

RED LION AREA SCHOOL DISTRICT

2021—2022

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EXTRACURRICULAR HANDBOOK



ARNOLD FRITZIUS, CAA
DIRECTOR OF ATHLETICS

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EXTRACURRICULAR OBJECTIVES

Mission Statement:

“The mission of the Red Lion Area School District, in partnership with our communities, is to prepare all students to reach their greatest potential, thus becoming responsible and productive citizens.”

Philosophy:

The extracurricular program is an integral part of the educational process of the Red Lion Area School District. The goal is to promote a greater desire in our student body and community to take an active part in our extracurricular programs either as participants or as spectators. As individuals continue through the maturation process of the activities, it is important to remember that participation in extracurricular activities is a privilege.

The focus of the extracurricular program is to develop highly competent students by concentrating on educational values such as citizenship, sportsmanship, health and especially scholastic achievement. The extracurricular program is to occupy a position in the curriculum comparable to that of other subjects or activities and to aid in promoting school morale.

Code of Ethics:

The Code of Ethics pertaining to high school extracurricular activities is to be regarded not only as recommendations but also as rules governing the conduct of schools, coaches, parents/guardians, officials, advisors, athletic directors, and the public.

Section 1:

The coaches and advisors should:

- Have a fair, unprejudiced relationship with participants .
- Teach participants to excel, while participating within National Federation of High School (NFHS) and other governing bodies' rules.
- Respect all participants regardless of outcome.
- Control demeanor at all times.
- Discourage profanity and obscene language at all times.
- Not criticize the actions or decisions of officials or judges.

Section 2:

The Director of Athletics should:

- Arrange schedules, which are educationally and physically sound for the athlete.
- Have a definite and mutual understanding with other athletic directors regarding officials.
- Treat visiting teams and officials as guests.

Section 3:

The Principal should:

- Be honest in certification of participants, refusing certification of any player where reliable information makes possible his ineligibility.
- Foresee possible misunderstandings with other schools and whenever possible, settle them before they materialize.
- Pass on to another school's officials any seemingly authentic information, which calls in question the eligibility of their players.
- Encourage the school's support of its team, but never at the expense of friendly reminders.

Section 4:

The Parent/Guardian should:

- Understand and accept that “Playing Time” is not an area that coaches will discuss.
- Understand that all coaching decisions are at the discretion of the coaching staff and are not subject to discussion.
- Parents/Guardians are not to attend practices unless invited by the coaching staff.
- Never approach a coach/advisor after a game or practice. Contact the coach the following day to set an appointment for discussion.
- Follow the “Chain of Command” in all circumstances.

Parental/Guardian Concern or Conflict Resolution

Step 1: – Coach Level

- All conflict resolution meetings adhere to a strict 24-hour rule whereby any meeting with a coach shall wait a minimum of 24 hours following any contest ending.
- Complaints regarding an individual coach must be made directly to the head coach by the complainant. Every effort should be made to resolve the problem at this stage.
- Meetings at the coach level will always include at least two coaches.

Step 2: – Athletic Director Level

Complaints not resolved with the head coach, must be submitted in writing to the Athletic Director.

The written complaint must contain the following:

- The name of the coach or the specific sport, level of competition, and/or the general athletic concern involved.
- A brief, but specific summary of the complaint and the facts surrounding it.
- The person complaining must sign the complaint.
- Such meetings will occur at the earliest and most convenient time for both parties.
- The Athletic Director will not accept meetings with more than one family at a time.

Note: Because playing time and level or position placement are the sole responsibility of the coach, complaints regarding these items will not be heard beyond the Athletic Director.

Step 3: – Building Principal Level

- If a student-athlete or family is not satisfied with the Athletic Director’s proposed resolution, a meeting with the building Principal may be requested.
- Such meetings will occur at the earliest and most convenient time for both parties.

General Objectives:

Competitions and performances should have as their chief purposes a foundation of positive work habits, a sense of team goals, improved skills, good sportsmanship and good citizenship.

Specific Objectives:

- Opportunity to increase the knowledge of the activity and improve skills.
- Development of fitness, training, preparation and desirable habits in health and safety.
- Opportunity to create relationships while exhibiting a sense of respect for all members involved in the activity.
- A chance to observe and exemplify good citizenship and sportsmanship.
- Realization that participation in extracurricular activities is a privilege that carries definite responsibilities.
- An experience that teaches violation of a rule brings a consequence and that this sequence follows in the game of life.

School/Student Body Objectives:

- Extracurricular activities are privileges that are meant to complement the curriculum.
- Extracurricular activities are a component of the “Learning Focused School.”
- Extracurricular activities will be used to promote school morale.
- All visitors, participants, and spectators will be treated as guests.
- Extracurricular activities will be organized so they collaborate with School Board initiatives.
- Whenever possible, intramural activities should complement interscholastic activities and programs.
- Extracurricular activities will be broad in scope. Students will be encouraged to participate in multiple extracurricular activities.
- All students participating in extracurricular activities are expected to conform to all school policies.
- Sportsmanship, fair play, and good school citizenship are objectives of all extracurricular activities.

ATHLETIC ACTIVITY OPPORTUNITIES

FALL SEASON	
BOYS	GIRLS
Cross Country (Varsity, Junior High) Golf (Varsity) Football (Varsity, JV, JH 7 th & 8 th) Soccer (Varsity, JV)	Cross Country (Varsity, Junior High) Golf (Varsity) Field Hockey (Varsity, JV, JH, 7 th , 8 th) Tennis (Varsity) Volleyball (Varsity, JV) Soccer (Varsity, JV) Football Cheerleading (Varsity, JV, JH)

WINTER SEASON	
BOYS	GIRLS
Basketball (Varsity, JV, JH, 7 th , 8 th) Swimming (Varsity) Wrestling (Varsity, JV, JH) Coed Competitive Cheer COED Bowling	Basketball (Varsity, JV, JH, 7 th , 8 th) Swimming (Varsity) Basketball Cheerleading (Varsity, JH) Wrestling Cheerleading (Varsity) Coed Competitive Cheer COED Bowling

SPRING SEASON	
BOYS	GIRLS
Baseball (Varsity, JV) Lacrosse (Varsity, JV) Tennis (Varsity) Track (Varsity, JH) Volleyball (Varsity, JV) Unified Track	Lacrosse (Varsity, JV) Softball (Varsity, JV) Track (Varsity, JH) Volleyball (7 th , 8 th) Unified Track

DISCIPLINARY PROCEDURES

Code of Conduct:

Extracurricular activities can serve to more fully develop the physical, emotional, mental, social, and moral growth of its participants. Frequently during an activity, the participant is faced with situations in which he/she must react to his/her own capabilities and limitations as well as the behavior of others. More than any other citizen of the school, the extracurricular participant is constantly exposed to the public. Thus, an image of the school is formulated from the conduct and the appearance of the school's extracurricular participants. With this fact in mind, the Red Lion Area Board of Education, Administration, and Extracurricular Committee have adopted the following Code of Conduct for all members participating in extracurricular activities.

The Extracurricular Code of Conduct will be in effect when the participant is directly or indirectly under the supervision of a coach or advisor, this will include games, performances, and practices and/or travel to and from the events. In the event of an overnight trip, the Code will remain in place from departure to return. The Code will be in effect for the duration of the PIAA season or school sponsored performances.

