



# Athletic Handbook

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## **POLICIES, RULES AND REGULATIONS**

All **Palm Beach Lakes High School** athletic department personnel are expected to follow the policies, rules and regulations contained within this handbook. They are intended to supplement FHSAA (Florida High School Athletic Association) Bylaws and Regulations, as well as other documents pertaining to athletic extra-curricular activities at Palm Beach Lakes High School and the Palm Beach County Public Schools, and to clarify the expectations of Palm Beach Lakes High School athletic department staff members.

**STATEMENT OF PHILOSOPHY:** We believe that interscholastic athletics are an integral part of a school's curriculum that fosters life-long lessons for the student-athletes. The athletic program teaches self-discipline, sportsmanship and the strive for excellence, while the athletes develop the skills: teamwork, organization, and leadership. In addition, the program promotes emotional, mental, physical, and social well-being of the athletes and enhances the high school experience by helping to create life-long friendships and building individual character.

**SPORTSMANSHIP** Interscholastic athletics are an integral part of our school's total curriculum and as such, coaches--who are first and foremost teachers--are expected to model good sportsmanship and in general promote self-discipline, poise and compliance with the "Rules of the Game."

Coaches and student-athletes are expected to exhibit behaviors that are exemplary and appropriate at all times. We must always remember that as PBLHS coaches, we represent ourselves, school, and community. Coaches in all sports are expected to make a continuing effort to place emphasis on the ideals of good sportsmanship and to instill those values into their sports programs and their athletes. Discuss in parent meetings the importance of sportsmanship and possible consequences to the student and parent that include suspensions and possible fines.

**Per FHSAA**, the first suspension of a player is a warning to the school and if a second suspension follows a fine will be levied to the school that can range from \$250 - \$400. New FHSAA Policy- any coach ejected from a contest must complete the NFHS Fundamentals of Coaching Course before the next season. Reminder- It is your responsibility to immediately notify Athletic Director AND Administration of any ejections and you are responsible for any and all fines. The following guidelines are set forth to assist our administration, parents, students and staff with the monitoring of the Palm Beach Lakes High School Athletic program.

Please note Article 8.1.1 of the Florida High School Activities Association By-Laws; students, coaches, administrators, spectators and all other persons connected directly or indirectly with a member school, as well as contest officials, shall practice and promote the highest standards of sportsmanship and ethics at all times directly or indirectly related in any manner to interscholastic relationships or events, whether prior to, during or following such relationship or event. It shall be the responsibility of each member school principal to ensure that those individuals connected with his/her school adhere to these standards. The Commissioner shall have the authority to investigate allegations and incidents of unsportsmanlike conduct or conduct which adversely affects the ethics of competition in connection with interscholastic contests. The Commissioner shall have full authority to invoke penalties.

Also, please note Article 11.11.2: A student who, prior to, during, or following an interscholastic athletic contest, commits an act of a malicious and hateful nature toward a contest official or an opponent, shall

be guilty of gross unsportsmanlike conduct and be ineligible to participate in interscholastic athletic competition for a period of six weeks. Such malicious acts shall include, but not be limited to, cursing, striking or threatening a contest official during a contest or at any other time because of resentment over occurrences or decisions during a contest; physical contact with an opponent that is beyond the normal scope of competition and which appears to be with the intent of inflicting bodily harm on the opponent; spitting on a contest official or opponent/ directing gender, racial or ethnic slurs toward a contest official or opponent; or other such acts which may be deemed as unacceptable conduct either by the principal of the member school the student attends or this Association. The Commissioner, the Sectional Appeals Committee or the Board of Directors on appeal, may restore the eligibility of such a student prior to the expiration of the six weeks when in his/their opinion the student has been properly disciplined by the authorities of the school which he/she attends and the student signs a written statement of his/her intention to comply with the provisions of Articles 8.1.1 and 11.11.1 of these Bylaws in the future.

**9.7.4** The FHSAA has mandated that the home school is responsible for the control of spectators during athletic contests. If in the event that a spectator or spectators create a distraction, they will be removed from the facility and face possible suspension from future athletic events. We at PBLHS encourage all our supporters and athletes to exhibit sportsmanship and respect for our opponents, their fans, and the officials who are working our contests. Coaches Code of Ethics The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect, and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors. The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character. The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct. The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse. The coach shall avoid the use of alcohol and tobacco products when in contact with players. The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program. The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules. The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, and administrators. The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical. The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest. The coach shall not exert pressure on faculty members to give student special consideration. The coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

## **INTERSCHOLASTIC ATHLETIC SPORTS / TEAMS - SEASON SPORT TEAMS**

### *FALL*

#### **Cross Country**

Boys – Coach Jerome Groover [jerome.groover@palmbeachschools.org](mailto:jerome.groover@palmbeachschools.org)

Girls – Coach Jerome Groover [jerome.groover@palmbeachschools.org](mailto:jerome.groover@palmbeachschools.org)

Schedule

#### **Bowling**

Boys – Coach

Girls – Coach

Schedule

#### **Football Boys**

Varsity Coach Cedric Jones [cedric.jones@palmbeachschools.org](mailto:cedric.jones@palmbeachschools.org)

Junior Varsity Coach

Schedule [Schedule - Palm Beach Lakes Rams \(West Palm Beach, FL\) Varsity Football 22-23 \(maxpreps.com\)](#)

#### **Golf**

Boys – Coach

Girls – Coach

Schedule

#### **Volleyball**

Boys – Coach Moya Walters [moya.walters@palmbeachschools.org](mailto:moya.walters@palmbeachschools.org)

Girls – Coach Moya Walters [moya.walters@palmbeachschools.org](mailto:moya.walters@palmbeachschools.org)

Schedule

#### **Cheerleading Girls**

Coach - Coach Shativia Hollis [shativia.hollis@palmbeachschools.org](mailto:shativia.hollis@palmbeachschools.org)

Schedule

## **INTERSCHOLASTIC ATHLETIC SPORTS / TEAMS - SEASON SPORT TEAMS**

### *Winter*

#### **Basketball**

Boys – Coach Edwin James [edwin.james@palmbeachschools.org](mailto:edwin.james@palmbeachschools.org)

Girls – Coach Cassandra Rahming [cassandra.rahming@palmbeachschools.org](mailto:cassandra.rahming@palmbeachschools.org)

Schedule

#### **Soccer**

Boys – Coach David Bishop [david.bishop@palmbeachschools.org](mailto:david.bishop@palmbeachschools.org)

Girls – Coach

Schedule

**Wrestling**

Boys – Coach

Girls – Coach

Schedule

**Weightlifting Girls (HS)**

Boys – Coach Cedric Jones [cedric.jones@palmbeachschools.org](mailto:cedric.jones@palmbeachschools.org)

Girls – Coach Moya Walters [moya.walters@palmbeachschools.org](mailto:moya.walters@palmbeachschools.org)

Schedule

**INTERSCHOLASTIC ATHLETIC SPORTS / TEAMS - SEASON SPORT TEAMS***Spring***Baseball Boys**

Boys – Coach Bobby Gilbert [bobby.gilbert@palmbeachschools.org](mailto:bobby.gilbert@palmbeachschools.org)

Schedule

**Lacrosse**

Boys – Coach

Girls – Coach

Schedule

**Softball Girls**

Girls – Coach

Schedule

**Tennis**

Boys – Coach Jean Millien [jean.millien@palmbeachschools.org](mailto:jean.millien@palmbeachschools.org)

Girls – Coach Jean Millien [jean.millien@palmbeachschools.org](mailto:jean.millien@palmbeachschools.org)

Schedule

**Track and Field**

Boys – Coach Jerome Groover [jerome.groover@palmbeachschools.org](mailto:jerome.groover@palmbeachschools.org)

Girls – Coach Lorenzo Hands [lorenzo.hands@palmbeachschools.org](mailto:lorenzo.hands@palmbeachschools.org)

Schedule

## **Palm Beach Lakes High School - Athletic Coaching Standards**

### **Based on National Standards for Sport Coaches - (NASPE – National Association for Sport and Physical Education)**

#### **Domain One - Philosophy and Ethics**

- Develop and implement a student- athlete-centered coaching philosophy
- Identify, model, and teach positive values that can be learned through sport participation
- Teach and reinforce responsible personal, social, and ethical behavior of student athletes, staff, and parents
- Demonstrate ethical conduct in all facets of the sport program
- Demonstrate, promote and model good sportsmanship in all facets of the sports program
- Display respect for administration, colleagues and the total school program

#### **Domain Two - Safety and Injury Prevention**

- Prevent injuries by maintaining safe facilities
- Ensure that all necessary protective equipment is available and used appropriately
- Monitor environmental conditions and modify participation as needed to ensure individuals' health and safety
- Identify conditions that predispose student-athletes to injuries
- Recognize injuries and provide immediate and appropriate care
- Facilitate a coordinated medical program of prevention, care, and management of injuries
- Provide proper supervision at all times

#### **Domain Three - Physical Conditioning**

- Design programs of training, conditioning, and recovery that properly incorporate physiological and mechanical principles
- Utilize research-based conditioning principles to design conditioning and practice sessions
- Teach and encourage proper nutrition for healthy body weight, optimal physical and mental performance, and overall good health
- Advocate drug-free sports and provide accurate information about the use and abuse of drugs and supplements

#### **Domain Four - Teaching and Communication**

- Provide a positive learning environment
- Develop and monitor goals and objectives for the program, student-athletes, and assistant coaches
- Organize practices based on effective instruction and efficient time management
- Individualize instruction based on the specific needs of each student-athlete
- Provide clear and understandable instruction to student-athletes in order to provide effective instruction

- Utilize appropriate and effective motivational techniques to enhance student-athlete performance
- Demonstrate effective verbal and non-verbal communication skills in a clear, appropriate and professional manner
- Communicate regularly and effectively with the parents of student-athletes, including but not limited to a pre-season parent meeting and as well as informal in and out of season communications as needed

