

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

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

45<sup>th</sup> ANNUAL 2018 CIAC GIRLS CROSS COUNTRY CHAMPIONSHIPS  
87<sup>th</sup> ANNUAL 2018 CIAC BOYS CROSS COUNTRY CHAMPIONSHIPS

Tournament Director

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The Cross Country Tournament information is arranged as follows:

1. Authority
2. Awards
3. Dates, Meets, Sites, Times
4. Divisions
5. Entry Procedure
6. Meet Director
7. Inspection of Course
8. Park and Admission Fee
9. Late Entry Fee
10. Meet Regulations
11. Numbers
12. Team Pictures
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20. Unmanned Aerial Systems at CIAC Events
21. Sportsmanship

## SHOE CHIPS

In addition to the bib numbers that have been used in the past, each team will be issued seven (7) timing chips which will be placed on the athletes' left or right foot. The chip can be laced into the shoelaces or secured with the nylon ties provided. The chips and ties will be issued in a zippered pouch. At the conclusion of the race, **coaches must retrieve** the chips from their athletes, place them in the pouch, and return them to the registration tent. There will be a charge of \$20 for each missing chip or pouch. Additional instructions will be provided in the packet coaches pick up upon arrival at the meet.

Because of the switch to chip timing, there will be no more chutes at the finish line. However, **athletes must still NOT stop on the finish line**, and must promptly proceed down the hill to the exits. To prevent congestion in this area, athletes should not remove their timing chips until after they have exited the finish line area. Again, coaches are responsible to collect the timing chips and return them to the registration personnel.

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1. **AUTHORITY** – The decisions of the CIAC Girls and Boys Cross Country Committees and/or the Meet Director relative to the operation of the meets shall be final.
2. **AWARDS** – Individual awards will be given to the first twelve (12) finishers in each Divisional Championship, and also the first twenty-five (25) finishers in the Open Championship. Awards will be given to a maximum of twelve (12) runners listed on the entry form of the first and second place team in each divisional and open championship. A plaque will be awarded to the winner and runner-up teams in each divisional and open championship event. Awards will be presented at the finish area **approximately 30 minutes after the conclusion of the race. (Coaches please have your athletes in the area soon after the race.)**
3. **DATES OF MEETS / SITES / STARTING TIMES**

The **Boys and Girls Divisional Championship Meets** for 2018 shall be as follows:

All divisional championship races will be held at:

Wickham Park, Manchester, CT

Saturday, October 27, 2018

(Weather date – Sunday, October 28 and/or Monday, October 29)

Please note – if it becomes necessary to reschedule to Monday, the meet will be held during the school day.

**Boys starting times for each race will be:**

L Division	–	9:15 a.m.	SS Division	–	1:00 p.m.
LL Division	–	10:20 a.m.	M Division	–	2:05 p.m.
S Division	–	11:25 a.m.	MM Division	–	3:10 p.m.

**Girls starting times for each race will be:**

L Division	–	9:45 a.m.	SS Division	–	1:30 p.m.
LL Division	–	10:50 a.m.	M Division	–	2:35 p.m.
S Division	–	11:55 p.m.	MM Division	–	3:40 p.m.

All races will start **promptly** at the time listed.

The **Boys and Girls State Open Championship** will be held at:

Wickham Park, Manchester, CT

On Friday, November 2, 2018

(Weather date – Sunday, November 4 or Monday, November 5)

**Boys starting time** for the race will be 2:00 p.m. / **Girls starting time** for the race will be 2:45 p.m.

The **New England Championship** will be held at:

Derryfield Park, Manchester, NH

on Saturday, November 10, 2018

4. **DIVISIONS** – The 2018 Boys and Girls Cross Country Championships will be operated in six (6) divisions. Placement of schools is based on the 2017-18 girl or boy enrollment in grades 9-12.

