

DOVER AREA SCHOOL DISTRICT



ATHLETIC DEPARTMENT HANDBOOK

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ADMINISTRATION

Dr. Timothy W. Mitzel	Interim Superintendent of Schools
Dr. Timothy W. Mitzel	Assistant Superintendent
Mrs. Miranda Weaver, CPA, MBA	Chief Financial & Operations Officer
Mrs. Jennifer Fasick	High School Principal
Mr. Brian Deal	High School Assistant Principal
Mrs. Dawn Strickland	High School Assistant Principal
Mrs. Tuesday Hufnagel	Middle School Principal
Mrs. Ashten Gentzler	Middle School Assistant Principal
Mr. Antonio Riggins	Middle School Assistant Principal
Dr. Troy Wiestling, CAA	Director of Athletics
Mr. Dave App, MS, LAT, ATC, CAA	Athletic Trainer/Assistant Athletic Director
Ms. Kaitlyn Merritt, MS, LAT, ATC	WellSpan Assistant Athletic Trainer
Mrs. Kristie Harris	Athletic Department Secretary

PIAA SPORT OFFERINGS

The following interscholastic activities are offered to students in grades (9-12):

BOYS

Baseball
Basketball
Competitive Cheer
Cross Country
Football
Golf
Lacrosse
Soccer
Swimming/Diving
Tennis
Track and Field
Wrestling
Volleyball
Coed Unified Bocce

GIRLS

Basketball
Competitive Cheer
Cross Country
Field Hockey
Golf
Lacrosse
Soccer
Softball
Swimming/Diving
Tennis
Track and Field
Wrestling
Volleyball
Coed Unified Bocce

The following interscholastic activities are offered to students in grades (7-8):

BOYS

Basketball
Cross Country
Football
Soccer
Track and Field
Wrestling

GIRLS

Basketball
Cheerleading
Cross Country
Field Hockey
Soccer
Track and Field
Volleyball
Wrestling

LEAGUE AFFILIATION

The Dover Area School District is a proud member of the **South Central Athletic Conference (SCAC)**. The league was established to encourage member schools to improve their extracurricular program in the area of athletics. The value of league membership is derived from arranging of schedules, equalizing competition, conducting league tournaments/meets, and administering the athletic policies of all member schools by adhering to league standards and goals. Membership implies abiding by the conference schedule, the SCAC Constitution & By-laws, policies, rules and regulations. The following schools are members of the SCAC:

Bermudian Springs, Big Spring, Biglerville, Central York, Dallastown, Delone Catholic, Dover, Eastern York, Fairfield, Hanover, James Buchanan, Kennard Dale, Littlestown, New Oxford, Northeastern, Red Lion, Shalom Christian, South Western, Spring Grove, Susquehannock, West York, William Penn, York Catholic, York County School of Technology, and York Suburban.

League information may be found at www.scacsports.org .

STATE AFFILIATION

As a member of the **Pennsylvania Interscholastic Athletic Association (PIAA)**, the Dover Area School District agrees to abide by the PIAA Constitution & By-laws, the PIAA Policies & Procedures, and the PIAA Rules & Regulations with special emphasis placed on those governing eligibility, age limitation, enrollment and attendance, residence, transfers, recruiting, amateurism, health, and the conduct, character, and discipline of athletes

PHILOSOPHY

The Dover Area School District believes that a dynamic program of student activities is vital to the entire development of our students.

The Dover Area School District believes that student activities/athletics are a vital part of the total educational program and, in fact, are an extension of the classroom. All participants are urged to strive for excellence in both the classroom and in the athletic arena. Good sportsmanship, commitment, skill/strategy development, positive human relations, positive self-esteem and attitudes are essential to any successful program. All students are invited to take part in as many activities as possible. However, participation in such activities is a privilege, not a right, and shall be on a voluntary basis. That privilege is earned by each participant through his/her adherence to the rules and policies set forth by the Dover Area School District, the South Central Athletic Conference (SCAC), District III, and the Pennsylvania Interscholastic Athletic Association (PIAA).

No student shall be discriminated against, excluded from participation in, denied the benefits of , or otherwise be subject to discrimination in any program or activity on the basis of sex, race, color, national origin, ancestry, creed, religion, or physical, mental, handicap or learning disability. The building Principal shall have ultimate authority over student eligibility to participate and the Board of Directors shall make final decisions regarding the selection of advisors/coaches for all activities.

COMMITMENT

When trying out for an activity/team and after being selected a member of such activity/team, Dover Area School District students are expected to attend all practices and games/events. In season practices will occur daily and weekend practices should be expected.

Every team member is expected to be present for all team practices and events/games. Because of scheduling parameters, many teams will practice and/or play during school scheduled vacations. Students who plan to be absent for an extended period of time, due to vacation or a planned extended absence, should discuss this situation with the head coach prior to tryouts or the start of the season. Each team is expected to establish written guidelines that will address attendance at practices and game/events, based on the discretion of the head coach and the Director of Athletics.

PLAYING TIME

One of the most emotional parts of a student athlete being involved in interscholastic athletics centers around playing time. There are many decisions made on a regular basis by our coaching staff. It is their responsibility to decide which athletes should start a contest, play each position, and the amount of time during the contest each athlete should play. These decisions, while often difficult, are made only by the coaching staff and are approached very seriously after having observed the athlete in practice sessions, game like situations, scrimmages, and games. Playing time will not be guaranteed.

DOVER ATHLETICS POINTS OF EMPHASIS

1. DOVER ATHLETICS WILL STRIVE TO MAINTAIN THE ACADEMIC INTEGRITY OF EACH STUDENT-ATHLETE AND THE SCHOOL DISTRICT.
2. DOVER ATHLETICS WILL STRIVE TO PROVIDE EACH STUDENT-ATHLETE WITH A POSITIVE LEARNING EXPERIENCE.
3. DOVER ATHLETICS WILL STRIVE TO WIN CHAMPIONSHIPS!!!

