your support, we ask you to serve as a good role model for students, athletes, and other fans by showing respect for everyone involved in the contest. This includes coaches, athletes, officials and other fans. Be sensible, responsible, and keep your priorities in order. Participating on a VHSL team is a wonderful opportunity for your child to grow physically, socially, and emotionally.

## **Spectator Conduct**

The VHSL requires school districts to monitor spectator behavior at all school sponsored activities. Accordingly, an event supervisor(s) may request any person involved in misconduct to leave the premises and may contact the police for assistance. The school has the authority to suspend individuals from attending all school sponsored activities for spectator misconduct. Chesterfield County Public Schools appreciates positive support from all spectators.

Please remember that rude and obnoxious behavior cannot be tolerated at any contest. When it becomes apparent that a spectator is unable to exhibit good sportsmanship, school officials must ask him/her to leave the event.

Spectators should:

- Cheer enthusiastically for their team. Also, show interest in the contest by applauding the good plays or performances of both teams.
- Help your child learn that success is oriented in the development of a skill and should make a person feel good about themselves, win or lose.
- Remember that school athletics are learning experiences for students and mistakes are sometimes made.
- Understand that a ticket is a privilege to observe the contest, not a license to verbally attack others or be generally obnoxious.
- Refrain from booing, stamping the bleachers, or making disrespectful remarks toward players, officials, or coaches.
- Show respect for the opposing players, coaches, spectators, and support groups.

- Obey officials, school administration, and other faculty supervisors who are responsible for keeping order.

**CCPS strives at all times to provide safe, supportive, and inclusive atmosphere for all students, free of discrimination and harassment. .**

### **Parents, Coach and Athlete Communication**

**Communication You Should Expect from Your Child's Coach:** 1. Philosophy of the coach. 2. General expectations 3. Locations and times of all practices and contest 4. Team requirements, special equipment, strength and conditioning program 5. Procedure if your child is injured during participation 6. Team rules, guidelines, and consequences for infractions 7. Lettering criteria 8. Team selection process

**Communication Coaches Expect from Athletes/Parents:** 1. Concerns related to your child's general welfare 2. Notification of any schedule conflicts in advance 3. Notification of illness or injury as soon as possible

**Appropriate Concerns to Discuss with Coaches:** 1. Ways to help your child improve 2. Concerns about your child's behavior

It is very difficult to accept your child not playing as much as your hope. Coaches are professionals. They make decisions based on what they believe to be the best for all student athletes involved. As you have seen from the previous list, certain things can be and should be discussed with your child's coach. Other things, such as the following, must be left to the discretion of the coach: playing time, team strategy, play calling and other student athletes.

**Conflict Resolution:** Both athletes and parents are urged to discuss their concerns with the coach in the appropriate setting and at the appropriate time. It is desirable for conflicts to be resolved by an athlete with his/her coach. Occasionally, however, situations arise where conflicts are not able to be resolved through this interaction and the assistance of the DSA and/or principal is needed. These situations may require a conference between the coach and player, or coach and parent. These conferences are encouraged. It is important that all parties involved have a clear understanding of the other person's position.

**If You Have a Concern to Discuss with a Coach:** Weigh what your child says; they might slant the truth to their advantage. If you as a parent has a concern, take time to talk with coaches in an appropriate manner including proper time

and place. Be sure to follow the designated chain of command. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature usually do not promote positive resolutions. Call the coach to set up an appointment. If the coach cannot be reached, call the DSA to help set up the meeting for you.

**The Next Step:** What can a parent do if the meeting with the coach did not provide a satisfactory resolution? Call and set up an appointment with the DSA to discuss the situation. At this meeting the appropriate next step can be determined.

**\*\* Please try to adhere to the “24 Hour Rule.” Whatever you feel like doing or saying can be done or said 24 hours later; however, in most cases you won’t feel like saying or doing it after the emotion has subsided.\*\***

## CCPS Anti-Hazing Statement

The Principals of Chesterfield County High Schools, in an effort to promote a positive atmosphere in all student activities, subscribe to the following anti-hazing statement set forth below. It is the intention of the county principals as members of the VHSL, that this information be shared with all members of the school community.

**Virginia Code Section 18.2-56:** “It shall be unlawful to haze, or otherwise mistreat so as to cause bodily injury any student at any school, college or university. Any person found guilty thereof shall be guilty of a Class 1 misdemeanor, unless the injury would be such as to constitute a felony, and, in that event the punishment shall be inflicted as is otherwise provided by law of the punishment of such felony.”