#### **Domain Five - Sport Skills and Tactics**

- Know the skills, elements of skill combinations, and techniques associated with the sport being coached
- Identify, develop, and apply teaching techniques for specific skills associated with the sport being coached and appropriate for the age and skill levels of the participating student-athletes
- Conduct practices based on a progressive seasonal plan and competitive strategies
- Organize and implement materials for scouting, planning practices, game preparation, and game analysis
- Know, abide by and enforce the policies, rules and regulations of the Pasco County Public Schools and the Florida High School Athletic Association

#### **Domain Six - Organization and Administration**

- Demonstrate organizational and administrative efficiency in implementing sports programs
- Manage fiscal resources for the program in a responsible manner
- Manage all information, documents, and record-keeping for the program in an accurate and timely manner
- Provide adequate care and accounting for school property, including an up-to-date inventory and storage of equipment
- Promote care of equipment and facilities by student-athletes and fellow coaches

**RAMLIFE**



## **Athletic Coaching Certification**

*The Florida Department of Education issues two types of Athletic Coaching Certificates, a 3-Year Temporary Certificate and a 5-Year Certificate. The 3-Year Temporary is issued to give the coach time to complete the requirements for the 5-Year Certificate.*

### **Who needs it?**

1. Coaches who are paid a coaching supplement, but don't hold a valid Temporary or Professional Educator Certificate. This includes cheerleading coaches if their assignment is a competitive sport.
2. Unpaid volunteer coaches who are employees of the District School Board of Palm Beach County and do not hold a Temporary or Professional Certificate.

### **What is required for a 3-Year Temporary Certificate?**

An application for Athletic Coaching Educator Certification must be made online with the Department of Education at <https://certify.fldoe.org>.

1. A fee of \$75.00 must be paid by either VISA or MasterCard.
2. Fingerprint results that are no older than one year. Anyone currently employed and previously printed, with fingerprints older than one year, may need to be reprinted at the District's expense. Contact Applicant Screening for verification of the need for reprints.

### **What is required for a 5-Year Certificate?**

1. Nine semester hours in athletic coaching to include the areas specified below (For certification requirements and course access information go to Course Information or Coach Education Center):
  - Three (3) semester hours in care and prevention of athletic injuries and the dangers of drug use including performance enhancing drugs,
  - Three (3) semester hours in coaching theory,
  - A course in theory and practice of coaching a specific sport
2. A valid cardiopulmonary resuscitation certificate issued by the American Heart Association or the American Red Cross. A CPR certificate or card issued by an entity approved by the Florida Department of Health is also acceptable.
3. An application for a 5-year certificate made online at <https://certify.fldoe.org> which includes the fee of \$75.00 and verification of the completion of the above-mentioned course: official transcripts, certificate copies, etc.

*The 5-year Athletic Coaching certificate must be renewed every five years by submitting an application and fee. However, if the course requirements have changed since the last certificate was issued; the applicant must complete the new requirements to be eligible for another 5-Year Certificate. If you have questions, please contact the Certification Office.*



## **THE FLORIDA HIGH SCHOOL ATHLETIC ASSOCIATION'S ELIGIBILITY REGULATIONS-IN-BRIEF**

These edited eligibility regulations are furnished in this Handbook so they will contribute to a better understanding of the Association's rules by our coaches and potential student athletes. Complete eligibility regulations are contained in Article 9 of the FHSAA By-laws. Please check the FHSAA website at [fhsaa.org](http://fhsaa.org) or contact the Athletic Director or Principal if you have questions or would like further explanation or clarification.

### **STUDENT ELIGIBILITY**

#### **GENERAL PRINCIPLES**

9.1.1 Participation in Interscholastic Athletics a Privilege. Participation in interscholastic athletic programs by a student is a privilege, not a right. Students who participate are required to meet the requirements established in state law, FHSAA regulations, and by their respective schools.

9.1.1.1 Local Rules May Be More Stringent. Schools and /or school districts may adopt more stringent rules for the students under their supervision. No school or school district, however, may adopt rules that are less stringent than those of the FHSAA.

9.1.2 School Responsible to Ensure Student Eligibility. A school must not permit a student to represent it in interscholastic athletic competition unless the student meets all eligibility requirements and the school has certified the student's eligibility to the FHSAA Of ce.

9.1.2.1 Ineligible Student. An ineligible student shall not be allowed on the players' bench, in the team box or on the field of play wearing any portion of a team uniform.

9.1.2.2 Falsification of Information. A student and/or parent/legal guardian appointed by a court of competent jurisdiction falsifies information to gain eligibility shall be declared ineligible to represent any member school for a period of one year from the date of discovery.

9.1.2.3 Eligibility of Recruited Students. A student may be declared ineligible based on violation of recruiting rules if (§ 1006.20(2)(b)4, F.S.):

- (a) The student or parent/legal guardian appointed by a court of competent jurisdiction has falsified any enrollment or eligibility document; or
- (b) The student or parent/legal guardian appointed by a court of competent jurisdiction accepted any benefit or any promise of benefit if such benefit is not generally available to the school's students or family members; or
- (c) The benefit or promise of benefit is based in any way on athletic interest, potential, or performance.

9.1.3 Rationale for Eligibility Standards. Eligibility rules are necessary for participation in interscholastic athletics because:

- (a) They protect the opportunities of qualified students to participate; and
- (b) They promote competitive equity among schools; and
- (c) They encourage academic achievement by student-athletes.

## **9.2 ATTENDANCE REQUIREMENTS**

9.2.1 Student May Participate at School he/she First Attends Each School Year. A student must attend school and is immediately eligible to participate in the interscholastic athletic programs sponsored by the school he/she attends each school year, which is either: (§1006.20(2)(a), F.S.)

- (a) The school where the student first attends classes (i.e. establishes school residency); or
- (b) The school where the student first participates in athletic activities on or after the official start date of that sport season before he/she attends classes at any school (i.e. establishes school residency); or
- (c) The school the student transfers to after previously attending another school (reference Bylaw 9.3.2).

9.2.1.1 Definition of “Attend School.” A student attends school if he/she is present in a school classroom on a regular basis or is a “Non-Traditional” student participating for a member school. A student can attend only one school at a time for the purposes of interscholastic athletic eligibility.

9.2.1.2 Definition of “Interscholastic Athletic Programs.” Interscholastic athletic programs encompass all activities relating to competitive sport contests involving individual students or teams of students from one school against individual students or teams of students from another school. Eligible to participate includes, but are not limited to, tryouts, offseason conditioning, summer workouts, preseason conditioning, in-season practice and contests. This does not mean that a student must be placed on any specific team (§ 1006.15(3)(a), F.S.).

9.2.1.3 Students with Multiple Residences. A student who, through the actions of a court of competent jurisdiction, is required to have multiple physical residences will establish his/her school residence as per Bylaw 9.2.1.

9.2.2 Attendance Exceptions 9.2.2.1 Home Education Student. A legally registered home education student may participate at one of the following: (§ 1006.15(3)(c), F.S.)

- (a) The student’s home zoned public school; or
- (b) The public school the student could choose to attend according to the controlled open enrollment provisions pursuant to § 1002.31, F.S.; or
- (c) A charter/lab or private school that will accept the student for participation; or
- (d) A home education cooperative to which the student belongs.

9.2.2.1.1 Home Education Student Requirements. To participate in interscholastic athletics, a home education student must: (§ 1006.15(3)(c)1-7, F.S.)

- (a) register as a home education student with the district school superintendent of the county in which he/she resides; and
- (b) register with the school of his/her intent to participate on or before the beginning date of the season for the sport in which he/she wants to participate; and
- (c) meet the same standards of acceptance, behavior and performance as the school requires of other participating students; and
- (d) certify to the school at the end of each semester that he/she has the minimum cumulative grade point average required for participation; and
- (e) meet all other FHSAA eligibility requirements; and
- (f) must be registered with the FHSAA Office each year using a form provided by the Association.

9.2.2.2 Charter School Student. A student who attends a charter school that does not sponsor an interscholastic athletic program in one or more sports may participate in the sport or sports not sponsored by the charter school at either of the following schools: (§ 1006.15(3)(d), F.S.)

- (a) The student's home zoned public school; or
- (b) The public school the student could choose to attend according to the controlled open enrollment provisions pursuant to § 1002.33, F.S.
- (c) Another charter/lab school that will accept the student for participation.

9.2.2.2.1 Charter School Student Requirements. To participate in interscholastic athletics, a charter school student must: (§ 1006.15(3)(d)1-7, F.S.)

- (a) meet the requirements of the charter school education program as determined by the charter school governing board; and
- (b) meet the minimum grade point average standards that are required of all students; and
- (c) meet the same residency requirements as other students in the school at which he/she participates; and
- (d) meet the same standards of acceptance, behavior and performance that are required of other students in interscholastic athletics; and
- (e) register with the school his/her intent to participate in interscholastic athletics as a representative of the school on or before the beginning date of the season for the sport in which he/she wishes to participate; and
- (f) meet all other FHSAA eligibility requirements; and
- (g) must be registered with the FHSAA Office each year using a form provided by the Association.

9.2.2.3 Students in Alternative or Special Schools. A student who attends an alternative school or other special school operated by a school district, which is not a member of the FHSAA, and does not sponsor an interscholastic athletic program may participate at:

- (a) The student's home zoned public school; or
- (b) The public school the student could choose to attend according to the controlled open enrollment provisions pursuant to § 1002.31, F.S.
- (c) A charter/lab school that will accept the student for participation.