<b>Girls Divisions:</b>	LL Division – 725 and over	M Division – 375 - 434
	L Division – 575 - 724	SS Division – 240 - 374
	MM Division – 435 - 574	S Division – Up to 239

<b>Boys Divisions:</b>	LL Division – 725 and over	M Division – 331 - 420
	L Division – 565 - 724	SS Division – 233 - 330
	MM Division – 421 - 564	S Division – Up to 232

**Note: Schools should notify the CIAC of any incorrect placement by September 28, 2018. No changes will be made on the day of the event.**

NOTE: Tournament divisions are available on the cross country page at [ciacsports.com](http://ciacsports.com).

5. **ENTRY FEE / ENTRY FORM**

- Each girls and/or boys team entering the championships will be assessed an entry fee of \$100, which must be mailed to the CIAC office, 30 Realty Drive, Cheshire, CT 06410. Make check payable to CIAC.
- Entry Forms / Tournament Rosters can be submitted on the eligibility center or the submit scores / forms option under the CIAC for Coaches menu at [ciacsports.com](http://ciacsports.com). Rosters must be submitted no later than Noon, Monday, October 22, 2018.**
- Start List** – Start list will be posted on CIAC web site approximately five (5) days prior to the class meets. Schools should follow the online substitution procedure and **BRING THE SUBSTITUTION FORM TO THE MEET.**
- Results – Class** – Results of individual Class Meets will be announced and posted following the conclusion of each race. **Results will be available on the CIAC web site – [www.ciacsports.com](http://www.ciacsports.com).**

6. **MEET DIRECTOR** – The Boys and Girls Meet Director for both the Divisional and Open Championships will be Bill Baron, 29 Apple Tree Lane, South Windsor, CT 06074 – Telephone (860) 644-1264 (home) / Email: [baronwm71@gmail.com](mailto:baronwm71@gmail.com)

The Boys and Girls CIAC Cross Country Chair is Donn Friedman, 57 Northern Boulevard, Colchester, CT 06415 – Telephone (860) 416-1884 (cell) / Email: [donn@cnesspa.org](mailto:donn@cnesspa.org).

- INSPECTION OF COURSE** – Schools are encouraged to inspect the course prior to the day of the meet to keep the course free of traffic for the racers. On the day of the class meets the Wickham Park course will not be open for inspection until 8:00 a.m. On the day of the Open Meet the park will not be open until 12:00 Noon.
- PARKING FEE** -- Be advised that a spectator parking and CIAC event admission fee of \$10 per car will be collected for both the Class and Open Championships.

Cars illegally parked outside the Wickham Park facility, especially on Tolland Street near the back entrance to the park, may be ticketed and towed.

9. **CIAC LATE ENTRY POLICY**

- No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.**

- b. Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per corrections to a maximum of \$250.
- c. All requests for corrections must be submitted on a support ticket via the online eligibility center. **No telephone requests will be considered.**

**TOURNAMENT REGULATIONS VIOLATIONS** – If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings which non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$500 will be imposed upon the school before entry into the tournament will be allowed.

10. **MEET REGULATIONS** – All state meets shall be governed by the following regulations:

- a. Only institutional members of the Conference may enter these championships.
- b. For girls races – All courses will be 5,000 meters  
For boys races – All courses will be 5,000 meters
- c. The team roster for the state and open meet shall consist of seven (7) runners, plus all others eligible to compete. There is no minimum as to the number of competitors a school may enter be it 1, 2, 3, etc., there is a maximum of seven (7) runners who may run in an event. Seven (7) runners may compete in the state and open meets, these seven (7) runners need not be the same for each meet. Substitutions may be made to the original seven up to thirty (30) minutes before the start of the race.
- d. The Open Meet will be made up of the top two (2) teams from each division decided by points, plus eight (8) additional teams decided by having the fastest team times. In a division, any team ranked higher in place scoring than a team advanced to the Open based on time will also advance.
- e. Individual qualifiers for the Open Meet will include the top **twelve (12)** runners in each division plus the thirty (30) fastest runners overall on time beyond the automatic qualifiers.
- f. Qualifiers for the New England Championships will be the **top six (6) teams** and the **top twenty-five (25) individual** finishers from each boys and girls race at the Open Meet.
- g. Each runner must be eligible for interscholastic competition under the Rules of Eligibility and Control for Boys and Girls High School Athletics in Connecticut and have been a member of his/her team for four (4) separate regular season meets held on four separate dates.
- h. Coaches are expected to maintain discipline over their runners at all times. We are guests at the Championship site and every precaution must be taken to insure that the site is not damaged or that acts of theft and vandalism do not occur. Coaches and their schools will be held liable for the action of their runners. **PRINCIPALS AND COACHES ARE ASKED TO INFORM THEIR RUNNERS AND FANS THAT GRILLS, FOOTBALLS, FRISBEES, RADIOS AND OTHER SUCH ITEMS ARE NOT TO BE BROUGHT TO THE CHAMPIONSHIP SITE.**
- i. Runners will not be allowed to participate without the presence of their coach or an adult officially designated in writing by their principal.
- j. Scoring will be in accordance with National Federation Rules.