**Hazing Defined:** Initiation rituals or any other type of activity that targets new team members or underclassmen are not allowed. Students who engage in such acts with or without a coach's knowledge are subject to disciplinary action by the school administration. Hazing occurs when an act is committed against a student or student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into, or affiliated with, any school group, club, athletic team, grade level, activity, or organization.

Hazing Includes, but is not limited to:

- Any activity involving an unreasonable risk of physical harm, including, for example, paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body, or participation in physically dangerous activities.
- Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or other substance that subjects the student or an unreasonable risk of physical harm.
- Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature.
- Any activity that subjects a student to an extreme or unreasonable level of embarrassment, shame, or humiliation or which creates a hostile, abusive, or intimidating environment of the student.
- Any activity involving any violation of federal, state, or local law or any violation of school district policies and regulations.

- Initiation rituals or any other type of activity that targets new team member or underclassmen are not allowed. Students who engage in such acts with or without a coach's knowledge are subject to disciplinary action by the school administration. Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk or harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletic team, grad level activity, or organization.

**Process for the Reporting of Suspected Instances of Hazing:** All incidents of hazing should be reported immediately to school administrators.

## **Social Media Position Statement**

Social Media has become ingrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. Social media technologies such as Twitter, Facebook, Internet forums, blogs, microblogging, Wikis, podcasts, photographs, video rating, social bookmarking, and others have many benefits in our world; however, they can also be disruptive when inappropriate social media postings occur. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others.

Chesterfield County Public Schools recognizes and supports its student-athletes' and coaches' rights to freedom of speech, expression, and association, including the use of social networks. In this context, each student-athlete and coach must remember that participating and competing for CCPs is a privilege, not a right. The student-athlete and coach represent his/her high school, and therefore, they are expected to portray themselves, their team, and their high school in a positive manner at all times. Any online postings must be consistent with federal and state laws, as well as team, school, school division regulations (including those listed below).

### **Specifically Prohibited Behaviors Include But Are Not Limited To:**

- Sexually explicit, profane, lewd, indecent, illegal, or defamatory language/actions.
- Derogatory language regarding school personnel or other students.
- Comments designed to harass or bully students and/or school personnel.
- Nude, sexually-oriented, or indecent photos, images or altered pictures.
- 

### **Also Prohibited are all On-Campus Connections to Off-Campus Violations of the Policy:**

- Use of school computers to view off-campus postings
- Students accessing posts at school on their own devices.
- Distribution of hard copies of posts on school property.
- Re-communication on campus of the content of the posts.

Any authorized or unauthorized use in school or out of school of computer software, computer networks, telecommunications devices, information technology, and related

technologies, which disrupts or interferes with the educational process in any manner is prohibited and may result in removal from the team or activity.

### **Social Media Guidelines for Student-Athletes:**

1. Be careful with how much and what kind of identifying information you post on social networking sites. It is unwise to make available information such as full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Remember- once posted the information becomes the property of the website.
2. Be aware that potential current and future employers and college admissions offices often access information you place on online social networking sites. Realize that any information you post will provide an image of you to prospective employers an/or schools. The posting is considered public information. jProtect yourself by maintaining a self-image that you can be proud of years from now.
3. Be careful in responding to unsolicited emails asking for passwords or PIN numbers. Reputable businesses do not ask for this information online.
4. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. Social networking sites are NOT a place where you can say and do whatever you want with repercussions.
5. Remember that photos once put on the social network site's server becomes the property of the site. You may delete the photo from your profile, but it still stays in their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.

One of the biggest lessons social networking users can learn is that anything you post online enters the public record. High school students should carefully consider their profiles and ask themselves how they would look to a future college admissions officer or potential employer.

## **Out of Season Practice**

**27-7-1 Out of Season Practice Rule** - All VHSL member school sponsored athletic teams are restricted from any organized activities during designated “dead periods.” Out-of-season dead periods shall be 10-day periods beginning with the first permissible practice date of a sports season as published in the VHSL Calendar. A summer “dead period” for all athletic teams shall be week 1 of the NFHS standardized calendar. During dead periods, no coaching, observing or contact between a coach(s) or player(s) may occur in the VHSL member school sponsored athletic team or activity involved. There may be no VHSL member school sponsored practice, open facilities, weight training/conditioning, out of season league(s) or member school sponsored clinics/camps. Outside of dead periods, all VHSL member school sponsored activities may occur on any day except Sundays. Team vs. team competition may occur only in camps or leagues. Schools, districts and/or regions may impose more restrictive guidelines. VHSL catastrophic insurance is not applicable to any out-of-season activities.