PERFECTION IS SOMETHING WE ALL STRIVE FOR AND MAY NEVER QUITE ACHIEVE!

DOVER ATHLETICS “LADDER OF COMMUNICATION”

The **FIRST RUNG** of communication should be between the player and the coach. This provides our student-athletes an opportunity to learn to speak for him or herself and can serve as a tremendous learning situation. If a problem still exists in the mind of the parent or athlete, the **SECOND RUNG** on the ladder is the parent contacting the coach. Please do not directly contact the Director of Athletics or any other building or district administrator without first addressing your concerns with the coach. The **THIRD RUNG** of the ladder consists of a meeting between the parent and the Director of Athletics. Initially, this meeting will generally occur without the athlete or coach being present. If the situation calls for a second meeting, this meeting will be scheduled for the coach to be present and the Director of Athletics and/or Building Principal will serve as the mediator. Finally, if the situation is unable to be resolved, the **FOURTH RUNG** will be reached and the concern can be addressed with the Building Principal.

SPORTSMANSHIP

The Dover Area School District believes **good sportsmanship** is an integral component of interscholastic competition and is an expectation of our student-athletes, coaches and fans. Respect, fairness, civility, honesty, and responsibility before, during and after all athletic contests shall be heeded. We encourage fans to enthusiastically support our teams, recognize outstanding performances, and always exhibit good sportsmanship in their words and actions.

REMEMBER, THE DOVER ATHLETIC DEPARTMENT BELIEVES:

SPORTSMANSHIP IS AN EXPECTATION

LET THE PLAYERS PLAY

LET THE COACHES COACH

LET THE OFFICIALS OFFICIATE

LET THE SPECTATORS BE POSITIVE

IF YOU CANNOT BE POSITIVE, BE SILENT

BE A FAN, NOT A FANATIC

*Profanity, derogatory comments, negative cheers, and other intimidating words or actions directed at officials, student-athletes, coaches, team representatives, or other spectators will not be tolerated and are grounds for removal from the site of competition.

*Standing in the bleachers is prohibited. Please be respectful of those sitting around you.

*Appropriate dress is expected — clothing with profanity, derogatory comments with words, pictures or symbols is prohibited. Shirts must be worn at all times. No facial coverings/masks will be permitted.

Conclusion: (excerpt from The Sport Parent's Manual by Tom Doyle, 2006)

"Sports are our children's opportunity to learn about themselves, to challenge themselves, to grow in physical and emotional maturity, to learn new skills, to develop sportsmanship, and to more clearly understand a lot of life's lessons. Parents need to allow their children the opportunity to succeed on their own merit and to learn to fail with grace and dignity and to pick themselves up and try it all again. We all need to be involved to a degree in our children's experiences. We need to support them and to encourage them. But, most importantly, we have to let them go — let them experience it for themselves. Kids play sports primarily to have fun. Let's all WORK TOGETHER to make sure that the experience is an

enjoyable one for all. Let the kids play, the coaches coach, and the referees ref. Be a good sport in all ways!"

Dover Area School District Athletics

Parental Code of Conduct and Participation Agreement

The Dover Area School District Athletic Department has implemented codes of conduct and participation agreements for all members of the school community who actively participate in or attend sporting events both on our campuses and at opponents' campuses. We are committed to offering our students a safe and enjoyable sports experience, and in this effort to promote sportsmanship and fair play, we ask for and expect the cooperation of all athletes, coaches, parents, and fans. Any violations of this policy will be handled in a manner appropriate with the violation, as described below.

It is important to understand that your child's participation in interscholastic athletics represents a competitive sports environment in which there are no guarantees of playing time. At no time is it acceptable for you, or any non-team member, to approach any coach in regards to playing time or in-game coaching duties and responsibilities. It also needs to be understood that any attendance at practices creates a distraction that may result in unwanted disruption of the team's activities and is therefore prohibited.

We therefore ask for you, the parents of Dover student-athletes, to read this code of conduct, become aware of our expectations, and agree to abide by all PIAA, District 3, SCAC, school, and athletic department policies. We know that together, we can ensure that all of our athletes and coaches are able to enjoy participation on our athletic teams, always representing Dover with dignity, pride, and respect.

I agree that:

1. I will remember that the game, meet, or match is being held for the children, and I will remain a positive source of encouragement for my child and all the other children competing, both on our team and the opposing team.
2. I will be a positive role model for my children and all the children by displaying sportsmanship, respect, and courtesy for all players, coaches, officials, and spectators at any and all events I attend.
3. I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or spectator, such as booing, taunting, berating, using profane or inappropriate language or gestures, or becoming involved in any physical altercation.
4. I will not encourage or participate in any behaviors that can endanger the health and physical or mental well-being of athletes, coaches, officials, or spectators.
5. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
6. As I will model the behavior, I will demand that my child treat other players, coaches, officials, and spectators with respect, regardless of race, creed, color, sex, or ability.
7. I will praise my child and all other competitors for competing fairly and trying hard.
8. I will never ridicule, yell at, belittle, or berate my child, other children, coaches, officials, or spectators.
9. I will promote the emotional and physical well-being of the athletes ahead of my personal desire for my child to win.
10. I will accept the decisions of the coach regarding playing time, game strategies, and any other elements of the sports team.
11. I will respect the officials and their authority during games and will never question, discuss, or confront coaches or officials at the game venue, and will agree to speak with coaches in a respectful manner only at an agreed upon time and place.
12. I will refrain from coaching my child or other children during games and practices, unless I am officially appointed as a coach for the team.

Any violations of this agreement may result in removal from the event, suspension from attendance at future events, or any other penalties as deemed appropriate by athletic department leadership and/or school administration. I have read this code of conduct, understand the possible consequences of violations of this code, and agree to abide by the terms of this code and always act in an appropriate manner as I support my child's/children's team (s).