9.2.2.3.1 Alternative or Special School Student Requirements. To participate in interscholastic athletics, an alternative or special school:

- (a) Must be reported by the district superintendent or district athletic director as a school qualified to allow students to participate under this bylaw; and
- (b) The student must register his/her intent to participate in interscholastic athletics as a representative of the school on or before the beginning date of the season for the sport in which he/she wishes to participate; and
- (c) The student must meet all other FHSAA eligibility requirements.

9.2.2.4 Non-member Private School Students. A student who attends a private school shall be eligible to participate in an interscholastic or intrascholastic sport at a public high school, a public middle school, or a combination public school that the student is zoned to attend or the public school the student could choose to attend according to the controlled open enrollment provisions pursuant to § 1002.31, F.S., provided: (HB 1109 & § 1006.15(8), F.S.)

- (a) The private school in which the student is enrolled is not a member of the FHSAA; and
- (b) The private school does not offer the sport in which the student wishes to participate; and
- (c) The private school enrollment consists of 125 students or fewer.

9.2.2.4.1 Non- member Private School Student Requirements.

To participate in interscholastic athletics, a non-member private school student must: (§ 1006.15(8), F.S.)

- (a) make all student records, including, but not limited to, academic, nancial, disciplinary, and attendance records, available upon request of the FHSAA; and
- (b) meet the minimum grade point average standards that are required of all students; and
- (c) meet the same residency requirements as other students in the school at which he/she participates; and
- (d) meet the same standards of acceptance, behavior and performance that are required of other students in interscholastic athletics; and
- (e) register with the school his/her intent to participate in interscholastic athletics as a representative of the school on or before the beginning date of the season for the sport in which he/she wishes to participate; and
- (f) meet all other FHSAA eligibility requirements; and

(g) must be registered with the FHSAA Office at the beginning each year using a form provided by the Association.

9.2.2.3 Students in Alternative or Special Schools. A student who attends an alternative school or other special school operated by a school district, which is not a member of the FHSAA, and does not sponsor an interscholastic athletic program may participate at:

- (a) The student's home zoned public school; or
- (b) The public school the student could choose to attend according to the controlled open enrollment provisions pursuant to § 1002.31, F.S.
- (c) A charter/lab school that will accept the student for participation.

9.2.2.3.1 Alternative or Special School Student Requirements. To participate in interscholastic athletics, an alternative or special school:

- (a) Must be reported by the district superintendent or district athletic director as a school qualified to allow students to participate under this bylaw; and
- (b) The student must register his/her intent to participate in interscholastic athletics as a representative of the school on or before the beginning date of the season for the sport in which he/she wishes to participate; and
- (c) The student must meet all other FHSAA eligibility requirements.

9.2.2.4 Non-member Private School Students. A student who attends a private school shall be eligible to participate in an interscholastic or intrascholastic sport at a public high school, a public middle school, or a combination public school that the student is zoned to attend or the public school the student could choose to attend according to the controlled open enrollment provisions pursuant to § 1002.31, F.S., provided: (HB 1109 & § 1006.15(8), F.S.)

- (a) The private school in which the student is enrolled is not a member of the FHSAA; and
- (b) The private school does not offer the sport in which the student wishes to participate; and
- (c) The private school enrollment consists of 125 students or fewer.

9.2.2.4.1 Non-member Private School Student Requirements.

To participate in interscholastic athletics, a non-member private school student must: (§ 1006.15(8), F.S.)

- (a) make all student records, including, but not limited to, academic, nancial, disciplinary, and attendance records, available upon request of the FHSAA; and
- (b) meet the minimum grade point average standards that are required of all students; and
- (c) meet the same residency requirements as other students in the school at which he/she participates; and
- (d) meet the same standards of acceptance, behavior and performance that are required of other students in interscholastic athletics; and

- (e) register with the school his/her intent to participate in interscholastic athletics as a representative of the school on or before the beginning date of the season for the sport in which he/she wishes to participate; and
- (f) meet all other FHSAA eligibility requirements; and
- (g) must be registered with the FHSAA Office each year using a form provided by the Association.

9.2.2.5 Florida Virtual School – Full Time Program (FLVS-FT) Students. A student of the Florida Virtual School full-time program may participate in any interscholastic extracurricular activity at:

- (a) The student's home zoned public school; or
- (b) The public school the student could choose to attend according to the controlled open enrollment provisions pursuant to § 1002.31, F.S.
- (c) A charter/lab school that will accept the student for participation.

9.2.2.5.1 FLVS-FT Student Requirement. To participate in interscholastic athletics, an FLVS-FT student must: (§ 1006.15(3)(e)1-5, F.S.)

- (a) meet any additional requirements as determined by the board of trustees of the Florida Virtual School; and
- (b) meet the minimum grade point average standards that are required of all students; and
- (c) meet the same residency requirements as other students in the school at which he/she participates; and
- (d) meet the same standards of acceptance, behavior and performance that are required of other students in interscholastic athletics; and
- (e) register with the school his/her intent to participate in interscholastic athletics as a representative of the school on or before the beginning date of the season for the sport in which he/she wishes to participate; and
- (f) meet all other FHSAA eligibility requirements; and
- (g) must be registered with the FHSAA Office each year using a form provided by the Association.

9.2.2.6 Middle School Students Attending Non-member Public Schools. A student in grades 6 through 8 who attends a public school that is not a member of this Association and has no athletic program due to low student population may represent a member public school that is part of the same school district in interscholastic competition, provided such participation is at the junior high or middle school level. In the event the member public school is a combination school, i.e. grades k-12 or 6-12, the student may represent that school in interscholastic competition at the varsity level (NOTE: these students are considered "Non-Traditional" students and must be reported to the association as such; Alternative/Special School students).

9.2.2.7 Students in Dual Enrollment and Early Admission Programs. A student who attends a dual enrollment or early admission program operated by a community college or university may participate at the school the student would attend if:

- (a) The school awards credit toward graduation for the work the student completes at the community college or university; and
- (b) The community college or university of cially issues grades on the same schedule as the school's semester; and
- (c) The student has not met the graduation requirements as speci ed by the school's or school district's student progression plan for high school graduation; and
- (d) The student does not participate in the intercollegiate athletic programs of the community college or university; and
- (e) The student meets all other FHSA eligibility requirements (no form or letter is required).

9.2.3 Attendance Within First 10 Days of Semester Required. A student must attend classes within the first 10 school days of a semester. Otherwise, the student will not be eligible until:

- (a) The student has made up all class work missed during his/her absence; and
- (b) The student has attended one school day for each school day missed.

9.2.4 Ineligible Student Cannot Change Schools to Become Eligible. A student who is deemed ineligible for a period of time cannot change schools and become eligible. Attending a new school at the beginning of the school year does not decrease or eliminate the period of ineligibility.

### **9.3 TRANSFER REGULATIONS**

9.3.1 "Transfer" Denied. A transfer occurs when a student makes any change in schools after he/she establishes residency at a school each year.

9.3.2 Transfer Eligibility. A student who transfers from one school to another during the school year may seek to immediately join an existing team if the roster for the specific interscholastic or intrascholastic extracurricular activity has not reached that activity's identi ed maximum size, provided the coach for the activity determines that the student has the requisite skill and ability to participate (§ 1006.15(9)(a), F.S.). The student may not be declared ineligible because the student did not have the opportunity to comply with qualifying requirements or provided the student quali es under one of the following:

9.3.2.1 Move to New Residence. The student moves to a new home address due to a move by the student and a person or person(s) with whom he/she has been previously living that makes it necessary for the student to attend a different school and the student meets all other eligibility requirements in Article 9. A student cannot reside at

more than one address, and only the student's current residence may be used for eligibility purposes.

9.3.2.1.1 Move Denied. The following items are evidence a move:

- (a) All personal belongings of those moving are moved from the former residence; and
- (b) Mail of those moving is received at the new residence; and
- (c) Driver's license, voter registration and/or other forms of legal documentation for those moving are changed to the new residence.

9.3.2.2 Move to New Residence Following Marriage. The student marries and immediately establishes a new residence with his/her spouse at a residence that makes it necessary for the student to attend a different school and the student meets all other eligibility requirements in Article 9.

9.3.2.3 Transfer after Starting a Sport. A student may not participate in a sport if the student participated in that same sport at another school during that school year, unless the student meets one of the following criteria (§ 1006.15(9)(b), F.S.):

- (a) Dependent children of active duty military personnel whose move resulted from military orders.
- (b) Children who have been relocated due to a foster care placement in a different school zone.
- (c) Children who move due to a court-ordered change in custody due to separation or divorce, or the serious illness or death of a custodial parent.
- (d) Authorized for good cause in district, private or charter school board policy.

9.3.2.4 Need to Attend a Different School Denied. When determining whether a change in residence makes it necessary for a student to attend a different school as required in Bylaws 9.3.2.1 and 9.3.2.2, the FHSAA Office will consider the following criteria:

- (a) Is the student not permitted to attend his/her old school by the district school board because the new residence is outside the school's attendance zone?
- (b) Is public transportation from the student's new residence to the old school not provided?

9.3.3 Qualifying Transfer Student Becomes Eligible on Sixth Day of Attendance. A transfer student who qualifies under one of Bylaws 9.3.2.1, 9.3.2.2 or 9.3.2.3 will be eligible for competition on the sixth school day of attendance at the new school if:

- (a) The school has received and evaluated the student's official transcript provided by his/her former school; and
- (b) The school has determined that the student meets all eligibility requirements.

9.3.3.1 Transfer Student Must Provide Academic Records. A student who transfers to a member school from a nonmember school after beginning high school must provide the member school with an official sealed transcript showing all grades he/she has received



at all schools attended since beginning eighth grade. The student must also provide the school with all information the school needs to determine the student's eligibility using the scale in Bylaw 9.4.2. The student cannot be declared academically eligible by the member school until all such information is received to its satisfaction. Final grades previously earned by the student shall not be converted using the scale in Bylaw 9.4.2.