(NOTE: If fewer than five (5) competitors of a team finish, the places of all members of that team shall be disregarded and all other team scores re-ranked. **Also, runners must finish within 26 minutes for boys and 31 minutes for girls after the start of the race to be tabulated in the scoring.**)

k. **ANY RUNNER WHO USES AN ILLEGAL AID OTHER THAN A WATCH, SUCH AS A HEART RATE MONITOR, SHALL BE DISQUALIFIED.**

l. Athletic trainers will be available on site and located past the finish area.

m. The finish line area is “off limits” to coaches, spectators and parents. Team or competitor disqualification may occur.

n. Coaches are to bring a large plastic garbage bag so that what the team packs in may be packed out.

11. **NUMBERS** – Coaches are to check in at the registration area no later than 30 minutes prior to the start of the race in which their runners are competing. Numbers will be given at that time. Pins will be provided by the meet director.

12. **TRAVELING EXPENSES** – Competing schools must provide their own transportation at their expense.

13. **UNIFORMS / DRESSING FACILITIES** – **Each team member shall wear the same color and design team uniforms (jersey and trunks). Apparel worn under the jersey by more than one (1) team member (two or more) must be the same color. Note: Apparel worn under the uniform jersey and shorts must be of a single color. (Names on tights, etc. are prohibited.)**

Uniforms must be in compliance with the National Federation rules as stated in the National Federation rule book. All team and individual runners must come dressed for competition. Dressing room accommodations will not be available.

For safety and weather related conditions, the CIAC cross country committee has the authority to permit wearing additional attire for competitors.

**NOTE: THIS REGULATION WILL BE STRICTLY ENFORCED AT ALL CIAC CHAMPIONSHIP MEETS. VIOLATORS MAY BE DISQUALIFIED.**

**Hair Control Devices and Headbands Clarified** – There have been numerous questions recently relating to the legality of certain hair-control devices. Players may wear rubber bands, scrunchies, pre-wrap and narrow, multi-colored elastic bands to hold their hair back. These items are not considered headbands and therefore do not fall under the new headband rule. These items do not have to be the same color as the uniform or white, they can be of any color, they do not have to be a single color and are not subject to the logo restrictions.

Further, a ribbon worn in *addition* to a hair-control device is considered to be a head decoration, and is prohibited. If a ribbon is being worn as a hair-control device, it would be permitted provided it is not judged to be dangerous or inappropriate by the referee.

Rule 9-6-3d – Unadorned devices such as bobby pins, barrettes and hair clips, no longer than two inches, may be worn to control a competitor’s hair.

14. **ROAD RACE PARTICIPATION** – With the approval first given by the Coach and then with the approval of both the Athletic Director and Principal, a member of the cross country team may enter a road race of 5K or less as an “UNATTACHED ATHLETE” in a maximum of four (4) road races per season provided he/she complies with weekly limitations and satisfies all of the requirements of an “UNATTACHED ATHLETE” stated in the CIAC Handbook (5.5E). **“Maniac Type” races and other similar events that usually include obstacle courses and other risky and physical challenges are prohibited.** (Sunday is considered the first day of the week 5.5A.) Coaches are responsible for ensuring that their team members know the “road race regulations.