DASD EXTRA-CURRICULAR/CO-CURRICULAR PARTICIPATION GUIDELINES

The following guidelines governing student participation in extra-curricular/co-curricular activities are established in accordance with School Board Policy. The guidelines set forth on this document are applicable to all students who participate in school-sponsored activities that routinely meet beyond the regularly scheduled school day. These guidelines purposefully emphasize the importance for the student to recognize that academic success is their primary mission while attending schools within the Dover Area School District. Participation in extra-curricular/co-curricular activities at Dover Area School District is a privilege.

ATTENDANCE

Participants must be in school the entire day on regular school days to participate in contests or practices. A student must be in attendance the entire school day on Friday to participate in any contest or practice that weekend. A dentist or doctor's note is an acceptable excuse for participants who arrive late or are dismissed early. A participant who is on a school sponsored field trip is considered in attendance. A participant who leaves school during regularly scheduled hours to go home or to a doctor cannot participate in a practice, contest, or performance that is scheduled on the same day unless a doctor's note is presented to the coach or activity director **prior to the event**. He or she may participate in a practice, contest, or performance on the following day.

EXTRA-CURRICULAR ELIGIBILITY REQUIREMENTS

To be eligible, participants in grades 7 through 12 must be passing **ALL** classes in which they are enrolled. Participants who do not meet the academic standards on a weekly basis will be ineligible to participate in contests, or performances for a minimum of one week. Participants who do not meet the academic standards at the end of a marking period will be ineligible to participate in contests or performances for a minimum of fifteen (15) **school days**. Prior to the start of any new PIAA/SCAC athletic season, participants must be passing all courses in which they are enrolled from the beginning of the semester to the date of the start of the new season to be eligible for participation. Fall participants must have passed all courses in which they were enrolled during the previous spring semester in order to be eligible to participate in competitions or performance activities but they may participate in practices prior to the start of fall semester classes. Once fall classes have begun, the student may not participate in contests, or performances for a minimum of fifteen (15) **school days**. If, after this period of ineligibility, the student has established a record of passing grades, in accordance with eligibility requirements, he or she will have athletic eligibility restored. Any student who has failed to successfully complete any project that is required for graduation and is advised in a course in which the student has been previously enrolled is not eligible to participate in any extra-curricular activity until such project has been successfully completed. Eligibility will be restored immediately upon successful completion of a failed project. Additionally, a student will be removed from their activity if they become ineligible for three (3) times during a season.

REGULATIONS

1. Any participant who intends to participate in an extra-curricular or co-curricular activity is prohibited from doing so until they have submitted a DASD Extra-Curricular/Co-Curricular Participation Guidelines form signed and dated by the participant and the parent or guardian.
2. An athlete who intends to participate in an interscholastic activity may not participate in any tryout, practice, or contest without having passed a physical examination administered by a physician licensed in the Commonwealth of Pennsylvania and must be completed on the approved PIAA form. **NO EXCEPTIONS.**
3. If an athlete quits a sport, he/she shall be unable to try-out for another team during that season unless he/she has been released to do so by the Athletic Director or designee.
4. Participants are to remain in their practice, rehearsal, or performance areas while waiting for rides. Participants are not allowed to have unsupervised access to lockers or other parts of the school building at any time.
5. Wearing of practice/game uniforms is prohibited, except on game days for which the coach grants permission.
6. All school-issued equipment must be turned in to the coaching staff at the completion of that season. Athletes will not be allowed to try-out for another sport until all equipment has been returned to the head coach or has been paid for.
7. Any athlete in possession or use of tobacco products, vaping, alcohol or drugs may result in the revocation of privilege of participating in any extracurricular or co-curricular activities as described in Dover Area School District Board policy.
8. Any participant may be suspended from an extra-curricular activity and may not participate in any other extra-curricular program for a period of time up to, but not limited to, 60 school days for committing willful and flagrant acts of poor sportsmanship or improper behavior. Such acts include, **but are not limited to**, verbally or

physically threatening or assaulting game officials, fellow participants, or spectators and committing other illegal acts, such as theft, vandalism, weapon violations, and indecent exposure. (A second offense in any of the offenses outlined above will result in immediate dismissal from the team and will result in suspension of participation privileges from all athletic programs for the remainder of the current school year.)

9. Inappropriate in-school or out-of-school behavior could result in suspension or revocation of the privilege of participating in any extracurricular or co-curricular activity. A participant placed on in-school or out-of-school suspension is not considered in good standing and will not be able to practice, participate in, or attend any contests, practices, or performances on the day the suspension is imposed and for the duration of the suspension.
10. Any athlete who is ejected from a scheduled exhibition contest, league competition, or tournament by an official will be excluded from participation in the next scheduled event at the same level. The athlete or school administration may request a review of the incident which led to the ejection.
11. The head coach has the authority to temporarily or permanently remove an athlete from a team with just cause.
12. An athlete will not be permitted to try out for or participate in two sports in the same season unless coaches, parents/guardians, and the Athletic Director sign a written permission agreement.
13. An athlete who has been removed/dismissed from a team is not eligible for any athletic award from Dover Area High School or the Dover Eagle Athletic Booster Club.
14. The Dover Area School District prohibits hazing or other inappropriate team initiation practices in any school sponsored extra- curricular or co-curricular activity. Students who, without the coach's knowledge, organize and/or take part in such activities may face suspension and/or dismissal from the activity.
15. All practices are mandatory, unless excused by the Head Coach.

TRANSPORTATION

All student participants will travel to school-sponsored events using district transportation and will return to the school using the same transportation. Any exceptions must be approved through the Athletic/HS office and must be requested in writing on a Travel Release Form to the Director of Student Activities at least **one** day prior to the date of the event. When returning from an event or performance, participants are expected to leave school premises as soon as possible.