Disciplinary action taken by the coach/teacher/representative/director with the knowledge of the Director of Athletics and the principal for non-athletic activities, may include, but are not limited to the following:

- Suspension from competition - Students are not permitted to be on the team bench or at the event during suspension. Students may practice or participate in preparation for the event. ***Parent/Guardian Notification***
- Suspension from activity - Students are ineligible to practice or compete. Students are not permitted to be on the team bench during suspension or participate in preparation for the event. ***Parent/Guardian Notification***
- Dismissal from activity for the remainder of the season. ***Parent/Guardian Notification***
- Any student who is suspended during the tryout period of an activity for academic or policy violation is permitted to tryout. However, the suspension will continue after tryouts and a coach/teacher/representative/director may use the suspension as a reason to not accept the student into the activity.

NOTE: This list does NOT apply to alcohol, drugs, and tobacco offenses, which are dealt with separately.

Investigations to Violations of the Code of Conduct:

The Red Lion Area School District adheres to the policy that participation in extracurricular activities provides enriching educational experiences. When a report is received that a student may have violated the Code of Conduct, the student's coach/advisor, the Director of Athletics and/or the school administration will conduct a thorough investigation into the allegations.

When a report is received that a student may have violated the Code of Conduct, the Director of Athletics, Principal, or Assistant Principal will inform the student of the allegations, and the student will immediately be suspended from the team/activity pending the completion of the investigation. Suspension from the team/activity means the student is still a member of the team/activity, but the student will not be permitted to practice or compete with the team/activity until the investigation has been completed. At the conclusion of the findings, consequences will be imposed or no further action will be taken.

The duration of the investigation and imposition of consequences also includes the time to process the appeals of imposed consequences. During the course of an investigation, information will be gathered via student interviews and possibly the official reports from city, county, and/or state law enforcement officials. Because it is necessary for an investigation to be completed in a timely manner, student interviews may be conducted without first contacting the parents/guardians (parents/guardians will be notified in a timely manner).

During these investigations, the investigating official does not have to read the student his/her legal rights, and a confession or admission or other incriminating statements, which a student makes to the investigating official may be used against the student in a criminal prosecution. If a student refuses to speak to school officials without their parents or guardians present, an attempt will be made to contact the parent/guardian. If the parent/guardian is unavailable or unable to meet with the investigating official within a reasonable amount of time, the administration will proceed with the investigation. A student's refusal to answer questions will be considered insubordination and will be handled accordingly. State law does not require the administration to have parent/guardian permission to question a student for a violation of school policy.

Whenever the Superintendent or the building principal has determined that the police have a legitimate purpose in interrogating a student within the confines of a school building, the building principal or assistant principal shall be present during the questioning. If police or court officials request the dismissal of a pupil during school hours, parents/guardians shall be notified at once. Once the investigating official has determined that the student has violated the Code of Conduct, the student and their parents/guardians will be contacted and a conference will take place to present the evidence against the student. At that time, the student and parents/guardians shall be notified of the type of discipline that will be administered and the student's due process rights.

Extracurricular Student Expectations:

Respect

- Treat fellow participants with respect (e.g. shake hands before and after contests).
- Respect judgment of contest officials and judges: abide by rules of the contest and display respectable behavior (e.g. good sportsmanship and citizenship).
- Cooperate with officials, judges, coaches and fellow participants to conduct an event.
- Accept the responsibility and privilege of representing RLSD and the community.
- Display positive public actions at all times.

Actions that will **NOT** be tolerated include, but are not limited to:

- Unexcused absences from practice and/or competitions.
- Disrespect (e.g. poor sportsmanship) or disregard to coaches, participants, officials, and District policies.
- Lewdness or immoral acts, including inappropriate behavior on the internet (e.g. social networking sites, blogs, virtual worlds, etc.), breaking civil or criminal laws.
- Stealing of equipment, property, or personal items.
- Hazing.

Unsportsmanlike Ejection Rule:

A primary goal of the York-Adams Interscholastic Athletic Association (YAIAA) is to foster quality sportsmanship within its league, District, and our state. It is the league's belief that sportsmanship is the foundation upon which other character builders can be established. With this in mind, it will be the policy of the YAIAA, and consequently its member schools, to implement a sportsmanship rule that will encompass all athletic teams and all their contests.

If a participant, coach, or any member of the bench personnel is removed from any contest by an official for any action that is considered “unsportsmanlike” in nature, that participant, coach, or any member of the bench personnel shall be suspended from team participation for a minimum of the next contest or until the suspension has been served.

If the same individual is ejected from a second competition, the participant, coach, or any member of the bench personnel shall be suspended for at least two competitions or longer at the discretion of the member school. During the suspension, coaches may not be present at the game site on the day of the event. Participants or bench personnel will accompany the team, but may not dress for competition. They will remain on the bench and be responsible for their own conduct.

If the participant, coach, or any member of the bench personnel is ejected from a third contest, that person will be disqualified for the remainder of that season.

All suspensions must be completed and shall carry over to the next school year, in accordance with the PIAA rules. Member schools are encouraged to provide sportsmanship remediation with the person(s) involved.

This rule is intended to apply in situations that are clearly “unsportsmanlike” and will not apply to ejections resulting from a “rule technicality”.

Specific to this rule, “unsportsmanlike ejections” result from, but are not limited to:

- Fighting
- Profanity
- Racial slurs
- Disrespect to opponents, coaches, or officials
(e.g. taunting or baiting of opponents)

It shall be the responsibility of each member school to establish a policy for internal reporting of any participant who becomes involved. Part of this reporting system will include communicating the incident to the Executive Secretary of the league.

Hazing:

The Red Lion Area School District defines *hazing* as the following:

Any action, either intentional or reckless, which produces mental or physical discomfort, embarrassment, harassment, or ridicule. Such activities may include but are not limited to:

- Carrying books or lunch trays.
- Use of alcohol.
- Paddling in any form.
- Causing excessive fatigue.
- Physical and psychological shocks.
- Wearing of clothing, which is conspicuous, and not normally in good taste.
- Engaging in public stunts.
- Morally degrading or humiliating games and activities.
- Verbal and physical abuse.

Disciplinary Action: Any student who takes part in hazing will be immediately suspended from all activities for sixty (60) school days. During suspension, students are prohibited from using all school facilities outside of school hours. Suspension is retroactive to the date of the incident and can carry over from season to season or into the next school year if necessary.

Parent/Guardian Notification: Students who are suspended from activities due to hazing violations will be recommended to the Red Lion Area School District Student Assistance Program. If the student participates in the District's Student Assistance Program, including the assessment, and complies with the recommendations following the assessment, the length of the suspension may decrease by no more than ten (10) school days. Depending on the severity of the action, the administration has the right to bar the student from participation in any future activities. If a second offense occurs, the student will be ineligible to participate in any activities for the remainder of his/her tenure at Red Lion Area School District.

NOTE: Criminal charges may be filed depending on the nature and severity of the offense. Suspension and/or expulsion from school may also be applicable depending on the nature and severity of the offense.

Alcohol & Drugs:

First Offense: The student will be suspended for 45 participation days. The student can participate in activities (e.g. practices, meetings, etc.), but no official contests or events after 15 days if a plan is developed and accepted by the student, parent(s)/guardian(s), coach/teacher/representative/director, Principal, and Director of Athletics. The purpose of the plan would be for the student to reflect upon the misbehavior and to make a commitment to not repeat the offense. The plan could include attendance at after-school classes regarding the misbehavior and could involve other staff, including the resource officer. The student would also be required to participate in the District's Student Assistance Program (SAP), including the assessment, and comply with the recommendations following the assessment. The student can fully participate (official contests and/or events) after 30 days upon completion of the plan.

Second Offense: The student is suspended for 60 participation days.

Third Offense: The student is suspended for all participation days for one calendar year.