NOTE: Teams and individual runners qualifying for the New England Championship are subject to all CIAC rules. The season for those competing in the New England Championship ends after the New England Meet.

15. **COMPETITORS / FINISH LINE** – Coaches are to instruct their runners to continue forward to the end of the exits. Runners are not to stop after crossing the finish line. 180 plus runners compete in each race.
16. **SCRIMMAGES** – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage.
- All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Sunday practices may be counted to fulfill the 10 day requirement.
17. **STUDENTS WITH SPECIAL NEEDS** - Coaches are reminded to inform contest officials prior to each competition of any students with special needs who could be competing in the contest when his/her disability could impact the individual's performance or the conduct of the competition.
18. **DECISIONS BY GAME OFFICIALS** – Protests arising from the decisions, interpretations and misapplication of the National Federation or CIAC game rules by officials during the contest must be in accordance with the NFHS rules and the CIAC protest procedure stated in the packet. Protests will not be considered after the official conclusion of the meet. The decisions and interpretations of the rules by the officials are final. The record of the official scorekeeper at the conclusion of the contest is final unless an error is discovered. Such error shall be corrected as covered by specific contest rules. Any team leaving the contest area before the conclusion of the contest because of dissatisfaction with the officiating will render the school liable to disciplinary action by CIAC.
19. **UNMANNED AERIAL SYSTEMS AT CIAC SANCTIONED EVENTS** – The use of unmanned aerial systems, often referred to as drones, are prohibited for any purpose by any persons at all CIAC-sanctioned events. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium / field / arena structure. For the purposes of this policy, an unmanned aerial system is any aircraft without a human pilot on board.
20. **SPORTSMANSHIP** – Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. Everyone involved has the obligation to see clearly his/her influence and act accordingly. **The CIAC acknowledges that the school administration is responsible for the athletic program, including the making of broad and specific policies and procedures relating to sportsmanship and the conduct of activities in the school.** To that end, the CIAC urges each school principal to adopt the following sportsmanship procedures and standards for their school and to champion the “Class Act” sportsmanship program as these standards will be used in all CIAC post-season contests.

#### **CIAC Sportsmanship Guidelines**

- The CIAC requires that all school personnel – administrators, faculty, and coaches – give special and specific emphasis about CIAC's expectations for good sportsmanship during the regular season as well as CIAC tournaments requiring that athletes and members of the student body conduct themselves in a manner that reflects nothing but credit upon your school. Any unsportsmanlike conduct on the part of students and adults is unacceptable and will be addressed with strong and appropriate measures.
- The CIAC Sportsmanship standards should be as widely disseminated as possible using the student-parent handbook, student-athlete handbook, school newspaper, parent newsletter, school web site and the local media.
- The CIAC Sportsmanship standards for spectators should be read by PA announcers prior to each contest.
- The CIAC Sportsmanship standards of conduct be prominently posted to all sports venues.
- When event programs are provided, the CIAC Sportsmanship standards be included.
- Member schools require having athletes, parents/guardians, sign an acknowledgment which would show that they have read the student-athlete handbook and understand the CIAC Sportsmanship standards.
- Member schools work with community officials to insure that levels of the CIAC Sportsmanship standards are enforced when contests are held at their school and at non-school facilities.

- The CIAC and the CIAC sports committees insist the CIAC Sportsmanship standards be rigorously enforced at all regular season contests and at all CIAC tournament contests. This is particularly important when contests are held at non-school sites.
- Member schools will conduct a pre-season meeting with student-athletes, coaches and parents to review the CIAC Sportsmanship standards.
- Member schools should communicate with opposing schools and inform them they are a “Class Act School” and provide them with the CIAC Sportsmanship standards which will be strictly adhered to.
- Member schools hosting a game should make available to visiting schools necessary game information – includes directions for parking, location of ticket booths, seating arrangement, ticket prices, game time, directions for each game site.
- Member schools hosting a game should designate specific seating areas for students, bands, adults and visitors. If possible, opposing student bodies should be separated.
- Member schools hosting a game should arrange for adequate police supervision.
- When possible the member schools hosting a game should assign officials to dressing facilities separated from both teams. Provides escorts for the officials when it appears that disturbances may develop.
- Member schools should take measures to prevent fans from getting near or on the playing area and around the players benches. After the contest, prevents fans from going onto the playing area.
- Member schools should provide for adequate supervision of students and facilities. Supervisors should sit in the stands with the students.
- **Member schools should support and adhere to ALL the following CIAC standards.**