ASSUMPTION OF RISK

Participation in athletics can be dangerous. Injuries, possibly life-threatening, may occur in both practices and contests. Our intent is to inform you of the risks involved in all athletic programs. **I have been informed of the risk of injuries inherent in participating in athletics and I agree to abide by the Dover Area School District guidelines set forth on this document, and the school's decision(s) involving any violation(s) of the guidelines.**

ADMISSION

Varsity Football, Field Hockey, Boys/Girls Soccer, Boys/Girls Volleyball, Boys/Girls Basketball, Swimming/Diving, JH/HS Wrestling, Boys/Girls Lacrosse, all JV/V combination events held in the stadium or on the multi-purpose turf:

ADULTS - \$ 5.00

*STUDENTS - \$ 2.00

*Dover Area School District Students receive free entry into Dover Area School District regular season home sporting events when they show their school issued ID's.

ALL POST SEASON EVENTS (SCAC, District III, PIAA), HOSTED BY THE DISTRICT, WILL BE SUBJECT TO THE ORGANIZATION EVENT PRICING

The Dover Area School District shall exercise the right to establish admission price in consideration of economic need, activity/athletic philosophy, comparability to prices of other local and SCAC schools.

AVAILABLE PASSES

Golden Eagle Senior Citizen Pass for Dover residents age 62 and older may be picked up in the High School main office during regular school hours.

Dover Family Pass allows one adult family member from the athlete's family household free admission to the athlete's specific in season sport regular season home games. Coaches will distribute this pass to the student-athlete.

Dover Annual All Sports Pass can be purchased for \$50 and will allow an individual to attend all Dover Area School District regular season home games for that specific school year. Order forms can be found on the district website under Athletics and Documents and Forms.

Hello, Dover Area School District families.

At the Dover Area School District, we value the lessons that interscholastic athletic programs provide our students. Each season, student-athletes learn the values of teamwork, perseverance, determination, respect, and community. These lessons are enhanced by the support and participation of our school community, and we encourage all students to take part in our interscholastic athletics program, either on the field, court, or in the stands. In recognition of the importance of this support and the value of on-field lessons, we strive to create a safe and supportive environment for all athletic events. To support this environment, the following guidelines are in effect at all home high school sporting events:

- ALL non-high school students (Grades K – 8) MUST be accompanied by an adult (post-graduate) to gain entry into ANY high school athletic event.
- The adult accompanying the non-high school student(s) is responsible for their behavior and well-being for the duration of the event, as well as transportation following the event.
- Students deemed to be acting in an unsafe or inappropriate manner will receive a verbal warning from a district staff member. Should such actions continue, the student will be asked to leave the event along with the accompanying adult.
- The Dover Area School District Athletics Department reserves the right to prohibit students demonstrating chronic inappropriate behaviors from attending any future events. Parents/Guardians of the student will be notified in writing of the length and terms of the prohibition from the Director of Athletics and Student Activities.
- Backpacks, noise makers, signs, latex/costume masks, face paint and body paint are not permitted.
- Students are subject to all school rules and policies, including dress code and language, while attending athletic events.
- Admission is \$5.00 for adults and \$2.00 for students (1st – 12th Grades). Senior Citizens with a Dover Golden Age Pass are admitted for free. DASD students will be admitted free with their DASD student ID.
- Students will not be permitted to leave and return to the game. If the student wishes to return to the game, they must purchase another admission ticket.

The success of our athletic program is only possible with the support of our students and school community. We thank you for your continued support of the Dover Area School District athletic programs and our student athletes. Together, we are Dover Proud.

Sincerely,

Dr. Timothy Mitzel, Interim Superintendent of Schools
Dr. Troy Wiestling, Director of Athletics and Student Activities
Mrs. Jennifer Fasick, Principal, Dover Area High School
Mrs. Tuesday Hufnagel, Principal, Dover Area Middle School

AWARDS/LETTERING

The following criteria refer to regular season contests. Any SCAC, District III or PIAA state level post-season play is considered additional.

1. Awards Criteria

Baseball - play in one inning over half of all the innings. (Pitchers are at the discretion of the coaches.)

Basketball - play in at least one quarter over half of all quarters.

Cheerleaders - cheer in 80% of all varsity games of that particular sport (football, basketball/wrestling)

Cross Country - run in at least one more than half of the cross country meets.

Field Hockey - play in at least one game more than half of all games.

Football — play in at least one game over half of all games

Soccer - play in at least one match more than half of all matches.

Softball - play in at least one inning over half of all innings. (Pitchers are at the discretion of the coaches.)

Tennis - play in at least one match more than half of all the matches.

Track - have a total number of points equal to the number of scheduled meets times (x) the number of points given a second-place winner in a scheduled meet

Volleyball - play in one game over half of all games.

Wrestling - wrestle in at least one more than half of all matches.

Managers — Coach's discretion

- ☐ Criteria is to be used as a guideline and is not meant to be used as the only item of consideration.
- ☐ In the event a player is cut from the squad before the season's end, and they are entitled to an award as defined above, they will not be eligible to receive such an award.
- ☐ A player injured in a regularly scheduled game and due to that injury is unable to participate in enough games to qualify for an award, will be, upon the recommendation of the coaches, entitled to an award.
- ☐ A senior athlete who does not qualify for an award according to the criteria listed, but who has loyally participated in that sport for three (3) or more years, shall be eligible for an award at the discretion of the head coach.
- ☐ In order for an athlete to be considered for an award, they must abide by the code of conduct of athletes and be in good standing with the team.
- ☐ Any situation or case not covered above will be handled at the discretion of the respective head coach, Athletic Director, and Principal.

1. Types of Awards:

Athletes earning awards shall receive awards in the following sequence:

<u>YEAR ATHLETE HAS EARNED AWARD</u>	<u>AWARD</u>
First	Certificate, letter and sport pin
Second	Certificate and bar
Third	Certificate and bar
Fourth	Certificate and star

*****Only one chenille letter "D" will be presented to an athlete during their career*****

The Athletic Office will keep all records concerning who wins awards and what awards have been given.