Anabolic Steroids:

By state law, all Pennsylvania school Districts are required to adopt and enforce rules and regulations prohibiting the use of anabolic steroids. Act 93 prohibits the use of anabolic steroids, except for medical purpose, by any student involved in school-related athletics. This code of conduct expands this requirement to all Red Lion extracurricular activities. The law outlines minimum penalties for any student found in violation of the rules and regulations, which are:

First Offense: Suspension from school activities for the remainder of the season.

Second Offense: Suspension from school activities for the remainder of the season and for the following season.

Third Offense: Permanent suspension from school activities.

No student shall be eligible to resume participation in school activities unless participation in a drug counseling, rehabilitation, testing or other applicable program takes place, as a condition of reinstatement into a school extracurricular program.

Tobacco Products:

It shall be a violation for a student participating in extracurricular activities to possess or use tobacco/vaping products at any time. Students that violate the policy will incur the following consequences:

First Offense: One-week suspension from activity.

Second Offense: Three-week suspension from activity.

Third Offense: Suspension from participation for the remainder of the season.

ELIGIBILITY

Age:

To be eligible to participate in grades 10 through 12, the athlete must not have reached their 19th birthday by June 30th, immediately preceding the school year. Where participation is limited to grades 7 and 8, the athlete may not have reached their 15th birthday by June 30th, immediately preceding the school year. Where participation is limited to grades 7 through 9, the athlete must not have reached their 16th birthday by June 30th, immediately preceding the school year.

Attendance:

The athlete must be regularly enrolled in and in full-time attendance at a PIAA member school, or be home-schooled. Generally, an athlete is eligible only at the school at which he/she is enrolled or, if a home-schooled student, at a public school in the District in which they reside. Charter School or Cyber Charter School students should consult with the Principal to determine the school at which they are eligible.

Any student who arrives unexcused after **11:00 A.M.** on a school day, must have an excused physician's note or he/she will be ineligible to participate in the activity that day. A physician's note will only be accepted from a doctor who has actually seen the student during the period of absence. Ineligibility could lead to disciplinary action as per team rules.

Blended students' arrival times may deviate from this requirement. Senior late arrivals may deviate from this requirement.

If the nurse sends a student home from school due to illness, the student may NOT return to school later that day for any activities.

When a student is absent twenty (20) school days in a semester, they are ineligible to practice or participate until they attend sixty (60) school days. This carries over from one school year to the next.

Suspension from school (ISS/OSS): A suspended student is ineligible to practice and may not attend practice or participate in preparation for any event. During suspension, a student is not permitted to travel, compete, or be on the team bench at any event. The suspension starts with notification from a principal and remains in effect until reinstatement to school. The coach/teacher or representative/director may take additional action.

Academic & Curricular Requirements:

The athlete must pursue a curriculum defined and approved by the principal as a full-time curriculum.

The athlete must be passing at least four (4) full-credit subjects, or the equivalent, as of each Friday during a grading period. If an athlete fails to meet this requirement, they will lose eligibility from the following Sunday through the Saturday immediately following the next Friday as of which they meet these requirements.

Weekly eligibility list – ineligible for one (1) calendar week; ineligible to compete (not permitted to be on team bench or at event during suspension), perform, or travel; may practice or participate in preparation for the event

Marking period eligibility list – ineligible for (15) school days; ineligible to compete (not permitted to be on team bench or at event during suspension), perform, or travel; may practice or participate in preparation for the event

Final Grade eligibility list: At the end of the school year, the student's final credits in the student's subjects rather than the student's credits for the last grading period shall be used to determine the student's eligibility for the next grading period. Ineligible for fifteen (15) school days; ineligible to compete (not permitted to be on team bench or at event during suspension), perform, or travel; may practice or participate in preparation for the event

Charter/Cyber/Home School Requirements:

Students attending Cyber School & approved Home Schools may participate in extracurricular activities. These students must adhere to all PIAA, YAIAA, and Red Lion Area School District academic requirements as outlined in Board Policy #137.1.

Amateur Status & Awards:

To be eligible to participate in a sport, the athlete must be an amateur in that sport. Amateur status and eligibility are lost if the athlete, or the athlete's parent(s)/guardian(s) receive money or property for or related to their athletic ability, participation, performance, services, or training in a sport.

The athlete may receive awards only from the school or school-affiliated booster club, the sponsor of an athletic event, a non-profit service organization approved by the school principal, or the news media. Permissible awards include items of apparel, a blanket, watch, ring, scroll, carry-on or warm-up bag, photograph, medal, plaque, or similar award that must bear appropriate institutional insignia or comparable identification. The fair market value of items provided to the athlete may not exceed \$200.

Comprehensive Initial Pre-Participation Physical Evaluation:

The athlete is eligible only if they have completed a Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE), performed by an Authorized Medical Examiner (as that term is defined in the glossary of the PIAA By-Laws) before the sport season's first practice of that school year. If the athlete seeks to participate in subsequent sport(s) in the same school year, they are required to be re-evaluated and re-certified that physical condition is satisfactory.

Wrestlers must also obtain from an Authorized Medical Examiner, no earlier than six weeks prior to the first regular season contest day and no later than the Monday preceding the first regular season contest day of the wrestling season, a certification of the minimum wrestling weight at which they may wrestle during that season.

In all cases, an Authorized Medical Examiner must certify, on the PIAA CIPPE form, as to the athlete's physical fitness to participate. A CIPPE may be performed no earlier than June 1st and regardless of when performed during the school year, remains effective only until the next May 31st.

Consent of Parent/Guardian:

The athlete is eligible only if there is on file with the school principal, a certificate signed by the parent(s)/guardian(s) agreeing to their participation in practices, inter-school practices, scrimmages, and/or contests in the particular sport involved.

Freshman Participation in Senior High Athletics:

Before a student should be considered to participate at a higher level, a coach's recommendation, parent/guardian permission, and teacher evaluations must be completed and on file with the Director of Athletics. Both the administration and the coaching staff must feel that the athlete can make significant contributions at the varsity level, during the season in which the athlete is in the 9th grade.

In an effort to implement a request for 9th grade athletes to move into a program of the 10th, 11th, and 12th grades, the following procedure will be followed:

- Allow students to begin practice at the varsity level.
- If in the opinion of the total staff, it is in the best interest of the athlete(s), the coaches should consult the Director of Athletics for advice, consideration, and review.
- If the Director of Athletics agrees with the coaches' recommendations, the coach will:
 - Confer with the parents/guardians in order to receive their approval should the athlete be recommended. It is highly possible they may not be in favor of said action, the subject will be concluded, and the athlete will remain in the 9th grade program.

It is necessary for each coach to conduct considerable research and deliberate before they can recommend the above action. The individual's psychological, emotional, and physical characteristics need to be considered, as well as the pressures and attitudes of others in the program. The action should be taken with the total program in mind with consideration as to how the athlete(s) will strengthen the program and not cause a breakdown in the morale of all participants, and create deterioration within the activity itself.

Transfer Students:

The athlete is treated as having transferred whenever they changed schools, even if the athlete is promoted to a higher-level school or is out of school for a period of time before entering the new school. If the transfer from one school to another is materially motivated in some way by an athletic purpose, the athlete will lose their athletic eligibility in each sport in which they participate within a period of one year immediately preceding the date on which the athlete transferred. This requirement applies even if the athlete would be otherwise eligible at the school to which they transferred.

Period of Time After Eighth Grade, Participation, & Grade Repetition:

Athletic eligibility extends only until the athlete has reached the end of their fourth (4th) consecutive year beyond the 8th grade. Therefore, if the athlete repeats a grade after 8th grade, they will be ineligible as a senior.