### **The CIAC “Class Act” Sportsmanship Standards**

#### **ALL Spectators (including parents):**

- Will adhere to the host school’s acceptable dress code at all home and away contests commensurate with classroom behavior. For CIAC tournament contests all spectators will be appropriately attired with their torso completely covered and with no visible degrading or demeaning writings/logos.
- Any signs displayed must be positive in nature, reference only the school supported by the sign maker, and must be pre-approved by the Athletic Director of the school referenced in the sign.
- During outdoor sports, no air horns or horns of any kind or whistles will be used, and any other noisemakers will be allowed with the host athletic director’s approval and only be used during “dead ball” situations to celebrate good play. During indoor sports, no noisemakers will be used. Pep bands are allowable at a home contest if the school provides adult supervision and the band only plays during “dead ball” situations.
- Spectators will cheer positively to support their team, will not cheer negatively against the opponent.
- Spectators will show respect for the game officials and their decisions.
- Spectators will show respect for the playing of the National Anthem.

#### **Game Personnel / Announcers:**

- Will explain and consistently enforce host school expectations for spectators.
- Will be enthusiastic but not show favoritism while making announcements, and never publicly question or criticize the players, coaches, or officials.
- Will encourage respect for the National Anthem and remind spectators to remove caps and stand.

#### **Coaches:**

- Will exemplify high moral character, behavior and leadership, lead by example, and set a standard for players and spectators to follow both on and off the athletic arena.
- Will teach players the rules of the game and to respect the game, and will take action when athletes exhibit poor sportsmanship.
- Will respect the integrity and judgment of officials and will not publicly criticize or question the decisions of officials.
- Will be aware of the competitive balance of contests and will manage the score in a manner that is sportsmanlike and respectful of opponents.

**Players:**

- Will accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship and discipline in all aspects of the game.
- Will demonstrate respect for self, coach, teammates, opponents, officials and spectators by exhibiting good character and conducting themselves as a positive role model.
- Will win and lose graciously.
- Will cheer for your team, not against your opponent.
- Will congratulate opponents in a sincere manner following either victory or defeat.



## **2018 CIAC CROSS COUNTRY TOURNAMENT ENTRY FORM**

All tournament forms must be submitted via the online eligibility center section of the CIAC web site located at <http://www.casciac.org/elig/eligibility.cgi>. This area of the site requires the school's username and password for entry. Tournament Rosters / Entry Forms can also be submitted on the submit scores/forms option under the CIAC for Coaches Menu at [ciacsports.com](http://ciacsports.com).

Worksheets for collecting the information needed to submit the online forms can be found on the following pages. These worksheets are intended for giving to coaches to provide information for submission to the school officials who will be filing the information online. Under no circumstances will printed forms be accepted in lieu of submissions via the eligibility center.

The following forms must be submitted for the sport of cross country:

1. Entry Form \*
2. Substitution Form – if making any changes to your line-up at the meet you must do so on the substitution form which can be printed from the online eligibility center.

\*For these forms, you may find it easier to print out a copy of the actual web form, instead of using the worksheet, since the web form will be filled in with your eligible players and/or game schedule. Any form in the online eligibility center can be printed without being submitted.

### **CIAC ONLINE ELIGIBILITY CENTER CROSS COUNTRY WORKSHEET**

Information Required:

The seven runners most likely to run are:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Head coach:

School telephone

Home telephone

Principal:

Athletic Director:

Certifying Medical Official:

## HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. This can lead to heat-related illnesses. Heatstroke deaths are fully preventable in high school sports if the proper precautions are taken.