2. Distribution Procedures

Athletes earning awards will be recognized by the coach of their designated sport. The Athletic Office will be responsible for ordering the awards and distributing them, either via the head coach or directly to the athletes. No awards other than those specifically listed previously shall be purchased by the athletic department.

3. Awards for Junior High Athletes

Only certificates will be awarded for participation in JH level sports. NO LETTERS.

**DOVER AREA SCHOOL DISTRICT
STUDENT ACTIVITY TRAVEL RELEASE**

Dover Area School District Policy requires all squad members to travel with their team to and from all away contests. Exceptions to this policy will be considered only if the reason for the exception is sufficiently urgent to family needs and if the student is being transported by his/her own parent(s) or legal guardian(s). To request an exception to this policy, the parent(s) or guardian(s) must complete this form, sign it, and return it to the main office prior to dismissal on the school day preceding the contest.

Today's Date	
--------------	--

Student's Name:	
-----------------	--

Activity/Sport:		Coach/Director's Name	
-----------------	--	-----------------------	--

Date of Contest:	
------------------	--

Site of Contest:	
------------------	--

Exception Requested:	
	To the Contest
	From the Contest
	To <u>and</u> From the Contest

Reason(s) for not riding transportation provided by the school district:

I certify that I am personally transporting the above-named student. I agree to release the Dover Area School District and its employees and officers from all liability with reference to the above stated transportation.

Signature of Parent/Legal Guardian		Date

FOR COACH'S/DIRECTOR'S USE ONLY:

I recommend that the above request be:		Approved		Not Approved
--	--	----------	--	--------------

Signature of Coach/Director		Date

FOR OFFICE USE ONLY:

The above request is		Approved		Not Approved
----------------------	--	----------	--	--------------

Signature of School Administrator		Date



DOVER AREA SCHOOL DISTRICT

Empowering and Educating all learners to shape the 21st Century

Timothy Mitzel, Ed.D.
Interim Superintendent of Schools

Miranda Weaver
Chief Financial & Operations Officer

Dear Dover Area School District Student/Parent/Guardian:

The Dover Area School District Board of Directors has established a student activity fee for participation in certain/specific co-curricular and extra-curricular programs. The purpose of this fee is to offset the costs associated with after school and extra-curricular programs. This activity fee is non-refundable and does not guarantee participation at a specific level in non-sports programs or a specific amount of playing time in a sport associated team.

For the current school year, a fee of \$50.00 will enable each student in grades 9-12 to participate in an unlimited number of school athletic teams, music programs or other co-curricular activities. Families with multiple children will pay a maximum of \$80.00 for the school year. Considerations for financial hardships will be granted on a case-by-case basis. Please contact the school athletic director to discuss accommodations.

The fee is due by the Friday of the second week of the sports season or by the second week of the reorganization of the activity. This information will be addressed by each coach or advisor. If payment is not received by the due date, the student will be considered ineligible to participate in the activity. Please write your child(ren)'s name on the check and make it payable to "Dover Area School District". Payment may be dropped off at the high school office or athletic director's office. The administration office will process all fees and deposit them into the general fund. Certain co-curricular activities are not subject to the student activity fee.

Please see the attached list for eligible activities and write your child(ren)'s name beside each activity that participation is expected. Please send this attached activity sheet with the check. Writing a name with an activity does not make participation mandatory and the student/parent has the option of adding activities.

If you have any questions regarding the payment of the fee or payment process, please call the athletic office at (717) 292-3671 ext. 10811.

Sincerely,

Timothy Mitzel, Ed.D.
Interim Superintendent of Schools

DOVER AREA HIGH SCHOOL
ACTIVITY FEE FORM

PAYABLE TO DOVER AREA SCHOOL DISTRICT

Grades 9-12 only	Cost for one student in family	Cost for second student in family	3 or more
	Name of Student- \$50.00	Name of Student- \$30.00	Name of Student \$0.00
Programs included:			
Baseball			
Basketball - Boys and Girls			
Cheerleading			
Cross Country - Boys and Girls			
Field Hockey			
Football			
Golf			
Lacrosse - Boys and Girls			
Soccer - Boys and Girls			
Softball			
Swimming - Boys and Girls			
Tennis - Boys and Girls			
Track and Field - Boys and Girls			
Unified Bocce			
Volleyball - Boys and Girls			
Weight Lifting			
Wrestling			
Fall Play			
Spring Musical			

ACTIVITY FEE WAIVER REQUEST FORM

PLEASE ANSWER ALL QUESTIONS ON THIS FORM. YOUR RESPONSES WILL BE USED TO DETERMINE YOUR ELIGIBILITY TO RECEIVE A FEE REDUCTION OR A FULL WAIVER OF FEES.

1. Parent Name: _____
2. Home Address: _____
3. Phone Number (MUST PROVIDE): _____
4. List the name(s) of your child(ren) who are participating in an activity or athletic team that is subject to the activity fee. Also, please list the activity or team:

Child's Name	Activity/Team

5. Does your child(ren) receive free or reduced lunches? NO _____ YES _____
6. If a lump sum fee of \$50 or \$80 is cost-prohibitive, could you afford an installment plan of two \$25 payments or four \$20 payments? NO _____ YES _____
7. If the fee is cost-prohibitive, how much could you contribute to offset the cost of the district's extracurricular programs? _____
8. Are there any other circumstances of which we should be aware? _____

Please return this form to:
Dover Area High School
Attn: Athletic Department
46 West Canal Street
Dover, PA 17315
E-mail: kharris@doversd.org

District Policies:

Policies pertaining to Athletics and Extra-Curricular Activities can be found through this link, [Dover Area School District Policy Manual](#).