Additionally, the athlete may participate in:

- Maximum of six seasons in each sport during grades 7 through 12
- Maximum of four seasons in each sport during grades 9 through 12
- Maximum of three seasons in each sport during grades 7 through 9.
- The athlete may participate in only one (1) season in each sport during each school year.

Non-School Athletic Participation:

If the athlete participates in a non-school athletic program, while enrolled at a school which has a team in that sport, the athlete will be eligible for District and Inter-District Championship Contests in that sport only if they are in uniform and available to participate as a member of the school team for at least 75 percent of its regular season contests.

Out of Season Participation:

All PIAA sports have a defined season. If the school team conducts practice and/or participates in inter-school practices, scrimmages, and/ or contests outside that PIAA defined season, the school will be penalized.

All-Star Contests:

Eligibility will be lost in a sport for one (1) year if the athlete participates in an All-Star Contest in that sport. His/her eligibility will not be affected if they participate in a contest that is:

- Not advertised or promoted as an all-star contest.
- Open to all participants on the basis of a tryout or a uniform standard of qualification.
- The athlete does not represent the school and does not wear any school-affiliated uniform or apparel in the contest.

EMERGENCY CARE PLAN

Procedures:

Be prepared to carry out the following procedures for all home and away activities:

- In the case of contact sports, have an ambulance available for all games required by regulatory agencies.
- If you are away from home, obtain the local emergency numbers for the ambulance and hospitals and keep in your medical kit.
- Make an immediate preliminary examination of the injury.
- If the injury is beyond the realm of your ability, send for a physician and/or ambulance immediately.

When calling for the ambulance:

- Decide who will make the call.
 - Dial 911.
 - Speak slowly and clearly.
 - Give your name, location and phone number from which you are calling.
 - Give a description of the injury.
 - Give directions where the ambulance should come.
 - The person making the call should meet and direct the ambulance.
- Administer First Aid as needed.
 - Notify the parents/guardians, or if not available, a relative or friend, and inform them of the athlete's situation and care you have given and/or care you suggest to be given. If parents/guardians are not available, a coach should accompany the injured athlete. Make sure athletic information cards are in your medical kit.
 - If a player's condition warrants removal from the area, first determine if a physician would sanction his/her removal. Unconscious players or players who are unable to move comfortably with assistance should be removed by proper stretcher techniques.
 - Complete the Accident Report found on the next page within 24 hours of accident/injury. Copies should be on file in both the Certified Athletic Trainer and school nurse's office for reference and possibly for future subpoenas.

An accident report should be on file for all of the following situations:

- Whenever an ambulance or physician is involved.
- If an athlete misses a day of practice due to an athletic injury.

Reporting Injuries:

- The student-athlete and parent/guardian are responsible for reporting all injuries and illnesses sustained in the act of athletic participation to the athletic trainers. Report these injuries to the athletic trainers for treatment or referral on the day or day after occurrence.
- In the event the student sees a physician of any kind for an injury directly resulting from athletic participation, that student must present a written clearance by the treating physician in order to return to play. Failure to do so will result in removal from play until such documentation is received.

ACCIDENT REPORT

Name of Injured Person: _____ Date of Birth: _____

Date of Injury: _____ Time of Injury: _____ Sport: _____

Location of Accident: _____

Name of Parent/Guardian Notified: _____

Parent/Guardian Phone Number: _____ Time of Notification: _____

Description of Accident/Injury:

Emergency Response:

EMS (911) called: Yes No

Time: _____

Method of Transportation: Ambulance Drove Self Other

Private Vehicle (Driver's signature): _____ Date: _____

Report Prepared By (Print name and Position): _____

Signature: _____ Date: _____

Contact List:

Medical Emergency	911
York Hospital	717-851-2345
Memorial Hospital	717-843-8623

Red Lion Area School District	
Junior High	717-244-1448
Senior High	717-246-1611
Extensions:	
Director of Athletics	10070
Assistant Director of Athletics	14120
Training Room	13411
Nurse's Office	10041 or 10042

Senior High School Principal - Mark Shue	(C) 717-683-4932
Director of Athletics - Arnie Fritzius	(C) 717-578-9664
Asst. Director of Athletics - Kyle Masser	(C) 717-873-7620
Athletic Trainer – Heather White	(C) 717-793-1035

Medical Information:

Any athlete who sees a physician during the season for any reason other than an annual check-up must have a note from the physician stating the athlete can participate in a sport. No athlete will be able to participate until a note is on file with the Certified Athletic Trainer.

Any sports physical received after June 1st of the preceding school year will be a valid physical (CIPPE) for the upcoming sport season. All physical paperwork must be completed and uploaded to SPORTSWARE.

Each athlete is required to have a current (taken every other year) IMPACT test on file. IMPACT is a one of a kind neuropsychological computerized software program designed to assist athletic trainers and physicians to better manage the decision-making process in allowing an athlete to return to play after sustaining a concussion. IMPACT is a quick, efficient and accurate way to measure the cognitive effects of a concussion.





Insurance:

- While it is recommended that all students be protected by school insurance, the school District has purchased coverage for all athletes while participating in an athletic practice or contest.
- Coverage includes going to, from all school sponsored, and school supervised activities, including senior high school football.
- Head coaches must see that all insurance accident forms are filed on the day following the accident. Accurate records must be kept of the referral. All accidents must be reported to the trainer.

Concussion Guidelines:

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Concussions change the way the brain normally works and can occur even when students do not lose consciousness.

Students with a concussion recover at their own pace. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover. Symptoms of a concussion fall into the following four categories:

 Thinking/ Remembering	 Physical	 Emotional/ Mood	 Sleep
Difficulty thinking clearly	Headache Fuzzy or blurry vision	Irritability	Sleeping more than usual
Feeling slowed down	Nausea or vomiting (early on) Dizziness	Sadness	Sleep less than usual
Difficulty concentrating	Sensitivity to noise or light Balance problems	More emotional	Trouble falling asleep
Difficulty remembering new information	Feeling tired, having no energy	Nervousness or anxiety	

Basic steps you can take to protect yourself from a concussion:

- Do not initiate contact with your head or helmet.
- Wear the correct size equipment in the manner in which it was designed.
- Follow your athletics department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

In accordance with PA Act 101 Safety in Youth Act, Red Lion Area Athletics personnel have certain responsibilities regarding head injuries. Any athlete suspected of having concussion-like symptoms must be removed from play immediately by the coach, athletic trainer, or supervising entity as defined by the athletics department.

The coach shall not return the student to play until appropriate medical personnel (defined in Act 101 Section 2) evaluate the athlete. If it is determined the athlete may have a head injury, they are disqualified from further participation until written clearance is received from a licensed physician.

The following Return to Game Play Graded Return Policy is used by the Red Lion Area School District in all cases of concussion. Each step represents 1 day in the progression. This progression returns the athlete back to normal play in 5 days barring any return of symptoms.

Stage	Exercise
1	Light Aerobic Exercise: non-impact 20 min stationary bike, <70% MPHR
2	Moderate Aerobic Exercise: impact 20-30 min jog on ground or treadmill, <80% MPHR
3	Non-contact High Intensity Exercise 20-30 min sport-specific conditioning (e.g. passing, dribbling, etc.); may start progressive resistance training, <90% MPHR
4	Normal/Full Contact Practice Must have one full day of normal practice before returning to game setting
5	Return to Game Play/Competition

Sudden Cardiac Arrest:

Sudden Cardiac Arrest (SCA) occurs when the heart stops functioning suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. Even athletes in peak physical health can suffer from SCA.