**9.3.3.2 Transfer Student's Former School Must Verify Eligibility Status Upon Request.** The member school formerly attended by a transfer student must verify the student's eligibility status if requested to do so by the student's new school.

**9.3.3.3 Transfer Student Not Eligible for One Full Semester if Transcript Cannot be Obtained.** A transfer student whose former school cannot or will not provide an official sealed transcript will not be eligible in the new school until he/she has been in attendance for one full semester and has established a cumulative GPA. The school must submit a written report to the FHSAA Office that includes the student's name, date of first attendance in the school, and the beginning and ending dates of the previous semester.

**9.3.4 Ineligible Student Cannot Transfer to Become Eligible.** A transfer student who is deemed ineligible for a period of time cannot transfer schools and become eligible. Attending a new school at the beginning of the school year does not decrease or eliminate the period of ineligibility.

**9.3.4.1 Students Under Expulsion.** A student who has been expelled by a school district or school shall not be considered eligible at any member school during the length of the expulsion. If the student who chooses not to attend an alternative school, if offered by the school district or school, shall be ineligible to represent a member school for the next two consecutive "full" semesters. Attending a new school at the beginning of the school year does not decrease or eliminate the period of ineligibility.

**9.3.5 Transfer Students Who Are Not Eligible.** The following transfer students are not eligible in their new school even if they otherwise qualify under one of Bylaws 9.3.2.1, 9.3.2.2 or 9.3.2.3.

**9.3.5.1 Student Who Transfers After the Florida High School State Championship Series in a Sport Begins.** A student who transfers to any school after the Florida High School State Championship Series in a sport begins will not be eligible to participate in that sport through the conclusion of the Florida High School State Championship Series.

**9.3.5.2 Student Who Participated in a State Championship Series in Another State.** A student who attends a member school after having participated in a state championship series in a sport in another state is ineligible to participate in that sport for that school year.

## **9.4 ACADEMIC REQUIREMENTS**

9.4.1 2.0 GPA Required for Academic Eligibility. A middle/junior high student must have 2.0 GPA, or the equivalent of a 2.0 GPA based on a 4.0 scale, at the conclusion of each semester. A high school student must have a cumulative 2.0 grade point average on a 4.0 unweighted scale, or its equivalent, at the conclusion of each semester to be academically eligible during the next semester (§ 1006.15(3)(a)1, F.S.). Final grades previously earned by the student from another school shall not be converted using the scale in Bylaw 9.4.2.

9.4.1.1 Courses to be Used in Calculating GPA. The grades from all courses required for graduation that a student takes, including those taken by the student before he/she begins high school, must be included in the calculation of the student's cumulative GPA at the conclusion of each semester. For public school students, this includes the courses listed in § 1003.4282, F.S..

9.4.1.2 Academic Eligibility/Ineligibility is for a Semester. A student who is academically eligible at the beginning of a semester will continue to be academically eligible for that entire semester. Likewise, a student who is academically ineligible at the beginning of a semester will continue to be academically ineligible for that entire semester, except as provided in Bylaw

9.4.5.1.2. The student's academic eligibility for each successive semester will depend upon his/her cumulative GPA at the conclusion of the previous semester.

9.4.1.3 Attendance During Previous Two Consecutive Semesters Required. A student cannot be academically eligible if he/she has not attended school and received grades for all courses taken during the previous two consecutive semesters.

9.4.1.4 Exception – First Semester Attendance. A first-year 6th grade student attending a middle school or combination school beginning with the 6th grade, a first year 7th grade student attending a junior high school or combination school beginning with the 7th grade or a high school student, entering the ninth grade for the first time, is academically eligible during his/ her first semester of middle school, junior high school or high school attendance. The student, however, must meet the provisions of Bylaw 9.4.1 at the conclusion of his/her first semester of high school attendance to be academically eligible to participate during his/ her next semester of attendance.

9.4.1.5 Academic Performance Contract. A student whose cumulative GPA falls below 2.0, or its equivalent, on a 4.0 scale in the courses required by § 1003.4282, F.S., must, upon discovery, execute and fulfill the requirements of an Academic Performance Contract between the student, the school, and the student's parent(s) or legal guardian(s) duly appointed by a court of competent jurisdiction, which at a minimum must require that the student attend summer school, or its graded equivalent (i.e. adult

education, Florida Virtual School, etc.), between grades 9 and 10 or grades 10 and 11, as necessary. (§ 1006.15(3)(a)2, F.S.).

9.4.1.6 Using Semester GPA for Ninth and Tenth Grade. A student who is academically ineligible during the second semester of ninth grade (i.e. became ineligible at the conclusion of the first semester of ninth grade) or during the first semester of tenth grade (i.e. became ineligible at the conclusion of the second semester of ninth grade) and does not regain a cumulative 2.0 GPA at the conclusion of the semester of ineligibility may be granted academic eligibility for the next semester if all of the following conditions are met:

- (a) The student signs an academic performance contract with his/her school as per Bylaw 9.4.1.5; and
- (b) The student sits out the semester of ineligibility; and
- (c) The student earns a 2.0 GPA on a 4.0 unweighted scale in all courses taken during the semester of ineligibility.

9.4.1.7 No Exceptions During the 11th and 12th Grade. Once a student has completed 10th grade, he/she must have the cumulative 2.0 GPA as required by Bylaw 9.4.1 for the remainder of his/her high school career (§ 1006.15(3) (a)3, F.S.).

9.4.1.8 Students in Dual Enrollment or Early Admission Programs. Students who participate in dual enrollment programs or early admission programs must have the cumulative 2.0 GPA as required in Bylaw 9.4.1 to be academically eligible.

9.4.1.9 Student Not Eligible for One Full Semester if Transcript Cannot be Obtained. A student whose former school cannot or will not provide an official sealed transcript will not be eligible in the new school until he/ she has been in attendance for one full semester and has established a cumulative GPA. The school must submit a written report to the FHSAA Office that includes the student's name, date of first attendance in the school, and the beginning and ending dates of the previous semester.

9.4.2 Mandatory Grading Scale to be used in Calculating GPA. All member schools must use the following alphabetical grading scale as mandated in § 1003.437, F.S., when calculating the grade point averages of high school students to determine their academic eligibility:

- Grade "A" is 90 to 100 percent and has a GPA value of 4;
- Grade "B" is 80 to 89 percent and has a GPA value of 3;
- Grade "C" is 70 to 79 percent and has a GPA value of 2;
- Grade "D" is 60 to 69 percent and has a GPA value of 1; and • Grade "F" is 59 percent or less and has a GPA value of 0.

9.4.2.1 Incomplete Grade is a Failure. An incomplete grade must be counted as a failure (Grade "F") when calculating a student's cumulative GPA.

9.4.3 Effect of Summer School or its Graded Equivalent Courses on Cumulative GPA. A student may raise or lower his/her cumulative GPA by attending summer school or its graded equivalent if:

- (a) The summer school or its graded equivalent is regularly scheduled and regularly organized under the direction of a district school board or private school;
- (b) All coursework taken by the student is completed before the first day of classes in the subsequent semester; and
- (c) All courses taken by the student, in which he/she receives a grade, whether during the regular academic year or summer school, or its graded equivalent, must be used to calculate the student's cumulative GPA.

9.4.3.1 "Forgiveness." If a student repeats a course, regardless of whether he/she passed or failed the course on the first attempt in which the student earned a "D" or "F," or the equivalent of a grade of "D" or "F," the grade may be replaced with a grade of "C" or higher, or the equivalent of a grade of "C" or higher, provided for required courses the course is the same or comparable course, or with a grade of "C" or higher, or the equivalent of a grade of "C" or higher for an elective course and that grade will be used to calculate the student's cumulative GPA (§ 1003.4282(5), note, F.S.).

9.4.3.1.1 Grade GPA Calculation. For the purposes of GPA calculation, each subsequent unsuccessful attempt on a course taken for forgiveness must be computed in the calculations. One successful attempt will over write the original grade and all previous unsuccessful attempts.

9.4.3.2 Course Taught by Private Tutor Cannot be Used to Raise GPA. A school cannot accept a grade received by a student in a class conducted by a private certified tutor to raise his/her cumulative GPA for academic eligibility purposes.

9.4.4 Determination of Academic Eligibility at Conclusion of Each Semester. A school must calculate the cumulative GPA of a student at the conclusion of each semester to determine the student's academic eligibility for the next semester. Only those grades that are first reported by the student's teachers at the conclusion of the semester can be used to calculate the student's cumulative GPA.

9.4.4.1 Definition of "First Reported." "First reported" means the grades that are originally submitted by the student's teachers at the conclusion of the semester. Changes to grades that are first reported by a student's teachers may only be made according to the published policies of the school.

9.4.5 Course Work must be Completed by First Day of Next Semester. A student must complete all work required to earn credit in a course taken during a semester by the first

day of the next semester. A grade of “incomplete” must be considered a failing grade when calculating a student’s cumulative GPA.

#### *9.4.5.1 Considerations*

9.4.5.1.1 Special Course Work That Cannot be Completed by First Day of Next Semester. An exception to Bylaw 9.4.5 is made for students taking courses such as agriculture, which have special projects that cannot be completed until late summer.

9.4.5.1.2 Work Not Completed Due to Illness or Excused Absence. A student who is academically ineligible because of a failure to complete his/her course work by the first day of the next semester due to an extended illness, supported by a physician’s report, or other excused absence may have his/her academic eligibility restored once the course work is completed and the student receives a passing grade that raises his/her cumulative GPA to 2.0 or above. A school must notify the FHSA Office in writing whenever this occurs.

9.4.6 Change in Eligibility Status. If a student’s academic eligibility changes at the end of a semester, the student will become eligible or ineligible on the sixth school day of the next semester as published on the school’s official calendar for that school year. Even if the last day of the semester coincides with the last day of school for the winter holidays, the student will not become eligible or ineligible until the sixth school day of the next semester that follows the winter holidays as published on the school’s official calendar for that school year.