- EXTRA/CO CURRICULAR ACTIVITIES – SECTION 100, #122
- INTERSCHOLASTIC ATHLETICS – SECTION 100, #123
- CONCUSSION MANAGEMENT – SECTION 100, #123.1
- SUDDEN CARDIAC ARREST – SECTION 100, #123.2
- SEX-BASED DISTINCTIONS IN ATHLETICS – SECTION 100, #123.3
- EXTRACURRICULAR PARTICIPATION BY HOME EDUCATION STUDENTS – SECTION 100, #137.1
- PARTICIPATION BY CYBER/CHARTER STUDENTS – SECTION 100, #140.1
- TOBACCO AND VAPING PRODUCTS – SECTION 200, #222
- CONTROLLED SUBSTANCES/PARAPHERNALIA – SECTION 200, #227
- HAZING – SECTION 200, #247
- BULLYING/CYBERBULLYING – SECTION 200, #249
- MAINTAINING PROFESSIONAL ADULT/STUDENT BOUNDARIES – SECTION 800, #824
- STUDENT DISCIPLINE – SECTION 200, #218

DOVER AREA SCHOOL DISTRICT
ATHLETIC DEPARTMENT AND SPORTS MEDICINE
AED LOCATIONS

The following are the locations of the AEDs nearest to Dover Athletic practices and events. ID/Key access is needed for some, specifically to enter outside doors for access into buildings. Athletic Trainers will carry an AED with them in gator/golf cart for events they are in attendance.

Middle School:

Stadium: AED is located in the black and white box on the left scoreboard post.

Gym Lobby: In the lobby between the Main Gym and music hallway.

Music Hallway: In the hallway where the music rooms and auxiliary gym is located, near the intersection of the main hallway.

Cafeteria Lobby: An AED is located in the lobby of the cafeteria on the first floor.

Athletic Training Room: There is an AED located on the wall outside the athletic training room. This is downstairs in the basement, in the main hallway of where the locker rooms, concession stand and athletic training room is.

High School:

Turf: There is a stationary AED located on the fence on the team side of the turf.

Baseball Field: During baseball season (March through May), there is an AED located in the home team (first base side) dugout/closet.

Gymnasium: In the southeast corner of the gym, near ticket booth corner.

LGI: Inside the LGI, which is directly to the right inside the main entrance of the school.

Auxiliary Gym/Locker Room Hallway: Located on the wall in between locker room entrances near Auxiliary Gym

Running Track: Located on the wall near the weight and cardio rooms on the running track.

Pool Area: Located on top of the steps leading up to the spectator section of the pool.

Pool Hallway: Located in the hallway near the pool locker rooms.

Auditorium/Cafeteria: Located near the entrance of the Auditorium, at the far end of the open cafeteria area.

Main Office Hallway: Located in the hallway outside the main office and the courtyard, across from elevator and mailboxes.

1st Floor Open Classroom: Located in the hallway near the stairwell and open classroom in the front of the building, near door 5.

CTE/Ag Hallway: Located near the stairwell by the CTE/Ag hallway, in the rear of the first floor, by restroom and storage rooms.

2nd Floor Small Group Classroom: Located on the 2nd floor, near the small group classroom and stairwell near the rear of the building, near Room 234.

2nd Floor: Located in the hallway between the academic side and cafeteria/gym side, near the student help desk.

NORTH SALEM ELEMENTARY SCHOOL:

Softball Field: There is a stationary AED in the home team dugout/closet (first base side) during the softball season (March through May).

Main Hallway: The AED is located in the main hallway/lobby outside of the gymnasium. If you enter the main doors, walk directly ahead and the gym is located in front of you. AED is on the wall near the gym entrance.

Red Pod Entrance: An AED is located near the entrance to the Red Pod. This is located in the back corner of the school, behind the cafeteria and near the playground.

DOVER AREA SCHOOL DISTRICT
ATHLETIC DEPARTMENT AND SPORTS MEDICINE
EXERTIONAL HEAT ILLNESS MANAGEMENT
FLUID REPLACEMENT/REHYDRATION PROTOCOL

INTRODUCTION:

The following guideline on fluid replacement, rehydration, and exertional heat illnesses has been developed in accordance with the NATA Fluid Replacement Position Statement, and the NATA Exertional Heat Illnesses Position Statement. These guidelines are to help provide quality healthcare services and assure the wellbeing of each student-athlete in the Dover Area School District.

DEFINITION OF HEAT ILLNESS:

Heat illness is closely associated with physical activity and its occurrence increases with a rise in temperature and relative humidity. It is usually classified in three categories: heat cramps, heat exhaustion, and heat stroke. Although most often occurring in hot, humid weather, heat illness can also occur with the absence of both heat and/or humidity.

Exercise-Associated Muscle (Heat) Cramps:

- Occurs during or after intense exercise as an acute, painful, and involuntary muscle contraction.
- Causes may include dehydration, electrolyte imbalances, neuromuscular fatigue, or a combination of factors.
- *Signs and Symptoms:* dehydration, thirst, sweating, transient muscle cramps, fatigue.

Exercise (Heat) Exhaustion:

- Occurs most frequently in hot, humid conditions and causes an inability to continue to exercise
- May be caused by dehydration, heavy sweating, sodium loss, and energy depletion
- *Signs and Symptoms:* pallor, persistent muscle cramps, urge to defecate, weakness, fainting, nausea, decreased urine output, cool and clammy skin, anorexia, diarrhea, body temperature between 97-104 degrees.

Exertional Heat Stroke:

- Occurs when core temperature is elevated (usually greater than 104 degrees) with associated signs of organ system failure due to hyperthermia and physical activity.
- Caused by an overwhelmed temperature regulation system due to excessive endogenous heat production or inhibited heat loss due to environmental conditions.
- *Signs and Symptoms:* tachycardia, hypotension, sweating (although skin may be wet or dry), hyperventilation, altered mental status, vomiting, diarrhea, seizures, coma, and CNS changes.
- Life threatening condition that can be fatal unless promptly recognized and treated.