If not treated within minutes, SCA results in death. SCA is the leading cause of death in the U.S., killing more than 325,000 people each year. The best ways to treat SCA is early recognition, early access to 911, early CPR, early defibrillation, and early advanced care.

Warning signs of Sudden Cardiac Arrest are:

- Dizziness
- Lightheadedness
- Shortness of breath
- Racing or fluttering heartbeat
- Fainting
- Extreme fatigue
- Weakness
- Nausea
- Vomiting
- Chest pain

Act 59 is intended to keep student athletes safe while practicing and playing. The Sudden Cardiac Arrest Prevention Act requires:

- Any student athlete who has signs or symptoms of SCA must be removed from play. The symptoms can happen before, during, or after the activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. A licensed physician, certified registered nurse practitioner, or cardiologist must perform the evaluation. The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

Heat Guidelines:

Heat injuries cause multiple deaths each year in high school sports.

Heat illness and injury can range from a simple muscle cramp to life threatening heat stroke. Catastrophic heat injuries are preventable. By following the recommendations found in this document, the risk of heat injuries can be reduced significantly. The most important components in preventing heat injury are the prevention of dehydration and limiting activity when temperature and humidity make it near impossible for the body to cool through evaporation of sweat.

The Certified Athletic Trainer has the ability to remove anyone from practice who they feel is at a high risk for heat illness. If an athlete loses more than 3 percent of their body weight, they will be held out of practice until the weight is regained, and they are physically able to return to practice. This will be at the discretion of the Certified Athletic Trainer.

To help reduce the risk of heat related illnesses, athletes must be acclimatized to the weather. Athletes should begin training in comparable weather no less than two weeks before practice starts. Training should be in similar conditions and at the same time as practice will be during the season. Until an athlete is fully acclimatized, workout intensity and duration should be increased gradually.

Coaches should have a thorough understanding of the signs and symptoms of heat related illnesses and should use the contact information provided to them by the Certified Athletic Trainer immediately if signs and symptoms are present.

Anytime a team is practicing, athletes must have an unlimited amount of water available to them at all times. Not allowing water breaks should not be used as punishment and will not be tolerated.

Any team practicing two or more times per day during the fall preseason should have participants weighed to comply with the 3 percent level.

The following are some of the common signs and symptoms related to heat illnesses:

- Muscle spasms/cramps
- Heavy or profuse sweating
- Skin is flushed or cool and pale
- Headache
- Dizziness
- Rapid pulse, nausea, weakness
- Disoriented, confusion
- Elevated body core temperature
- Cessation of sweating
- Red, dry skin
- Shallow breathing and rapid pulse
- Loss of consciousness

Heat cramps: Painful spasmodic contraction of muscles, usually in the abdomen or legs, caused by excessive work or exercise in extreme heat.

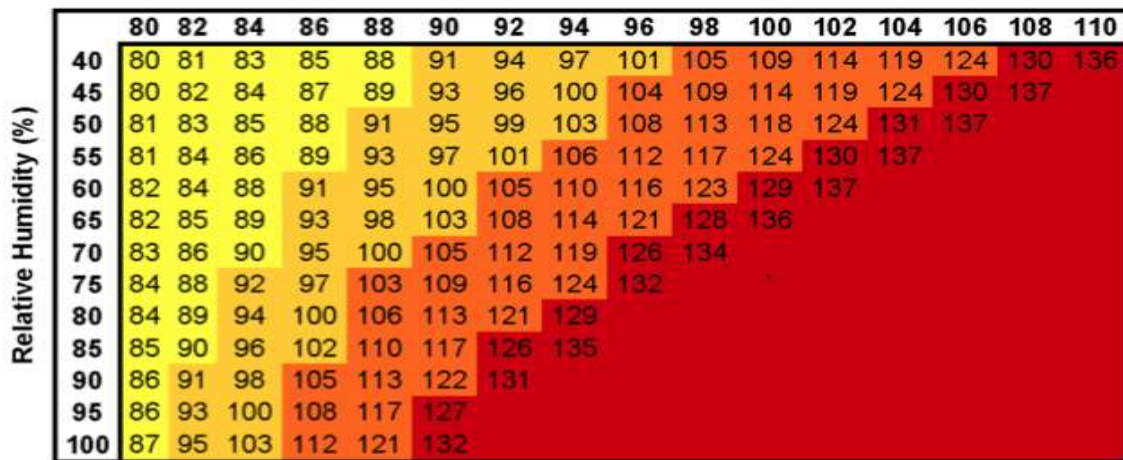
Heat exhaustion: Heavy perspiration, weakness, skin is cold, pale and clammy. Fainting, vomiting. Normal temperature is possible. Collapse with or without loss of consciousness, suffered in high heat/humidity, largely resulting from the loss of fluids and electrolyte imbalances.

Heat stroke: Skin is hot, dry, and red (hyperpyrexia). Often preceded by heat exhaustion and its symptoms, rapid heartbeat, confusion, and loss of consciousness. This final stage in heat exhaustion, when the body is unable to lose heat, body temperature above 106°F occurs and death may ensue.

NOAA's National Weather Service

Heat Index

Temperature (°F)



Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
 Extreme Caution
 Danger
 Extreme Danger

Heat Index	RLASD Recommendation
105°F+	No outside activities
95°F to 104°F	No equipment (helmet, pads, etc.) be used during activity
90°F to 94°F	Remove equipment as often as possible (during rest breaks, on sideline, etc.). Carefully monitor all athletes for signs of heat problems.
Below 89°F	Adequate water supply at all practices and competitions with breaks every 20-30 minutes for rehydration.

Wet Bulb Guidelines for Heat Index:

WBGT	ACTIVITY/REST BREAK GUIDELINES
Under 82.0	Normal activities
82.0 – 86.9	Use discretion for intense and prolonged exercise; watch at-risk athletes carefully (i.e. sickle cell, goalies, history of heat illness, general illness, etc.). Provide <u>at least three</u> separate rest breaks each hour with a minimum duration of 4 minutes each.
87.0 – 89.9	Maximum practice time is 2 hours. Provide <u>at least four</u> separate rest breaks each hour with a minimum duration of 4 minutes each.
90.0 – 92.0	Maximum practice time is 1 hour. There <u>must</u> be 20 minutes of rest breaks distributed throughout the hour of practice.
Over 92.1	No outdoor workouts. Delay practice until cooler WBGT level is reached.