9.4.7 Student Must be an Undergraduate. A student must not have completed the terminal grade of high school in the secondary education system of the U.S. or any other country. The terminal grade of the student is based on the graduation requirements of the country the student last attended school, including the completion of the GED or its equivalent.

### **9.5 LIMIT OF ELIGIBILITY**

9.5.1 High School Student Has Four Years of Eligibility. A student is limited to four consecutive school years of eligibility beginning with school year he/she begins ninth grade for the first time. This does not imply that the student has four years of participation. After four consecutive school years, the student is permanently ineligible, unless clear and convincing evidence of a hardship, as defined in Bylaw 10.4.4, has been accepted by the Executive Director or his/her designee.

9.5.1.1 Student Whose Limit of Eligibility Expires During Sports Season. A student whose four year limit of eligibility expires during the season of a sport in which the student is participating may complete the season if the student continues to meet all other eligibility requirements. The student, however, will not be permitted to participate in any other sport that begins after his/her limit of eligibility has expired.

9.5.1.2 Participation Prior to High School Does Not Affect Limit of Eligibility. A student's four year limit of high school eligibility is not affected by the student's participation in interscholastic athletics before beginning the ninth grade for the first time.

9.5.2 A 6th, 7th or 8th Grade Student Has 1-Year Limit of Eligibility in Each Grade. A 6th, 7th or 8th grade student may participate only one year in each grade level. A 6th, 7th or 8th grade student who repeats a grade will not be eligible during the grade being repeated.

## **9.6 AGE**

9.6.1 High School Age Limit. A student may participate at the high school level until the day he/she reaches the age of 19 years 9 months if the student has not exceeded his/her four-year limit of eligibility. The student becomes permanently ineligible at the high school level on the day he/she reaches the age of 19 years 9 months. Beginning with students entering grade 9 in 2014-15, and thereafter, a student who reaches the age of 19 on or after September 1st, and who has not exceeded his/her four-year limit of eligibility, may participate in interscholastic athletics during that school year, unless clear and convincing evidence of a hardship, as defined in Bylaw 10.4.4, has been accepted by the Executive Director or his/her designee.

9.6.1.1 Student Who Reaches Age Limit During the Florida High School State Championship Series. A student who reaches the age of 19 years 9 months during the Florida High School State Championship Series in which he/she is participating may complete the Florida High School State Championship Series if the student continues to meet all other eligibility requirements. The student, however, will not be allowed to participate in any other sport that begins after he/she has reached the age of 19 years 9 months.

9.6.3 Middle School Age Limit. A student may participate in interscholastic athletic competition at the middle school level until the day he/she reaches the age of 15 years 9 months. The student becomes permanently ineligible for interscholastic athletic competition at the middle school level on the day he/she reaches the age of 15 years 9 months. Beginning with students entering grade 6 in 2014-15, and thereafter, a student who reaches the age of 15 on or after September 1st may participate in interscholastic athletics during that school year.

9.6.3.1 When Middle School Age Limit Applies. The 15 year 9 month middle school age limit applies to a participating student only when:

- (a) Teams representing middle schools compete against each other; or
- (b) Teams representing the middle school departments of combination middle-senior high schools compete against each other.

9.6.4 School Must Verify Age of Student. A school must verify the age of each student who represents it in interscholastic athletic competition. The student must provide

documented proof of his/her age for this purpose. A student who is unable to provide documented proof of his/her age cannot participate.

9.6.4.1 What is Documented Proof of Age? Documented proof of age is one or more of the following:

- (a) An original birth certificate issued by the office of vital records in the country, province, state, county or city where the student was born;
- (b) A passport, visa or "green card" that lists the student's date of birth; or
- (c) An official record of birth from the hospital in which the student was born.

## **9.7 PHYSICAL EVALUATION (FHSAA Form EL2 – Pre-participation Physical Examination)**

9.7.1 Student Must Have a Physical Evaluation Each Year. A student must have a physical evaluation each year and be certified as being physically fit to participate in interscholastic athletic programs prior to participating in interscholastic athletic competition or engaging in any practice, tryout, workout, or other physical activity associated with the student's candidacy for an interscholastic team. A physical evaluation shall be valid for a period not to exceed one calendar year from the date of practitioner's signature. The student cannot be allowed to participate in any activity related to interscholastic athletic programs until the fully executed physical evaluation form is on file in the school (§ 1002.20(17)(b), F.S.).

9.7.2 Qualified Practitioners. The annual physical evaluation must be administered either by a licensed physician, a licensed osteopathic physician, a licensed chiropractic physician, a licensed physician assistant, or a certified advanced registered nurse practitioner.

9.7.3 Filing Requirements. The student-athlete shall be required to leave with the principal or his/her designee a fully executed physical evaluation form signed by the practitioner and medical history questionnaire signed by the student and his/her parent(s) or guardian(s).

9.7.4 Evaluation Requirements. The Board of Directors shall adopt minimum requirements for the physical evaluation to which each member school shall adhere.

## **9.8 CONSENT AND RELEASE (FHSAA Form EL3 – Consent and Release from Liability Certificate)**

9.8.1 Student Must Provide School with Signed Consent and Release Form to Participate. A student must have the consent of his/her parent(s) or legal guardian(s) to participate in interscholastic athletic programs at a member school prior to participating in interscholastic athletic competition or engaging in any practice, tryout, workout, or other physical activity associated with the student's candidacy for an interscholastic team. The student and his/her parent(s) or legal guardian(s) must also release the FHSAA, its member schools and contest officials from all liability for any injury or claim that may result from the student's participation in interscholastic athletics. This consent and release from liability must be provided in writing on a form developed by this

Association for that purpose. The form must be signed by the student and his/her parent(s) or legal guardian(s). The student cannot be allowed to participate in any activity related to interscholastic athletic programs until the fully executed consent form is on file in the school.

**9.8.1.1 Board of Directors to Adopt Language for Consent and Release Form.** The Board of Directors will adopt the language that must be contained in the consent and release form, which, at a minimum, will include the following:

- (a) A statement acknowledging that participation in interscholastic athletics may require the student to miss classes;
- (b) A statement authorizing the school to provide to the FHSAA for inspection the student's academic, attendance and financial assistance records when requested;
- (c) A statement warning of the health risks, including permanent disability and loss of life, involved in participating in interscholastic athletics (including, but not limited to, concussions, heat related illness, sudden cardiac arrest, etc.);
- (d) A statement authorizing the use or disclosure of the student's individually identifiable health information should treatment for illness or injury become necessary; and
- (e) A statement granting to the released parties the right to photograph and videotape the student and to use his/her name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising, promotional and commercial materials without reservation or limitation.

## **9.9 AMATEURISM**

**9.9.1 General Principles.** A student may not participate in an athletic activity of this Association unless he/ she is an amateur. An amateur is one who engages in athletic competition solely for the physical, mental, social, and pleasure benefits derived from the activity.

**9.9.2 Forfeiture of Amateur Status.** A student-athlete forfeits amateur status in a particular sport for one year by:

- (a) Competing for money or other monetary compensations;
- (b) Receiving any award or prize of monetary value which has not been approved by the FHSAA;
- (c) Capitalizing on athletic fame by receiving money or gifts of a monetary nature;
- (d) Signing a professional playing contract in any sport or hiring an agent to manage his/her athletic career;
- (e) Competing under an assumed name.

**9.9.3 Permissible Awards, Gifts, or Other Compensation.** A student-athlete will not forfeit his/her amateur status for accepting:



- (a) Symbolic awards such as school letters, medals, trophies, ribbons, plaques, pins, keys, or ribbons of small monetary value purchased from an established awards company;
- (b) Rings, sweaters, jackets, or award blankets provided that they are presented by the school which they represent and do not exceed the value of the purchase price from an established awards company;
- (c) Remuneration of “essential expenses” for any game in which he/she participates as a player; limited to meals, lodging, and transportation;
- (d) A college scholarship offer.

9.9.3.1 Amateur Sports Guidelines. The FHSAA uses the guidelines of the national governing body of a particular sport, when applicable, to determine the types and amounts of benefits an amateur may receive.

9.9.4 Violations. Violation of the amateur rule in one sport does not make a student ineligible in all other sports.

#### *9.10 ATHLETIC CONTEST PARTICIPATION*

9.10.1 Athletic Contest Participation Defined. A student in athletic uniform during an athletic contest is deemed as having participated in that contest. Any member school which allows a student to participate in interscholastic athletic competition (dress in any part of the full uniform worn for that contest with the exception of a cap) in violation of the regulations of this Association will be held guilty of using an ineligible student and subject to the penalties assessed.

### **OPERATIONAL BYLAW, ARTICLE 10**

#### *Compliance and Enforcement 10.1 PRINCIPLES AND PENALTIES*

10.1.1 General Principles. The Executive Director shall have the authority to direct audits and compliance reviews and to investigate all alleged violations of this Association’s Bylaws, as well as regulations, guidelines, policies or procedures established by the Board of Directors. The procedures outlined in Policy 39 (Policy on Investigative Procedures), which shall be in full compliance with Florida Statute 1006.20(2)(g), will be followed for such investigations. All findings shall be disclosed to the member school in writing, setting forth the findings of fact and specific violation upon which the decision is based.

10.1.2 Penalties and Sanctions. The Executive Director shall have full authority to invoke one or more of the following penalties and/or sanctions against the violating school or person:

- (a) REPRIMAND—An official letter of censure to the concerned party in regard to the offense committed which warns against further violations. This letter will be kept on file for future reference.
- (b) FINE—A monetary payment.
- (c) FORFEIT—The forfeiture of an interscholastic athletic contest.