During hot weather conditions the athlete is subject to the following:

**HEAT CRAMPS** – HEAT CRAMPS ARE A MILD HEAT ILLNESS THAT CAN BE EASILY TREATED. These intense muscle spasms usually develop after an athlete has been exercising for a while and has lost large amounts of fluid and salt from sweating.

**HEAT SYNCOPE** – Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat.

**HEAT EXHAUSTION** – Heat exhaustion is a moderate heat illness that occurs when a child continues to be physically active even after he or she starts suffering from ill effects of the heat, like dehydration. The child's body struggles to keep up with the demands, leading to heat exhaustion.

**HEAT STROKE** – Heat stroke is a severe heat illness that occurs when an athlete's body creates more heat than it can release, due to the strain of exercising in the heat. This results in a rapid increase in core body temperature, which can lead to permanent disability or even death if left untreated. An acute medical emergency related to thermo-regulatory failure, associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heatstroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. The following practices and precautions are recommended:

1. Each athlete should have a physical exam with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State high school association's recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly.
3. Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **GRADUAL ACCLIMATIZATION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7 to 10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum ten minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES**. Check and be sure athletes are drinking the water.
5. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 65 ..... Unlimited activity  
 65-73 ..... Moderate risk

73-82 ..... High risk  
 82-plus ..... Very high risk

There is also a weather guide for activities that last 30 minutes or more (Fox and Mathews, 1981) which involves knowing the relative humidity and air temperature.

<u>Air Temp</u>	<u>Danger Zone</u>	<u>Critical Zone</u>	
70F	80% RH	100% RH	RH = Relative Humidity
75F	70% RH	100% RH	
80F	50% RH	80% RH	
85F	40% RH	68% RH	
90F	30% RH	55% RH	
95F	20% RH	40% RH	
100F	10% RH	30% RH	

One other method of measuring the relative humidity is the use of a sling psychrometer, which measures wet bulb temperature. The wet bulb temperature should be measured prior to practice and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

Under 60F	Safe but always observe athletes
61 - 65F	Observe players carefully
66 - 70F	Caution
71 - 75F	Shorter practice sessions and more frequent water and rest breaks
75 plus F	Danger level and extreme caution

6. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **Never use rubberized clothing.**
7. Athletes should weight each day before and after practice and **WEIGHT CHARTS CHECKED**. Generally a three percent weight loss through sweating is safe and over a three percent weight loss is in the danger zone. Over a three percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. **Do not allow athletes to return to practice until they have adequately replaced their weight from fluid loss.**
8. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
9. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit, but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
10. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.
11. Parents' and Coaches' Guide to Dehydration and Other Heat Illnesses in Children  
<http://www.nata.org/consumer/docs/parentandcoachesguide.pdf>

**HEAT STROKE – THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL. ACTIVATE YOUR EMERGENCY ACTION PLAN BY CALLING – 911.**

**A rectal temperature not oral, aural, or temporal is diagnostic of heatstroke.** Other methods of temperature have given false core body temperatures and caused delay in care. If you are unable to obtain a rectal temperature it is safer to

cool the athlete then delay. **Immediately cool the athlete while waiting for transfer to a hospital.** Remove equipment and immerse body in ice cold water and keep cooling athlete.

Despite the many ways athletes can be cooled, immersion therapy has the best cooling rates. Ice water immersion should be your choice of cooling. A plastic kiddie pool or large plastic tub filled with water and with ice on stand-by should be available at all practices and games. Continue cooling efforts until EMS arrives. Recommendation is to continue cooling the athlete until core temperature is <100 degrees Fahrenheit.

**HEAT EXHAUSTION – CONTACT LICENSED HEALTH CARE PROVIDER.** Cool body as you would for heat stroke while waiting for medical personnel. Activate your emergency action plan.

**SUMMARY** – The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans. Athletes that appear to have heat stroke or heat exhaustion should be cooled by ice water immersion.

## **RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT-RELATED ILLNESS**

### **Types of Sports Drinks**

#### **Fluid Replacers**

Examples: Water, Gatorade, Powerade, 10K, Quickkick, Max

These non-water carbohydrate containing drinks are absorbed quickly and typically are used for activities lasting more than an hour.