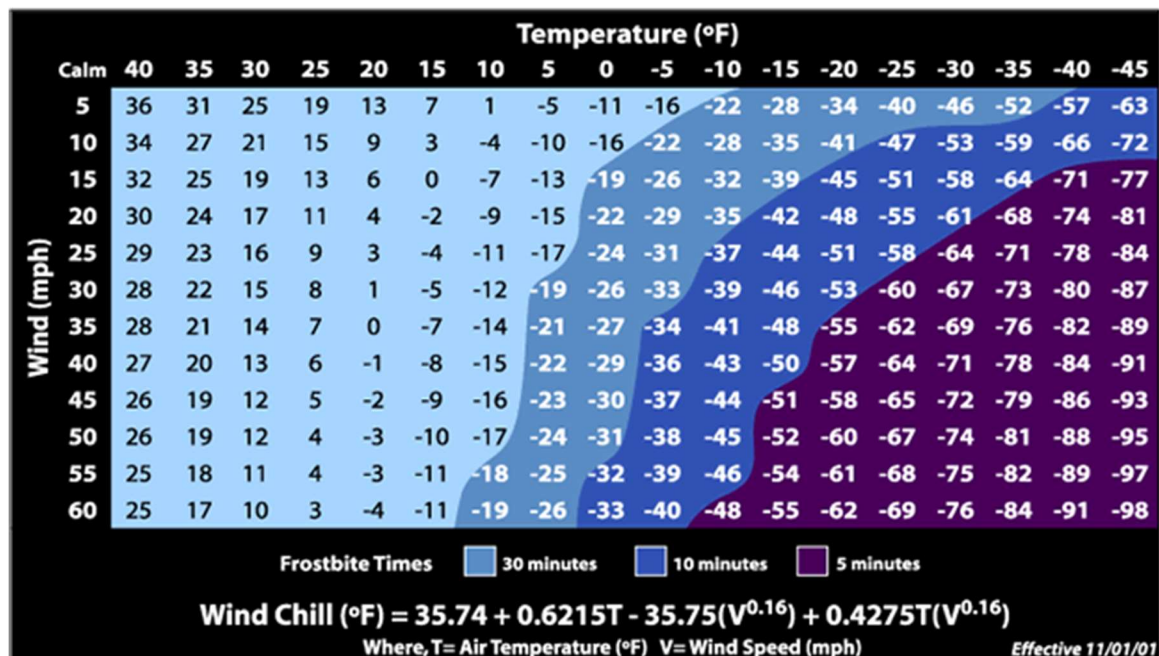
*Adapted from the National Athletic Trainers' Association's (NATA) and Korey Stringer Institute's PowerPoint "Wet Bulb Globe Temperature FAQs"

Cold Guidelines:

To prevent cold related injuries such as frostbite, hypothermia, and chilblain, the athletic trainer and the Athletic Director will make decisions about practice and game participation due to cold, wet, and windy temperatures. Temperature and wind speed will be accessed through The Weather Channel and local news sources, and check for wind chill advisories, wind chill warnings, and wind chill factor. The NOAA Wind Chill Chart will be used in determining the hourly wind chill.



Wind Chill Chart



Wind Chill	RLASD Recommendation
Below 0°F	Recommend no outside activities
1°F to 15°F	Recommend no more than 20 minutes of outdoor practice. Warm-up and cool down indoors.
16°F to 25°F	Recommend no more than 1 hour of outdoor practice. Warm-up and cool down indoors.
26°F to 30°F	Recommend warm-ups and cool down indoors. Coaches will be notified of the possibility of modified practice times.

When the temperatures drop, coaches should perform an indoor warm-up and take the team indoors at the end of practice for team meetings or discussions. Periods of inactivity should also be kept to a minimum during practices below 30 degrees. In rainy conditions, the above considerations should be considered when the temperature drops below 50 degrees. Coaches should make sure athletes are prepared for the temperature and dressed appropriately by keeping track of the forecast not only for the day but also for the following days to warn athletes what to expect.

Prevention:

In order to reduce the likelihood of cold-related injury, follow these strategies:

- Layer clothing
- Cover head
- Protect hands
- Stay dry
- Stay hydrated
- Warm up thoroughly
- Never train alone

Lightning/Inclement Weather Guidelines:

A chain of command and designated decision-maker should be established for each organized practice and competition.

Recognition:

Coaches, certified athletic trainers, athletes, and administrators should be educated regarding the signs indicating thunderstorm development. Since the average distance between successive lightning flashes is approximately 2-3 miles, anytime the lightning can be seen or thunder heard, the risk is already present. Weather can be monitored using the following methods:

Monitor Weather Patterns:

Be aware of potential thunderstorms by monitoring local weather forecasts the day before and morning of the practice or competition, and by scanning the sky for signs of potential thunderstorm activity.

Flash-to-Bang:

This method is used to determine how far away lightning is from our location. To do this, count the number of seconds it takes to hear thunder after seeing lightning. Divide the number of seconds by five (5) to learn the distance in miles. Generally, a 30-second or less flash-to-bang count recommends removing the athletes and spectators from the field to a safe zone (e.g. gymnasium). Weather can also be monitored using weather apps on smartphones.

Evacuation:

If lightning is imminent or a thunderstorm is approaching, all personnel, athletes, and spectators should evacuate to available safe structures or shelters.

30-Minute Rule:

Once lightning has been recognized, it is recommended to wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard. Given the average rate thunderstorms travel, the storm should move 10-12 miles away from the area. This significantly reduces the risk of local lightning flashes. Any subsequent lightning or thunder after the beginning of the 30-minute count should reset the clock and another count should begin.

Prevention:

In order to prevent lightning-related injuries, it is important to formulate and implement a proactive, comprehensive lightning emergency plan. The plan should include:

- Advanced planning
- A systematic approach for monitoring local weather conditions
- Education of staff to recognize signs of nearby lightning activity
- Criteria for suspension and resumption of play
- Evacuation plan including nearby safe shelters
- Periodic review and practice of the plan by appropriate high school personnel

SPORT SEASON REQUIREMENTS, RULES, & PROCEDURES

Preseason Meeting

A meeting should be held for all students trying out for the sport, in accordance with PIAA regulations. At this time, the coach should explain what is expected and required of the athlete who plans to participate. Parent permission forms should be distributed, to include emergency information and athletic policies.

Before the first practice, the completed team roster form must be submitted to the Director of Athletics with each student's parent permission form. If any additional students join the squad after this roster has been submitted, a supplemental list must be forwarded to the Director of Athletics.

Coaching Certifications

All coaches at Red Lion Area School District must be certified in certain courses. These courses include the Concussion Awareness course, Cardiac Awareness course, Sport First Aid and the Coaching Principles course (Mandatory by July 1, 2018). Coaches involved in outdoor sports may be expected to pass the Heat Awareness course.

Volunteer Coaches

Board approved volunteers involved in extracurricular activities must have original copies of their completed FBI Fingerprint Clearance, Act 34 and Act 151 Clearances, Act 168 Form, and Mandated Reporter Training certificate on file at the Education Center. Additionally, Red Lion Area School District volunteer applications must be complete and on file with Human Resources Department. The PDE approved free mandated reporter-training program may be accessed at www.reportabusepa.pitt.edu. All PIAA athletic coaches must have completed the Coaching Principals & Sport First Aid as required by the PIAA (Mandatory by July 1, 2021).

Coaching Clinics

Coaches are encouraged to attend clinics that will assist in the organization and administration of the program and skill development of the athlete. The head coach of each sport has the responsibility to submit clinic requests to the Director of Athletics. Approval of all requests will rest with the Board of Education, Administration, and Director of Athletics. Clinics may not be funded by the Athletic Department.

Schedules

The Director of Athletics, with the approval of the school principal, schedules all interscholastic athletic contests. As a member of a league, the Red Lion Area School District will attempt to schedule all league teams. Any schedule changes requested by the coach will be given every consideration. No coach is to reschedule an athletic event without prior approval of the Director of Athletics.

Coaches must enter “out of season” practices in FMX for facility usage.

Scrimmages-Practices

All interscholastic scrimmages shall be made with the prior approval of the Director of Athletics. The number of scrimmages permitted will vary as to sport and level of competition and within the PIAA guidelines. In any educational structure the junior varsity may not scrimmage against a 9th grade team per PIAA regulations.

Any practices held on Sunday must have prior approval of the Director of Athletics and may not begin before 12:00 p.m. If a need arises to change a date, notify the Director of Athletics.

Postponing Practices & Games:

Practices

If school is dismissed early, no games or practices may be held.