(d) PROBATION—Types of probation that may be imposed are as follows:

- 1) Administrative Probation—The school or person is reprimanded, notified and served notice that it is in a period of warning for a minimum of one calendar year. Additional violations during this time will result in increased penalties which may include expulsion.
- 2) Restrictive Probation—The school or person faces the same penalties as administrative probation, with the additional consequence of restriction from participation in championship competition in one or more sports, or other restrictions deemed appropriate by the Executive Director, for one or more calendar year.
- 3) Suspension Probation—The school or person faces the same penalties as administrative probation, with the additional consequence of suspension from one or more sports for one or more calendar years.

(e) EXPULSION—Involuntary termination of a school's membership in the Association for one or more calendar years. Any member school that competes with a currently expelled school may subject itself to expulsion from the Association for one calendar year.

10.1.2.1 Restricted Membership. The Board of Directors, instead of expulsion, may restrict one, more or all the membership privileges of the school. The school remains a member even if all of its membership privileges are restricted.

10.1.2 Reimbursement of Expenses.

A member school found to have committed a violation shall pay to this Association any expenses incurred related to such violation, including, but not limited to, the costs of the investigation, attorney's fees and legal costs, and all other related costs.

10.1.2.1 If a member school is assessed a financial penalty as a result of a coach committing a major violation, the coach shall reimburse the member school before being allowed to coach, participate in, or attend any athletic activity sponsored, recognized, or sanctioned by the FHSAA and a member school (§ 1006.20(2)(f)3, F.S.).

10.1.3 Sanctions on Coaches. Sanctions placed upon an individual coach may include, but are not limited to, prohibiting or suspending the coach from coaching, participating in, or attending any athletic activity sponsored, recognized, or sanctioned by the FHSAA and the member school for which the coach committed the violation. If a coach is sanctioned by the FHSAA and the coach transfers to another member school, those sanctions remain in full force and effect during the term of the sanction (§ 1006.20(2)(f)2, F.S.).

10.1.4 Court Injunctions. If a member school or student, in violation of or noncompliance with any provisions of this Association's rules, competes based on an injunction or restraining order which is later voluntarily vacated, stayed or reversed, or it

is determined that injunctive relief is not or was not justified, they will still be subject to the penalties listed in 10.1.2.

### *10.2 FORFEITURE OF CONTEST*

10.2.1 General Principle. If an ineligible student is intentionally permitted to participate in an interscholastic athletic contest, forfeiture of the game and honors shall be automatic and mandatory. If an ineligible student is inadvertently permitted to participate in an interscholastic athletic contest, forfeiture of the game and honors shall be automatic and mandatory if the coach or school administrator knew or should have known that such use would be a violation of the association's rules and regulations (§ 1006.20(2) (i), F.S.).

10.2.1.1 Team or Individual Sports. In team sports, the contest and honors shall be forfeited. In individual sports, the points won by the ineligible student, individually or as the member of a relay team shall be forfeited. If an ineligible student participates on a relay team, the relay team shall be disqualified.

10.2.1.2 Procedures. If an ineligible student is allowed to participate in an athletic contest, the principal shall notify the Executive Director the dates of the competition and provide copies of the letters of forfeiture to the opposing school(s) the student participated against.

10.2.1.3 Intentional Use of Ineligible Students. The Executive Director shall have full authority to invoke additional penalties against a member school that in his/her determination intentionally permits an ineligible student to participate.

10.2.1.4 Prospective Contests. The association will not limit the competition of student athletes prospectively for rule violations of the school by its coaches or other representatives of the school's athletic interests. The association will not unfairly punish student athletes for eligibility or recruiting violations perpetrated by a teammate, coach, administrator or other representatives of the school's athletic interests. Contests will not be forfeited for other eligibility or recruiting violations in excess of the number of contests that the coaches or other representatives of the school's athletic interests responsible for the violations are prospectively suspended (§ 1006.20(2)(i), F.S.).

### *10.3 PROTEST PROCEDURE*

10.3.1 Protesting Actions of Another School. Any member school  
ling a protest over the eligibility of a student or the actions of a member school shall submit to the Executive Director in writing a full statement of the facts signed by the principal. The Executive Director shall provide the accused party or parties with a copy of the accusation and determine if the allegations warrant an investigation. If allegations concerning the eligibility of a student warrant an investigation, The procedures outlined in Policy 39 (Policy on Investigative Procedures), which shall be in full compliance with § 1006.20(2)(g), F.S. will be followed for such investigations.

10.3.2 Protesting Actions of Contest Officials. The decisions of contest officials shall be final and not subject to review. Member schools should file reports with the Executive Director of unsatisfactory performance by contest officials which may be due to alleged lack of knowledge of the rules, errors in judgment or improper conduct.

#### *10.4 DUE PROCESS*

10.4.1 Eligibility Appeals. When a student is determined to be ineligible by a member school and/or is ruled ineligible by the Executive Director or his/her designee, the member school principal may appeal the ruling of the Executive Director if he/she or the student takes issue with it, and must do so at the student's request. If possible, such disposition of the appeal is to be made before the end of the applicable sport season, the next scheduled Section Appeal Committee meeting or the next scheduled Board of Directors meeting, whichever is the earliest (§ 1006.20(2)(f), F.S.).

10.4.1.1 Ineligibility must be established by a preponderance of the evidence (§ 1006.20(2)(g)1, F.S.).

10.4.2 Rules Violations Appeals. Any student athlete, coach or member school who is found to be in violation of the rules of this Association may appeal the finding of the Executive Director, or his/her designee, if he/she takes issue with it, or may appeal the penalty imposed if he/she believes it to be too severe, and must be done if requested.

10.4.3 Disputes Between Member Schools Appeals. A member school principal may appeal the findings by the Executive Director which arise from a dispute between one or more member schools.

10.4.4 Undue Hardship Waivers. A member school principal may file a request for undue hardship waiver on behalf of the student when enforcement of the provision(s) which render(s) the student ineligible works an undue hardship upon the student, and must do so at the student's request.

10.4.4.1 Basic Principle. The eligibility rules of this Association are designed to promote academic achievement and to encourage students to advance with their graduating class. Unless a student exerts every reasonable effort to make up credit not earned, such effort including attendance at summer school or other alternative programs, an undue hardship request seeking a waiver of the limit of eligibility shall not be granted.

10.4.4.2 Criteria for an Undue Hardship Waiver Determination. By seeking an undue hardship waiver, the student and the member school accept the fact that the student is ineligible under the FHSAA Bylaws but are asking for a grant of waiver of those Bylaws. For the purpose of determining whether to grant or deny an undue hardship waiver the Sectional Appeals Committees and the Board of Directors shall be guided by the

following criteria, other criteria contained in these Bylaws and FHSAA Policies, and their respective experience related to high school athletics.

10.4.4.2.1 Insufficient Grounds for Undue Hardship Waiver. The fact that a student is retained in a lower grade shall not be sufficient grounds for granting an undue hardship waiver if the student fails to pass the required number of courses, or is voluntarily withdrawn from school, or repeats a lower grade to gain physical, social or emotional maturity

10.4.4.2.2 Potentially Sufficient Grounds for Undue Hardship Waiver. The fact that a student is unable or desires to participate in interscholastic athletics shall not, in and of itself, be grounds for granting an undue hardship waiver request. The fact that a student is retained in a lower grade because he/she misses school for a prolonged period of time due to serious injury or illness, which must be supported by a physician's record indicating that the absence was directly and solely related to such injury or illness, or events which were beyond the control of the student and/or the parent or guardian which causes the student to miss school for a prolonged period of time causing the student to repeat a grade, may be grounds for granting an undue hardship waiver request.

10.4.5 Mediation of Decisions. The principal of a member school, on behalf of a student, may request that the Executive Director mediate the decision of the Section Appeals Committee regarding the student's eligibility.

10.4.6 Waiver of Bylaws Due to Special Circumstances. The principal of a member school or his/her designee may request a waiver of any Bylaw or other regulation, guideline, policy or procedure of this Association not directly related to student eligibility when special circumstances, in the opinion of the person or entity making the appeal, call for a relief from or a modification to the effects of the rule.

10.4.7 Appeals of Executive Director's Findings. The principal of a member school or his/her designee, or any other individual, who is found to be in violation of the rules of this Association by the Executive Director, whether or not such finding results in the imposition of penalty, may appeal the finding of the Executive Director if he/she takes issue with it, or may appeal the penalty imposed, if any, if he/she, while not disagreeing with the finding, believes the penalty to be too severe.

10.4.8 No Appeal or Waiver of Florida Statutes.

The Sectional Appeals Committee, the Infraction Appeals Committee and the Board of Directors do not have the authority to waive a provision of the Florida Statutes including but not limited to:

- (a) Mandatory GPA requirements (§ 1006.15(3)(a)2, F.S.);
- (b) Definition of a grading period as being one semester;
- (c) Mandatory grading scale (§ 1003.437, F.S.);

- (d) Authority of school districts to establish codes of conduct by which students must abide to be eligible to participate in interscholastic competition;
- (e) Home Education guidelines (§ 1006.15(3)(c)1-7, F.S.) ;
- (f) Charter School guidelines (§ 1006.15(3)(d)1-7, F.S.);
- (g) Non-FHSAA Member Private School guidelines (§ 1006.15(8), F.S.);
- (h) Florida Virtual School guidelines (§ 1006.15(3)(e)1-5, F.S.).

#### **ELIGIBILITY AND INELIGIBILITY**

A period of seven (7) calendar days beyond the last day of the marking period is provided to determine academic eligibility during the current school year.