#### **Carbohydrate loaders**

Examples: Gatorlode, Exceed High, Carboplex, etc.

These drinks replace more muscle glycogen to enhance greater endurance.

They should be used after ultra-endurance events to increase muscle glycogen resynthesis after exercise.

#### **Nutrition Supplements**

Examples: Chocolate milk, Gatorpro, Exceed Sports, Ultra Energy, etc.

These supplements are fortified with vitamins and minerals and they help athletes maintain a balanced diet.

They help restore muscle glycogen stores after exercise.

They provide extra calories for athletes beyond a proper balanced diet.

### **What Not to Drink**

Drinks with carbohydrate (CHO) concentrations of greater than eight percent can cause upset stomach due to high carbohydrate load and delay water absorption.

Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.

Beverages containing caffeine will effect hydration since urine production will increase compared to non-caffeinated beverages.

Carbonated beverages are found to cause decreased voluntary fluid intake.

Alcoholic beverages are inappropriate for high school athletes.

### **Hydration Tips and Fluid Guidelines**

Drink according to a schedule based on individual fluid needs.

Drink before, during and after practices and games.

Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.

Drink 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.  
Drink early – By the time you're thirsty, you're already dehydrated.  
In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.  
Drink fluids based on the amount of sweat and urine loss.  
Within two hours, drink enough to replace any weight loss from exercise.  
Drink approximately 20-24 ounces of sports drink per pound of weight loss.  
Dehydration usually occurs with a weight loss of two percent of body weight or more.

### **What to Drink During Exercise**

If exercise lasts more than 50 minutes, a sports drink should be provided during the session.  
The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO.  
During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and fluid absorption rate, thus aid in hydration.  
Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and should be avoided during exercise.  
Fluids with salts (sodium chloride, potassium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the small amount of salts lost with water.  
Salts should never be added to drinks, and salt tablets should be avoided, because they lead to slower gastric absorption.  
Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.

### **Dehydration, Its Effects on Performance, and Its Relationship to Heat Illness**

Dehydration can affect an athlete's performance in less than an hour of exercise. Sooner if the athlete begins the session dehydrated.  
Dehydration of just one to two percent of body weight (only 1.5-3 lbs., for a 150-pound athlete) can negatively influence performance.  
Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).  
High body fat athletes can have a harder time with exercise and can become dehydrated faster than lower body fat athletes working out under the same environmental conditions.  
Poor acclimatization to heat or lower fitness levels can greatly contribute to an athlete's dehydration problems. This is important with the first practices of year, especially in the summer.  
Certain medications or fevers can greatly affect an athlete's hydration status.  
Environmental temperature and humidity both contribute to dehydration and heat illnesses.  
Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.  
Wet bulb globe temperature measurements should be taken 10-15 minutes before practice, and the results should be used with a heat index to determine if practices or contests should be started, modified or stopped.  
A Heat Index chart should come from a reputable source like the National Oceanic and Atmospheric Association, or National Athletic Trainers Association.  
A relative humidity of greater than 40 percent and a temperature of 90 degrees Fahrenheit are likely to cause heat illness, extreme caution should be used.  
A relative humidity of 80 percent and a temperature of 84 degrees Fahrenheit are likely to cause heat illness, extreme caution should be used.  
A relative humidity of 80 percent and 90 degrees Fahrenheit are likely to cause heat stroke and these conditions are considered dangerous.

<http://www.weather.gov/om/heat/heatindex.shtml>

**Connecticut State Department of Education and the Connecticut Interscholastic Athletic Conference**  
**Concussion and Head Injury Annual Review 2018-19**  
**Required for ALL School Coaches in Connecticut**

This document was developed to provide coaches with an annual review of current and relevant information regarding concussions and head injuries. It includes guidance from the 2017 Concussion in Sport Group consensus statement that was developed to provide further understanding and management of sports-related concussion.