If school is closed:

- The Director of Athletics will schedule games after consultation with the Superintendent, school principal, and coaches involved.
- Practices may be scheduled after consulting with the Director of Athletics.
- All practices during inclement weather must be optional. If athletes cannot attend practice due to travel or weather conditions, this should not eliminate their participation in scheduled contests.

Games

If a game is postponed due to weather or any other factor not conducive to good game conditions, the following practices will be followed:

The Director of Athletics will confer with the school principal, coach and Superintendent.

Factors considered in the decision are:

- Playing conditions of the field or playing surface.
- Safe travel for opponents, officials, workers, students, and fans.
- Damage to equipment.
- Safety to the spectators in or on the school grounds, gym or field.

After considering all factors, the Director of Athletics will determine whether to play the game or postpone the game. The contest will be rescheduled as per league rules or the next possible playing date.

Release from Class

Student-athletes leaving school early to participate in extracurricular events are to be released from class 15-minutes before the assigned departure time. If students need to see the athletic trainer prior to leaving, the coach and/or trainer must give the student’s teacher advanced notice.

Officials

All officials are assigned by the YAIAA. The coach shall complete all YAIAA officials' evaluation tools (both positive and negative). In all cases, officials will be hired from the approved PIAA and YAIAA list. Coaches are responsible to submit ratings to YAIAA league officials for all levels.

Equipment & Supplies

Requesting Equipment and Supplies:

The head coach of each sport is responsible for requesting all the equipment and supplies for the sport at all levels. It is suggested the head coach confer with his/her assistants when preparing the order. Coaches must also turn in a list of the equipment handed out within one week of issuance. The list should include the name of the athlete, the size, and number of all equipment issued.

Issuing Equipment

No athletic equipment issued to squad members may be worn in gym class or worn outside of practice or game situations. Coaches must instruct their squad members of the regulation.

All equipment issued to athletes shall be recorded. It is the coach's responsibility to see that all equipment is returned in good condition. If the equipment issued is lost or has had abnormal usage, the athlete will be charged accordingly. Check with the Director of Athletics or designee for the price of the equipment and the amount to be charged.

At the beginning and end of each season, the coach will check the equipment in and out with the Assistant Director of Athletics. The Assistant Director of Athletics will be responsible for sending the equipment to be reconditioned and having it returned.

Inventory of Equipment and Supplies

At the end of each sports season, Assistant Director of Athletics, and head coach are responsible to take inventory.

Transportation

No athletic team or cheerleaders should be transported in private cars unless the athlete's parent/guardian provides written consent. Busses will be chartered for all games and practice sessions (if necessary). Students who are members of the athletic teams or the cheerleading squads going to a contest or game will return on the bus. It is the responsibility of the coach in charge of the squad or the advisor of the cheerleaders to see that this regulation is followed. At times, you may be confronted with a situation that needs special consideration. In such cases, you may release the squad members only after approval of the Principal or Director of Athletics and with the parent(s) permission.

Trips, Tours, & Planning

Any organization, including booster clubs, which requests Administrative and/or Board approval for a trip/tour must accompany the request for said trip/tour with:

- A detailed financial statement listing expenses for the trip. This should list individual costs as well as total cost.
- A detailed financial statement listing the method of payment of costs in item #1 above as well as any fundraising to be done between the date of the request and the actual trip.
- A listing of student events, games, etc., to be accomplished on the trip.
- A listing of educational goals for the trip.

Permission for trips/tours is given with the understanding that other regular financial obligations are provided for before using "regular" funds to pay tour/trip costs.

Fundraising

Fundraising can provide a revenue stream to collaborate with the general fund, therefore, organizations in the high school engage in various fundraising programs throughout the year.

A planned program for soliciting funds from the public (by donations or purchases) will alleviate possible conflicts in sales. These conflicts may be in more than one group selling the same item or wanting to have a fundraiser on the same date. A planned program will also provide information to the administration and District office so that responses to public questions may be provided.

In order to eliminate duplication and to adequately plan a schedule for fundraising activities, the following guidelines are proposed:

- Major fundraising requests must be submitted to the Marketing and Communications Manager no later than June 30th of the school year preceding the fundraising activity. The Marketing and Communications Manager will determine if the request is considered a major fundraiser.
- Copies of requests will be returned to the advisor by June 1st of the school year preceding the fundraising activity.
- Following the fundraising activity, each advisor will submit a summary of fundraising to the Marketing and Communications Manager no later than thirty (30) days following the completion of the fundraising activity, but no later than June 1st.
- No fundraisers will be permitted other than those approved by the Marketing and Communications Manager and Principal.

End of Season Requirements

At the close of the season, all athletes who have satisfactorily completed the season shall be listed on the roster form indicating they have earned a letter and/or JV Certificate. This team roster will be turned in to the Director of Athletics.

Summary Report

Coaches will submit to the Director of Athletics a written summary of his/her activities at the close of the sport season. This should be submitted within one week after the close of the season. This report should include the following:

- Number of players receiving awards.
- Captains and co-captains.
- Disciplinary Incidents:
 - Name of player.
 - Act of misconduct.
 - Disciplinary measures taken.
- End of the year changes proposed by coaching staff.
- Any additional comments.

Games of Chance

Students may not participate in any games of chance. This includes the selling or purchasing of the tickets of any type (e.g. 50-50 tickets for the booster clubs, raffles).

Senior Pictures

Any student wishing to have their team uniform for Senior Pictures (in the summer preceding their senior year) must request the uniform in writing prior to May 1st from the Director of Athletics.

Sponsorship Agreements

Red Lion and Under Armour have entered into an exclusive agreement for uniforms and related team gear. All purchases must be made through the approved Under Armour and RLASD approved vendor.

Title IX Compliance:

- Red Lion Area School District remains committed to compliance to Title IX initiatives

AWARDS

Letter Requirements

Requirements for earning a letter have been established. Athletes should be informed of these requirements prior to the season. This will add more meaning and significance to earning a letter.

General criteria for receiving a letter are the following:

- Attendance: athletes shall attend all practices unless excused by the coach.
- Sportsmanship: athletes should realize they are representing their school and community and should conduct themselves in such a manner.
- Adherence to training rules: athletes must abide by the training rules set forth by the Athletic Department.
- Athletes on the Varsity rosters for at least 50% of the competitions qualify for Varsity Letters.

Special Situations:

- Any athlete who is a senior shall be recommended for a letter by the coach.
- Injured Athletes: At times, cases will arise which must be decided on the basis of extenuating circumstances. In such cases, the coach may recommend that a letter be awarded.
- Other special situations where a coach feels consideration should be given toward a letter. These situations should be discussed with the Director of Athletics.

Athletic Awards

The coach shall recommend the members of his/her squad who have met the requirements for a letter. These recommendations are to be approved by the Director of Athletics. If any problems arise due to extenuating circumstances, a committee comprised of the principal, Director of Athletics and coach involved shall make the final decision. Records of all awards are kept in the Director of Athletics Office.

- First Letter: Students will receive a chenille “RL” letter, award pin and certificate.
- Second Letter: Students will receive a certificate.
- Third Letter: Students will receive an engraved case and pen.

Students lettering in more than one sport, will receive a pin for each sport in which they letter.

Students who are four (4) year letter winners in the same sport will receive a plaque in recognition of their outstanding achievement in varsity athletics for RLASD. A student must letter in the same varsity sport, which does not have a junior high program (soccer, baseball, softball, tennis, golf, swimming, and volleyball) for four (4) years to be eligible for the award. Students who letter in the same varsity sport for three years that have a junior high program (football, field hockey, cross-country, wrestling, basketball, and track and field) will be eligible to receive the award.