1. 9th Graders must be regularly promoted.
2. All athletes after 1st semester as 9th grader must maintain 2.0 for semester eligibility.
3. The Athletic Director will conduct a 9-week grade check. Athletes must have 9 GPA points (1.5) and no more than 2 F's. Any Athlete with fewer than 9 quality points or having 3 Fs will become ineligible until the next grade report (progress reports). Any athlete with fewer than 12 Quality Points must be put on weekly progress reports and be required to attend study hall.
4. Any athlete not meeting FHSAA 2.0 CUM may be available for practice. The athlete may after progress report meet with athletic director and show that grades are much improved and should result in eligibility for next semester. Must also take report sheet around to all teachers with a satisfactory report. The Athletic Director will make decision.

**\*Head Coaches- Make sure you educate your athletes regarding all eligibility requirements.**

Participation in Palm Beach Lakes High School athletics is conditional upon student adherence to the following policies.

1. All rules and regulations in the Palm Beach County Student Code of Conduct are to be followed.
2. Students are expected to secure transportation home after practices and games in a timely manner as illustrated by the coach.
3. Continuous classroom disruptions and disturbances reported by any of the student's teachers will result in a coach's choice of disciplinary intervention and consequences.
4. Grades will be maintained throughout the year and be checked periodically by the coaches. The coach reserves the right to suspend a player from practices and games due to a D or F on a progress report during the season.

5. Student athletes must be in school for 3 periods in order to practice or play that day. Absences that are prearranged (i.e. doctors' appointment, funeral) should be presented to student services in writing at least one day prior to the absence. Such absences are considered excused and students may participate in practice or a game that day.

6. Unexcused absences from practice by a student-athlete will be handled by head coaches.

7. Any misconduct on the field or court such as, yellow or red card, technical foul, or official's complaint may result in disciplinary action. A consequence for a first offense is the coach's choice of discipline, a second misconduct will be handled on a case by case basis.

8. Any athlete receiving Out of School Suspension (OSS) will be ineligible to practice or play on those day(s).

9. Alcohol, tobacco, or drug use by student-athletes will not be tolerated and subject to player, parent, coach and administrative review.

10. If at any point an athlete is arrested, PBLHS will determine the best course of action.

11. The principal, athletic director, and coach will address situations that may arise which are not directly addressed in these rules and regulations. Appropriate discipline will be determined by the severity of the infraction, and may result in removal from the team.

12. Uniforms are provided by PBLHS and athletes accept the responsibility for their care and timely return at the end of the season. Athletes and/or parents are responsible for the current replacement cost of damaged or unreturned uniforms.

13. Each sport will have mandatory fee or fairshare fee to cover the operational costs of the team (ie: officials, uniforms, equipment, etc.) for each season. The fee must be paid after tryouts before the athlete can participate in practice or games.

14. Each athlete participating in any sport for any season must pay the Palm Beach County mandated insurance fee of \$75 before any participation after making a team. The tryout insurance fee is \$10 and then pay the rest (\$65) upon making the team, before the first practice starts.

**We have read, understand, and agree to abide by the rules and regulations listed above.**

\_\_\_\_\_ Student Athlete Signature Date  
\_\_\_\_\_ Parent/Guardian Signature

**Student- Athlete Required Paperwork, turned in prior to first practice.**

1. Preparticipation Physical Evaluation Must be on EL2 FHSAA form
2. A signed and notarized parent permission form for the current year. (Athletic Participation Form)
3. Consent and Release of Liability Certificate EL3
4. Certificate of Completion of NHSF courses
5. The School required participation fee (see below) due before the first practice after making the team.

**Fees 2022- 2023**

The mandatory participation fee must be paid prior to an athlete participating in a contest. The athletic fee is the only fee that may be required by any sport. Anything else a Coach may wish to purchase, i.e. competition entry fees, spirit wear, team shoes, hats, etc.... must be fundraised for. You may not require students to purchase these items to be a part of any team.

High School

Tryout Fees: N/A

Insurance fee(county): \$65 mandatory

**Academics First**

Academic excellence is the number 1 priority; head coaches will monitor each student athlete in their program and communicate with the teaching faculty consistently during the academic year.



**Try Outs**

An Athlete **MUST** be at ALL tryout dates to be considered for the team. (ONLY Dr. Notes will excuse them)



If the athlete is playing another sport during tryout dates, they MUST be allowed to attend tryouts, but will NOT be able to practice or play with the new team until their current sport is over.

If an athlete quits a sport during the season at any time, that athlete will not be able to participate in the next sport until the sport that they quit is finished.

### **Chain-of-Command**

Please adhere to the following steps whenever important information regarding any aspect of the athletic program- including concerns, grievances, or questions- must be communicated:

1. Players must first speak to their Coaches.
2. Assistant Coaches must speak to the Head Coach in their sport.  
*If the matter involves two programs, the Head Coaches must first discuss the matter.*
3. The Head Coach must take his/her concerns to the Athletic Director.  
If any Player, Parent, or Assistant Coach approaches the Athletic Director or Administration, they are referred immediately to the Head Coach.
4. The Athletic Director communicates to the Principal and County Athletic Director.
5. The Principal communicates with the Superintendent and the Athletic Director. If any Player or Assistant Coach approaches the Principal, they are referred immediately to the Head Coach.
6. The Superintendent addresses the School Board.  
Communication is the key to problem solving and building a cohesive staff. Also, make sure you communicate with your athletes and the parents. Many problems can be avoided through adequate communication. It is imperative and expected that you check your email on a daily basis, as many important messages are often sent via email.

### **Parent Meeting**

In conjunction with the start of each sports season (fall, winter and spring), and prior to the first regular season contest in each sport, the head coach shall meet with the parents and participants of his/her sports program.

The purpose of this meeting is to familiarize parents and the student-athletes in each sport with team/squad rules and regulations, FHSAA eligibility requirements, the Palm Beach County Code of Conduct as well as any other miscellaneous **Palm Beach Lakes High School** rules and policies relating to interscholastic athletic participation.

Every effort should be made by coaches to encourage parents/guardians to attend this very important meeting. It is highly recommended that coaches distribute information (in writing) to the parents relative to the aforementioned topics of discussion. It is encouraged that either an Athletic Director(s) or Assistant Principal be invited to be present at this meeting. (Team rules and/or regulations must be reviewed and/or approved by the Athletic Director and or Assistant Principal prior to their distribution and implementation.)

### **Home Events**

Every game is a showcase of your student-athletes. Make it a classy professional event. Be organized, Use parents to help with concessions, run the scoreboard and the PA announcer. Remember, you and the student athletes train for this opportunity in front of their friends and family. Make it special for them.

### **Coaches Pre-Season Check List**

- \*All Coaches need to hold current CPR / AED certification and provide copy to their athletic director.

- \*All Coaches need to have completed NHSF courses

- \*All Head Coaches must meet their teams in the cafeteria to pick them up to practice

- \*All Head Coaches must finish practice as a team and everyone leave together. Also check the players' activity bus passes for those riding that bus.

- \*All Head Coaches need to turn in all completed athletic participation paperwork for every student-athlete participating in the program.

- \*All Head Coaches need to turn in a completed inventory of all uniforms and equipment.

- \*All Head Coaches are required to do a facility walk through with either administrator or athletic director.

- \*All Head Coaches are required to set up a meeting prior to your first game/match or meet with Athletic Director.

- \*All Head coaches must communicate all necessary concerns or issues to your athletic director as these happen.

\*All Head Coaches must provide a pre-season preliminary budget of costs and expenses for the season along with expected generated income from things such as gate or fundraisers.

\*All Head Coaches must keep their respective facilities and locker rooms clean and organized. Visitors should always be impressed.

\*All Head Coaches must obtain a purchase order before ordering anything! We cannot spend what we do not have in an account.



#### **Coaches Post-Season Check List**

\*All Head coaches must turn in completed inventory of all uniforms and equipment. Include equipment issues and lost or damaged uniforms.

\*All Head coaches must do a post-season facility walk through with the athletic director.

\*All Head coaches must schedule end of season meeting with athletic director to discuss season and check out packet items.

#### **UNIFORMS AND OTHER ISSUED EQUIPMENT**

Students are responsible for the proper care of all equipment issued to them. It is their responsibility to properly care for these items and return them at the end of the season in proper condition.

Any of these items not returned must be paid for at the current replacement price (It is standard manufacturer's policy that, when replacing fewer than six uniforms, the cost of each equates to roughly 200% of original cost).

All awards or participation in school functions will be put on hold until the uniform debt is paid in full.

Graduation Cap and Gown will also be held if items are still owed by then.



***School uniforms can't be worn by clubs or off-season leagues  
It is a violation of FHSAA policy!***



### **ATTENTION! PLEASE READ!**

#### **TRAVEL**

Please plan travel well in advance to ensure all paperwork can be completed. Some travel to and from athletic contests will be provided on buses or private vehicles. If parents wish to bring their child home instead of riding a bus back, permission to do so must be obtained from the coach and this permission will be at his/her discretion. At no time, will athletes be permitted to return with anyone other than their parents. In order to drive the county vans, you must be a School District of Palm Beach County Employee.

*Head coaches please complete transportation request(s) and turn in all requests to your athletics secretary two weeks in advance of the date needed. Please confirm your transportation*

*requests to ensure you will have transportation. See Athletics Secretary for confirmation information.*



## Social Media

It is your decision on how you want to communicate to our student-athletes, family and community members. We need to use the tool of social media to promote all of our programs, and the performances of our students. If you have created a Social media account that is connected at all to the Palm Beach Lakes High School, **you notify the athletic director in writing! It is imperative that we are aware of any and all connections with PBLHS on social media.** This will help you sell your brand, and help us sell our brand by following each other and retweeting posts, etc.... **Please don't assume that you don't have to do this even if we have already followed you on your account.**

## Facilities:

In-season sports have priority scheduling for that particular sports' facility.

## NCAA REQUIREMENTS FOR SCHOLARSHIP ATHLETES

\*The NCAA has requirements for Athletic Scholarships and should be of interest to all parents. It is suggested that you familiarize yourself with these requirements and keep them in mind throughout your high school days, especially when scheduling classes from year to year.