In addition to reviewing this document, the annual review must include one of the following prescribed resources: Connecticut Concussion Task Force video, Centers for Disease Control and Prevention (CDC) Heads Up: Concussion in Youth Sports training course, or the National Federation of State High School Associations (NFHS) concussion training course. Links to these resources can be found at: <http://concussioncentral.ciacsports.com/>. A new form is required to be read, signed, dated and kept on file by coaches' associated school district annually to comply with Section 10-149b of the Connecticut General Statutes, *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education. Revocation of coaching permit.*

### **What is a Concussion?**

*"A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain." (CDC, 2017)*

### **Section 1. Concussion Education Plan Summary**

The [Concussion Education Plan and Guidelines for Connecticut Schools](#) was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Concussion Education Plan. The complete document is accessible on the CSDE web site at <http://portal.ct.gov/SDE/Publications/Concussion-Education-Plan-and-Guidelines-for-Connecticut-Schools>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum the following:

1. the recognition of signs or symptoms of concussion;
2. the means of obtaining proper medical treatment for a person suspected of sustaining a concussion;
3. the nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion;
4. the proper procedures for allowing a student-athlete who has sustained a concussion to return to athletic activity; and
5. current best practices in the prevention and treatment of a concussion.

### **Section 2. Signs and Symptoms of a Concussion: Overview**

**A concussion should be suspected if any one or more of the following signs or symptoms are present following an impact or suspected impact as described in the CDC definition above.**

**Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):**

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/ slurred speech
- Slow/clumsy movements
- Loses consciousness
- Amnesia/memory problems
- Acts silly/combative/aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate/inappropriate reactions
- Balance problems

**Symptoms of a concussion may include (i.e. what the athlete reports):**

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

State law requires that a coach **MUST** immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred. **Upon removal of the athlete, a qualified school employee (principal, teacher, licensed athletic trainer, licensed physical or occupational therapist employed by a school district, coach or school paraprofessional) must notify the parent or legal guardian within 24 hours that the student-athlete has experienced a head injury and has exhibited signs and symptoms of a concussion.**

### Section 3. Return to Play (RTP) Protocol Overview

It is impossible to accurately predict how long an individual's concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until she/he has received written medical clearance from a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

#### **Concussion Management Requirements:**

1. No athlete SHALL return to participation in the athletic activity on the same day of head injury or concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be transported immediately to the hospital.
3. The athlete should not be left alone after the injury. Close observation and monitoring of an athlete MUST continue following a concussion or head injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

#### **Medical Clearance RTP protocol (There should be at least 24 hours for each step of the progression)**

Stage	Rehabilitation Steps/Aim	Functional exercise at each step of rehabilitation/activity	Goal to each step
0	It is recommended that an initial period of 24-48 hours of both relative physical rest and cognitive rest is achieved before beginning the RTP progression identified in Stages one through six below (McCroory, P.et al., 2017). If at any time signs or symptoms should worsen during the RTP progression, the athlete should stop activity that day. If the athlete's symptoms are gone the next day, she/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms persist (example, more than four days in children or more than 10-14 days in adults) the athlete should be referred to a healthcare professional who is an expert in the management of concussion.		
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training.	Increase heart rate
3	Sport-specific exercise No contact	Running or skating drills. No head impact activities	Add movement
4	Non-contact training drills	Harder training drills (example, passing drills). May start progressive resistance training.	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	Return to full athletic participation

### Section 4. Local/Regional Board of Education Policies Regarding Concussions

***** Attach local or regional board of education concussion policies *****
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**I have read and understand this document and have viewed the prescribed resource material. I understand that state law requires me to immediately remove any player suspected of having a concussion and to not allow her/him to return to participation until she/he has received written medical clearance by a licensed health care professional trained in the evaluation and management of concussions.**

**Coach: (Print)** \_\_\_\_\_ **School** \_\_\_\_\_  
**Coach Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

**References:** McCroory, P., Meeuwisse, W., Dvorak, J., Aubry, M., Bailes, J., Broglio, S., et al., Vos, P. (2017). Consensus statement on concussion in sport – The 5<sup>th</sup> international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*, 0, 1-10. Doi: 10.1136/bjsports-2017-097699. Retrieved from <http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097699.full.pdf>

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