**27-7-3 Penalty** - Any school adjudged guilty of violating the Out-of-Season Practice Rule shall be subject to a fine as stated in 30-5-1 and such disciplinary action, including ineligibility for district championships, as the appropriate district committee, interdistrict committee or VHSL Executive Director may impose.

Additional District Guidelines;

- No spring football practice with pads/equipment.
- No school to school competition.
- All participants must have a current VHSL physical and all other required forms.
- Only school coaches may work with students during VHSL out-of-season activities (cannot just bring in anyone; must be on the school’s coaching list)
- Out-of season activities CANNOT BE MANDATORY
- Out-of-season activities MUST BE OPEN TO ALL STUDENTS WITH A PHYSICAL AND ALL OTHER NECESSARY FORMS
- Out-of-season activities CANNOT BE CONSIDERED CRITERIA FOR TRY-OUT

Dead Periods:

- Fall Dead Period - First two weeks starting with the commencement of fall sports.
- Winter Dead Period- First two weeks starting with the commencement of winter sports.

- Spring Dead Period - First two weeks starting with the commencement of spring sports.
- Summer Dead Period - Generally the week of the 4th of July.

Specific dates will be provided by DSA and published yearly.

### **NFHS Sports Hygiene Guidelines**

Preparation for competition in any sport requires proper training and practice. Whether it means preparing your body or maintaining your equipment, proper preparation is necessary. Keeping your body and equipment clean is part of the process. Infectious diseases do propagate and are easily transmitted in the sports environment. Contact sports and those with heavy amounts of equipment are more prone than others, but needless to say, proper hygiene is necessary in all sports to reduce the potential of transmitting these agents. The NFHS Sports Medicine Advisory Committee realizes these issues and has helped establish guidelines to educate the sporting and medical community about their presence and means to reduce transmission of sports related infectious disease.

#### **Proper Hygienic Practice -**

1. Shower immediately after each practice or competition. Use your own bottled soap and towel and don't share them with others, let alone other toiletries. Studies have shown that transmission of infectious diseases can occur when these items are shared with other athletes.
2. Don't share water bottles. Viruses and bacterial infections can be easily transmitted via a shared bottle.
3. Don't perform cosmetic shaving. Needless shaving of the chest or legs or genital areas has been associated with increased outbreaks of Methicillin-Resistant Staphylococcus Aureus (MRSA).
4. Wash equipment on a routine basis. Work-out clothing after each practice. Consider washing smaller pads (for knees or elbows) on a weekly basis or if soiled with contaminated material, each day. Larger pads, such as those in Field Hockey or Football, should be disinfected on a routine basis.
5. Don't let abrasions or open sores go without evaluation by your coach or Certified Athletic Trainer (ATC). Be sure to keep them clean and covered with proper dressings.
6. Inform your coach or ATC about any suspicious lesion at the beginning of practice. Consider withdrawal from practice or competition until the lesion is evaluated by your Healthcare Provider (HCP). If it is considered infectious, wait to return to competition until it has been cleared by your HCP.
7. Don't use a whirlpool or cold tub with any open wounds, scrapes or scratches.
8. Shower before using whirlpool or common tubs.

Following these guidelines will help reduce the occurrences and outbreaks of infectious diseases. This will take an active participation of the coach, parent and athlete.

### **Covid 19 Protocol**

1. Coaches will have masks on at all times and athletes will have masks on when not actively participating under the coach's supervision.
2. Coaches and athletes will do their best to practice social distancing of 6-10 feet.
3. Coaches will conduct the Covid checklist and take temperature daily.
4. Coaches and athletes will have hand sanitizer available and encourage use at all breaks.
5. No spectators will be permitted to attend/watch practice.
6. All equipment, areas touch, and uniforms (some teams send them home) will be cleaned and sanitized by coaches.
7. Athletes need to leave/pickup on time, because waiting in the building will not be permitted.
8. If an athlete has been exposed or tested positive let the coach know immediately.