PREVENTION OF HEAT ILLNESS GUIDELINES:

- All preparticipation examinations will identify student-athletes who may be predisposed to heat illness or have a history of heat illness.
- The Athletic Training Staff will be onsite at most practices and competitions to assist in providing hydration and access to further cooling supplies. The staff will be aware of the signs and symptoms of heat illness to properly recognize and intervene on behalf of the student-athlete.
- The Certified Athletic Training Staff will help educate athletes and coaches regarding the necessary time needed to have student-athletes adapt to their environment. Acclimation should be a gradual progression. Well-acclimatized athletes should be able to train 1 to 2 hours under the same heat conditions that will be present for their event.
- In addition, the certified athletic trainer should know how to use a wet-bulb globe temperature (WGBT) and/or a sling psychrometer, decipher the corresponding temperature graphs for these instruments, and base the level of physical activity upon the gathered information. This will be used as one of the factors in determining any risk of heat illness associated with relevant environmental conditions.

TREATMENT OF HEAT ILLNESS:

The Athletic Training Staff will treat heat illness by recognizing its signs and symptoms, understanding the causes of heat illness, and taking the necessary measures to ensure an efficient and safe recovery for the student-athlete.

Exercise-Associated Muscle (Heat) Cramps

- The student-athlete should stop activity, replace lost fluids (containing sodium), and begin mild stretching and massage of the muscle spasm.
- Instruct the student-athlete to lie down, as this may allow blood flow to be distributed more rapidly to cramping leg muscles.

Exercise (Heat) Exhaustion

- Assess cognitive function and vital signs.
- Transport the student-athlete to a cool and/or shaded environment, remove excess clothing, start fluid replacement, and cool the student-athlete with fans, ice towels, or ice bags (placed in armpits, neck and groin), ice bath or TACO method.
- The student-athlete should be referred to the team physician and/or the emergency room of the closest hospital if in the judgment of the attending certified athletic trainer symptoms warrant further immediate attention

Exertional Heat Stroke

- Activate the emergency medical system.
- Assess cognitive function and vital signs.
- Lower the body-core temperature as quickly as possible by removing excess clothing and immersing the body into a tub of cool water (35-59 degrees) while checking temperature every 5-10 minutes. Remove student-athlete from water if temperature reaches 101-102 degrees to prevent overcooling.
- Continue using cooling methods mentioned for heat exhaustion while transporting to decrease body-core temperature.
- Maintain and monitor airway for breathing and circulation.

RECOVERY OF HEAT ILLNESS:

Student-athletes who experience a heat stroke may have impaired thermoregulation, persistent CNS dysfunction, and hepatic or renal insufficiency following recovery. Decreased heat tolerance has been

shown to affect 15% to 20% of athletes experiencing a heat stroke-related collapse. Following recovery, the student-athlete’s activity should be restricted with a gradual return regulated by a doctor.

Dover Area School District’s Athletic Department will use the NATA Guidelines for Heat in regards to physical activity and/or practices conducted outside. A Kestrel Wet Bulb Globe Thermometer will be used to monitor Heat Index on the Middle School and High School Turf Fields. Kestrel WBGT are programmed with the NATA Guidelines on the display.

Fig. 4

Cat 3	Cat 2	Cat 1	Activity Guidelines
<82.0°F <27.8°C	<79.7°F <26.5°C	<76.1°F <24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2°-86.9°F 27.9°-30.5°C	79.9°-84.6°F 26.6°-29.2°C	76.3°-81.0°F 24.6°-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1°-90.0°F 30.6°-32.2°C	84.7°-87.6°F 29.3°-30.9°C	81.1°-84.0°F 27.3°-28.9°C	Maximum practice time is 2 h. For Football: Players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1°-91.9°F 32.2°-33.3°C	87.8°-89.6°F 31.0°-32.0°C	84.2°-86.0°F 29.0°-30.0°C	Maximum practice time is 1 h. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice.
≥92.1°F ≥33.4°C	≥89.8°F ≥32.1°C	≥76.3°-81.0°F ≥24.6°-27.2°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.

RATIONALE OF FLUID REPLACEMENT

Student-athletes who are exposed to prolonged practices and competitions in an excessively hot and humid environment may be deprived of essential fluids, carbohydrates, and electrolytes that ultimately lead to dehydration and potential heat illness.

It has been demonstrated that dehydration of just 1-2% of body weight can alter physiological function and negatively influence a student-athlete's performance. Student-athletes who are not properly hydrated prior to the start of practice or competition can begin to notice the signs of dehydration in just one hour or sooner of exercise. Dehydration has been identified as an increased risk factor for student-athletes developing heat-related illness such as heat cramps, heat exhaustion, and potentially life-threatening heat stroke.

REHYDRATION GUIDELINES

The Athletic Training Staff of Dover Area School District has developed the following rehydration guidelines based on nationally accepted criteria. The Athletic Training Staff will assist in promoting the consumption of beverages.

PRIOR TO EXERCISE:

- All student-athletes should be encouraged to drink 17-20 fluid ounces of water or sports beverage 2-3 hours before exercise.
- 10 to 20 minutes before the beginning of practice or competition, student-athletes should be encouraged to drink an additional 7-10 ounces of water or sports beverage.

DURING EXERCISE:

- Encourage student-athletes to drink early and often.
- Drink 7-10 fluid ounces of water or sports drink every 10-20 minutes.
- It is important to stress to the student-athletes to drink prior to becoming thirsty. A student-athlete who is thirsty may already be in the early stages of dehydration.

AFTER EXERCISE:

- Encourage student-athletes to replace any fluid loss due to sweating within 2 hours from the end of exercise. This rehydration should include water, carbohydrates, and electrolytes to allow the immediate return of physiological function.
- Encourage them to drink 20-24 fluid ounces for every pound of weight lost.