Varsity Club:

Students can apply to be a member of the Varsity Club after attaining their first Varsity letter.

To be eligible to participate in the Varsity Club, students must:

- Maintain a 2.0 GPA.
- Participate in Varsity Club meetings and activities.
- Participate in pep rallies, attend, and support other athletic events and teams.
- Participate in the fundraiser Varsity Club runs .
- Adhere to all Varsity Club Bylaws.
- Represent their family, school, and team in a positive manner.

To earn a Varsity Club jacket, students must successfully complete:

- 4-6 hours of community service (volunteer work for an organization).
- 4-6 hours of athletic service (concession stand, filing in athletic office, etc.).
- Participate in “Varsity Club Induction Day”.

Both service projects must be completed before receiving permission to order a jacket. Only the sport in which the varsity letter was earned may be placed on the sleeve. Additional sports may be added as letters in interscholastic sports are earned.

Athlete Picture Awards

Athletes who have distinguished themselves with state or national honors will appear on the Hall of Fame Virtual Showcase. The following criteria will be used for the selection of these individuals:

- Baseball: First five rounds of the "pro-draft", All State Team or Team State Champion.
- Basketball: All State Team or Team State Champion.
- Cheerleading: Individual Champion at National or State Competition.
- Cross-Country: State Medalist or Team State Champion.
- Field Hockey: All State Team or Team State Champion.
- Football: Big 33, East/West, All State Selection or Team State Champion.
- Golf: State Medalist or Team State Champion.
- Lacrosse: All State Team or Team State Champion.
- Soccer: All State Team or Team State Champion.
- Softball: All State Team or Team State Champion.
- Swimming: State Medalist or Team State Champion.
- Tennis: State Medalist or Team State Champion.
- Track: State Medalist or Team State Champion.
- Volleyball: All State Team or Team State Champion.
- Wrestling: State Medalist or Team State Champion.
- Team or Individual League Champion: All teams or individuals winning the regular season championship or the post-season league tournament.

Game Balls

Individuals setting school scoring records will be awarded the game ball.

Championship Banners:

The Red Lion Area School District Athletic Department will purchase and update all varsity championship banners to be displayed in the gymnasium. Any team that has won a divisional title will be added to the championship banner.

Teams who distinguish themselves through winning a championship on the District III or PIAA State level may be honored with a separate banner for their accomplishment.

Distinguished Service Award

As an expression of appreciation for outstanding service to the athletic program, an honorary pass to all athletic functions at the Red Lion Area Senior High School has been developed. Criteria for receiving this award are as follows:

- The extracurricular committee of the Red Lion Area Board of Directors must approve recipients.
- Administrators, board members, and citizens will be considered for leadership and service rendered to the athletic program.
- Coaches with fifteen (15) or more years of service to the athletic program will also be considered.

MEAL STIPEND POLICY-PIAA TOURNAMENT/CHAMPIONSHIPS

Individual Qualifiers

Any individual that qualifies and attends a state competition will be eligible for meal money from the Red Lion Area School District Athletic Department. The appropriate funds will be distributed and that individual will be responsible for returning all change and receipts to the Athletic Department.

If the tournament or championship lasts more than one day, the individual will be given a stipend for each day they are competing.

Team Qualifiers

Any team that qualifies and attends a state competition will be eligible for meal money from the Red Lion Area School District Athletic Department. The appropriate funds will be distributed to the Coach and they will be responsible for returning all change and receipts to the Athletic Department.

Anytime the site for a tournament competition is not more than 30 miles away, the Athletic Department will only provide money for a snack post competition. If the event involves travel over the said amount, the school will provide money based on the number of meals missed or the per diem for an entire day.

Coaches will be required to submit a Meal Money Requisition Form for all participants and coaches prior to attending the tournament or championship event/game. Stipend per day is \$35.00 per individual. Amount allotted per meal: Breakfast: \$7.00, Lunch: \$10.00, Dinner: \$18.00.

COACH EVALUATIONS

Purpose

The primary purpose of establishing a coach's evaluation is to improve the quality of coaching through improved staff performance. Supervision of the staff for the improvement of the athletic program is a basic responsibility of the Administration. To reach the goal of continually improving coaching instruction, this tool will be used to establish future in-service workshops and training for the coaching staff.

In addition, this evaluation system should provide increased communication between the coach and the Administration. Furthermore, such information is essential to:

- Evaluate the overall sports program and the value of the athletic experience as part of the total school program.
- Provide the Administration and the Board of Education with a valid basis for issuing annual contracts.
- Reinforce positive performance and areas of coaching strength.
- Bring to the attention of individual coaches, areas requiring improvement, so concerns may be addressed and improved by the coach.

Frequency

Each coaching staff member of the Red Lion Area School District shall be evaluated based upon the following schedule:

- The Director of Athletics will evaluate head coaches twice: mid-season informal discussion, post-season written evaluation.
- All assistant coaches will be formally evaluated by the head coach a minimum of once each year during or after their respective sports season.

Content

The coach's evaluation shall be based upon information gathered from formal and informal observations of the coach's performance, the performance of their team and/or teams throughout the respective season, and an assessment of their responsibilities including attitude and behavior. The Director of Athletics should retain the original copy of the evaluation form. The coach being evaluated will retain one copy.

The evaluation form is based on the belief that the coach is performing satisfactorily in all areas. This is the reference point from which the evaluator will begin his/her evaluation. The report should include specific statements relative to the strengths as well as weaknesses of the coach. Where weaknesses are cited, the evaluator shall give specific recommendations for improvement.

****Extracurricular positions shall be elected annually****

SECURITY DUTIES

Football

- Four (4) YAPD officers will be on duty unless the Director of Athletics requests additional help. A minimum of four (4) hours of duty will be provided.
- Report to Horn Field by 5:30 p.m. for evening contests.
- Responsibilities for conduct of spectators on school property:
 - Officer 1 should keep watch on the ticket booth by press box (pregame) and stand in front of the press box (during game).
 - Officer 2 shall watch the gate by the concession stand. The lot behind the concession stand is for visiting team buses only. An ambulance will be inside the fence by the concession stand. Keep orderly flow by concession stand. No one is to be behind the end zone. If anyone is behind the end zone, ask him or her to move. After the game, assist buses leaving the facility.
 - Officer 3 shall watch visitors' stands. People may stand along the fence but not in front of visitors' stand. Spectators are not allowed to stand in the area behind the end zone during the game. If spectators are behind the end zone during the game, ask them to move. After the game, help with traffic at visitors' parking unless you are needed elsewhere.
 - Officer 4 will watch home stand spectators. They may stand along the fence but not in front of the home stand. No one is to be in the end zone during the game. If spectators are in the end zone during the game, ask them to move. At half time, escort officials to the High School. The officer in charge should meet you by the High School and take over. If not, escort officials to High School and then proceed to the bottleneck intersection.
- Officers shall respond to special requests for help in areas of disruptive spectator behavior. The possession, use, or influence of alcohol and drugs by spectators will not be tolerated.

Basketball & Wrestling

- Officers should report to the gym lobby area by 5:15 P.M. When a sellout crowd is expected, doors may open early and the Director of Athletics will notify officers if an earlier reporting time is needed.
- Officers should supervise the lobby area, the gymnasium, and monitor the ticket booth area. Individuals should remain in the gym. Anyone loitering in the lobby area should be told to either go inside or leave the building. All spectators must be seated in the stands.
- Any officers or security personnel hired to work basketball or wrestling events shall conduct themselves in a professional manner at all times while on duty. Security officers shall also refrain from smoking while on duty.
- Event workers should report 45 minutes prior to the start of the event.