\*The CCMHS Student Services Department has a complete copy of these and is more than pleased to help the students with any questions regarding this matter. All NCAA member schools strictly adhere to these requirements.

\*All student athletes in the spring of their Sophomore year, should register with the NCAA Clearinghouse. This will begin the recruitment process. All student-athletes must be what is called a qualifier to receive a scholarship.

## PROMOTING AND ASSISTING STUDENT-ATHLETES WITH PLAYING IN COLLEGE

Please meet with your student-athletes and determine if they have a desire to continue playing in college. If so, identify schools that the student-athlete has an interest in attending and the grades and test scores they will need to gain acceptance. Also, if they have an academic concentration they are interested in

(i.e. engineering). Have the students identify the school that has that program of study, if they are undecided determine how far they want to go from home. Once you have come up with a list of schools, have the student-athlete research the athletic program they are interested in being a part of and set-up an unofficial visit to campus. Please be very honest and clear about the student-athlete's athletic talent and how that can contribute to each school that they are interested in.

### **End of the Season AWARD CEREMONY**

Each Head coach will be responsible for their own end of the season awards ceremony to be **completed within 45 days** of the end of the season.

### **LETTERS AND AWARDS**

*Head Coaches,*

The following are athletic department policies outlining what must be done to earn a letter in varsity or junior varsity sports **at Palm Beach Lakes** High School. Coaches have been instructed to set standards for their individual sport that must be met in order to earn a letter. These standards have been established to make this letter more meaningful.

1. A student must be academically eligible and be in good standing at the end of the season to be considered for any awards(s).
2. Each head coach will establish set standards for their sport that each athlete must meet to earn a letter. A copy of these approved standards must be given to each athlete at the beginning of the season.
3. Students meeting the established criteria for a letter will receive the following:
  - a) first time lettering (varsity) letter
  - b) first time lettering in that sport: pin
  - c) second time or after in that sport: bar

At the end of each school year these two awards will be voted upon by the coaching staff:

1. Female Athlete of the Year
2. Male Athlete of the Year



## OFF SEASON GUIDELINES

The **PBLHS** Athletic Department policy regarding off-season programs is:

- 1) Off-season programs during the regular school year will be limited to those agencies recognized by the FHSAA or approved by the school administration
- 2) Summer programs will be limited to those agencies recognized by the FHSAA or approved by the school administration
- 3) An open gym in the summer must follow the guidelines set forth by the FHSAA and school administration
- 4) FHSAA - Policy on summer participation will be strictly enforced. FHSAA Policy  
\*\*Off-Season programs are voluntary and participation is not a requirement or an implied requirement. All students participating in offseason programs, including clubs, must have current physical and consent forms. \*

## Facilities

It is the Head Coaches responsibility to ensure the upkeep and the security of the facilities and equipment. Before leaving the premises, all doors and gates should be locked and all lights turned out. Upkeep of the facilities will ensure that our school will be a model and a place that our athletes can be proud of. If at any time there are needs for the facility, please communicate those needs with the Athletic Director.

*\*Coaches leaving campus after hours **MUST LOCK ALL THE GATES**, by pulling past and using chains to lock the gates closed.*

## Practices

It is your responsibility to set up a practice schedule, and communicate that to your parents.

You should also be consistent with your release time. If you tell the parents that practice will end at 5:00PM, do your best to have your athletes ready to leave at 5:00PM.

## Student Supervision:

It is the Head Coach's responsibility to ensure the proper supervision of our athletes. Whether on our campus or visiting other schools, it is imperative to ensure our athletes represent our programs in an appropriate manner.

Also, it is your responsibility to ensure all of your athletes have transportation home following events or practices. Plan to stay at least 30 minutes following an event to ensure your athletes have transportation home. Communicate this with your parents to ensure that they are prompt when picking up their student.

**DO NOT LEAVE STUDENTS UNSUPERVISED!**

## **CRISIS MANAGEMENT PLAN**

### *CATASTROPHIC INJURY*

- \* Athletic Trainer will coordinate 911 Call with Administrator(s)
- \* **Contact Athletic Director**
- \* Contact Administration
- \* Contact family by appropriate individual (use assistance as needed):
- \* Coordinated media plan
- No contact with media from the athletic staff
- \* Contact School Nurse
- \* Meeting with athletes to discuss situation
  
- \* Complete documentation of events (include everyone involved with signatures)
- \* Collect and secure all equipment and materials involved
- \* Construct a detailed timeline of events related to the incident
- \* Involve appropriate counseling and ministerial personnel
- \* Assign athletic staff member to be with family at all times upon arrival; assist family as needed; protect from outside persons
- \* Critical incident stress debriefing/ counseling as necessary for individuals involved in incident

## **AED & FIRST AID LOCATIONS**



### **HEAT**

- All sports shall have an open water policy
- Students will be removed from the field when heat/humidity guidelines dictate
- If student shows signs of heat stress, exhaustion, or stroke, cool the student down immediately with ice and cold towels

### **INJURIES**

- Must contact parent or guardian by phone or in person
- Complete injury report and turn in to AD and AT by the next day

### **Safety**

It is the Head Coach's responsibility to ensure the safety of the athletes. If you see lightning, get your athletes indoors immediately. Do not return to the fields



until the area has been lightning free for 30 Minutes. The athletic trainer's word on weather is final.

## **INCLEMENT WEATHER PROCEDURES**

### **GENERAL POLICY**

In the case of inclement weather (i.e. thunderstorms/lightning, hail, hurricane, tornado), it will be under the direct discretion of the on-site administrator or coach, if no administrator is present, to determine if the practice/game fields should be evacuated. Exceptions will be made for golf and swimming, whereby the head coach will have to suspend activity in the absence of an administrator.



### **LIGHTNING**

Lightning is a dangerous phenomenon. **PBLHS** has developed a lightning policy to minimize the risk of injury from lightning strikes to Palm Beach Lakes athletes, coaches, support staff and fans. Athletic teams that practice and compete outdoors are at risk when the weather is inclement. For this reason, the following guidelines must be observed if it appears that lightning is possible for the area:

1. If inclement weather is forecasted for the area or sighted in the area, the coach or administrator will get a weather update.
2. Lightning detectors will be situated on the outside fields during the possibility of inclement weather. If lightning is detected and the severe weather signal is illuminated, with two subsequent readings within 30 seconds on the detector at 3-8-mile range regardless of the presence of visible lightning, all athletes and personnel must evacuate the fields and/ tennis courts and seek shelter. The nearest safe shelter is the PBLHS lobby/Gymnasium.
3. If the lightning detector is not present, use the countdown or "Flash Bang" Method. To use the Flash Bang Method, count the seconds from the time lightning/flash is sighted to when the clap/bang of thunder is heard. Divide this number by 5 to determine how far away (in miles) lightning is occurring. For example, 20 second count = 4 miles. As a minimum, the National Severe Storms Laboratory (NSSL), strongly recommends that all individuals have left the athletic sites and reach a safe location by the flash-to-bang count of 30 seconds (6 miles). However, lightning can strike as far as 10 miles and it does not have to rain for lightning to strike. Activities will be terminated at 40 seconds or 8 miles.
4. If lightning is in the immediate area, the administrator will notify the head coach as to the status of the inclement weather and the need to

take shelter. Teams may return to the field once the lightning detector has detected no activity in the 3-8-mile range or 30 minutes from last sight of lightning.

5. If no safe structure is within a reasonable distance, then other safe areas include: enclosed buildings, fully enclosed metal vehicles with windows up (no convertibles or golf carts. Unsafe shelter areas: water, open fields, dugouts, golf carts, metal objects (bleachers, fences, etc.), individual tall trees, light poles. AVOID BEING THE HIGHEST OBJECT IN AN OPEN FIELD.

*\*\*\*Athletes/coaches etc. should not stand in groups or near a single tree. There should be 15 ft between athletes (NLSI, 2000).*

**Note:** sports that use metal equipment. Golfers drop your clubs and remove shoes, baseball/softball drop bats and remove shoes, tennis drop rackets. If unable to reach safe shelter, assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head.

Minimize contact with the ground, because lightning current often enters the victim through the ground rather than by a direct overhead strike. Do not lie flat! If safe shelter is only a short distance away, it has been suggested to run for shelter, rather than stay in the middle of a field.

6. If a person feels that his/her hair standing on end, they should immediately crouch as described in item # 5. If someone is struck by lightning, activate the Crisis Management Plan (CMP). A person struck by lightning does not carry an electrical charge; immediately initiate the CMP and begin the primary survey. If possible, move the victim to a safe location.

7. Avoid using the telephone except in emergency situations. People have been struck by lightning while using a land-line phone. A cellular phone or a portable phone is a safe alternative to land-line phones, if the person and the antenna are located within a safe structure and if all other precautions are followed.



## **Event Procedures**

*Prior to Competition:* A member of the administrative staff will greet the officials, explain that we have means to monitor lightning and offer to notify the officials during the game if there is imminent danger from the lightning.

*Announcement of Suspension of Activity:* Once it is determined that there is danger of a lightning strike, the administrative staff member will notify the head coach and official and subsequently summon athletes (via horn or whistle) from the playing field or court.

*Evacuation of the playing field:* Immediately following the announcement of suspension of activity all athletes, coaches, officials and support personnel are to evacuate to an enclosed grounded structure (CCHS/gymnasium/locker rooms).

*Evacuation of the stands:* During competition once the official signals to suspend activity, a member of the administrative staff will announce via the PA system the directions.

*Resumption of Activity:* Activity may resume once a member of the Administrative staff gives permission. Thirty (30) minutes AFTER the last lightning strike or activity using the Flash Bang Method and two consecutive readings of the lightning detector at the 20-40 miles away range with no activity in the 3-8-mile range.