****Sports beverages should ideally contain a carbohydrate level of no more than 8%. A higher carbohydrate level can slow fluid absorption and cause stomach problems.**

****Fruit juices, carbohydrate gels, and carbonated beverages should not be recommended as the sole rehydration beverage of choice. Beverages containing caffeine, alcohol, or carbonation should be limited due to their diuretic effects and decreased fluid retention.**

WEIGHT LOSS/GAIN GUIDELINES

It is recommended that all student-athletes exercising in hot and humid environments be weighed in prior to and after practices or competition. By weighing in, a determination can be made of the percentage body weight lost due to sweating and the amount of rehydration that must occur prior to the next practice session. Furthermore, student-athletes should be weighed preferably wearing the same amount of clothing pre-and post-practice. The percentage of weight lost between practice sessions will be used as one factor to determine if a student-athlete can safely continue to practice. Student-athletes should ideally have their pre-exercise body weight remain relatively consistent.

- 2% body weight difference should be noted and that student-athlete should be closely monitored for any signs or symptoms of dehydration.
- A student-athlete with greater than 2% body weight loss should not be allowed to return to practice until proper fluid replacement has taken place.

DOVER AREA SCHOOL DISTRICT
ATHLETIC DEPARTMENT AND SPORTS MEDICINE
COLD WEATHER GUIDELINES

In accordance with the recommendations by the National Athletic Trainers' Association and the guidelines set forth by the NCAA, the Cold Weather Guideline for outdoor practices and competition has been established to protect the Dover Area School District student-athletes and staff from cold injuries associated with decreased environmental temperatures.

Injuries associated with a decrease in environmental temperatures include hypothermia, frostbite, chilblain, and trench foot. Worst-case scenarios for all of these conditions include tissue necrosis, neuropraxia, limb loss, and death.

The DASD Athletic Department Cold Weather Guidelines is designed to limit exposure to environmental cold by altering outdoor practices and competition as needed based on two factors, the wind chill temperature and precipitation. The National Weather Service has calculated the wind chill temperature by using the ambient temperature and the velocity of air speed. As an individual loses body temperature more quickly in windy conditions due to the process of convection, special consideration must be given to the wind chill temperature as opposed to ambient air temperature. Additionally, moisture increases the rate at which body temperature is lost.

With a decrease in temperature and/or precipitation, student-athletes and Athletics staff should take steps to properly cloth themselves. Proper clothing includes moisture wicking fabrics, cotton layers (avoid cotton on the first layer if possible), water and/or windproof layer on top, moisture wicking socks, proper footwear, gloves, and hat.

To limit exposure, practices and competition will be altered by the following guidelines. Please note the following temperature ranges account for wind chill. Air temperature information is available on www.weather.com (note the temperature corresponding to 'Feels like').

Wind Chill Temperature	Guidelines/adjustments
25-30 Degrees F	-Be aware and ready for possible cold injures -Total exposure time: maximum of 2 hours
15-25 Degrees F	-Cover all exposed skin as possible -Rewarm: ever 20 min for at least 10 min -Total exposure time: maximum 60 min
0-15 Degrees F	-Considering limiting or modifying activity to limit exposure - Rewarm: every 15 min for at least 10 min -Total exposure time: maximum 30 minutes
<0 Degrees F	-Cancel all practices/competitions

DOVER AREA SCHOOL DISTRICT
ATHLETIC DEPARTMENT AND SPORTS MEDICINE
SEVERE WEATHER AND LIGHTNING PROTOCOL

Background

Lightning strikes to individuals are rare but can be deadly. It is also the most consistent and significant weather hazard that may affect athletic participation. Due to the nature of lightning and the arrangement of the school district's athletic facilities there must be a policy in place to respond to the occurrence of lightning.

Purpose

The keys to lightning safety are education and prevention. Education begins with learning appropriate lightning safety tips. Prevention of lightning injuries or casualties should begin long before any athletic event. This policy will outline lightning safety terminology, procedures and decision-making policies.

Scope

This protocol will govern all Dover Area School District (DASD) interscholastic athletic events and practices.

Monitor Weather Conditions

Athletics personnel (Certified Athletic Trainers, coaches, game managers and/or Athletic Director) must check weather reports each day before any practice or event. The National Weather Service (NWS) issues severe weather and/or thunderstorm watches and/or warnings. A "watch" means conditions are favorable for severe weather to develop in a particular area. A "warning" means the NWS has reported severe weather in an area and for anyone in that area to take the necessary precautions.

Athletics personnel should be aware of the signs of thunderstorms developing nearby. Thunderstorms can grow from towering, "fluffy" cumulus clouds to lightning producers in as little as thirty (30) minutes. Lightning and thunder activity in the local area are the "alarms" for athletics personnel to begin monitoring thunderstorm activity, such as directions of storm movement and distance to lightning strikes.

II. Evacuation Criteria

Per the National Federation of State High School Associations (NFHS) and Pennsylvania Interscholastic Athletic Association:

- If you hear thunder or see lightning, you must remove your team from practice or competition and head to the nearest safe shelter (see below).

All coaches, officials, and administrators need to abide by this to ensure the safety of all athletes, coaches, game management, spectators, and all others who may be present.

****It is important to note that blue skies and no rain are not protection from lightning. Lightning can strike from a distance as far as 10 miles.****

III. Activity Stoppage

Practice: The decision regarding stoppage of a DASD athletics practice should be made with the Certified Athletic Trainer, Athletic Department and coaches.

PIAA Event: The decision regarding stoppage of play of an official scrimmage or contest is the domain of the Athletic Department and/or the PIAA Official(s).

The Dover on-site Certified Athletic Trainer has the authority, in cases where an official, administrator or opposing coach questions this decision, to remove their respective team from the playing field. This decision will be fully supported by the Dover Athletic Department.

****It is important to note that blue skies and no rain are not protection from lightning. Lightning can strike from a distance as far as 10 miles.****

IV. Shelter

1. Safe areas include:
 - Enclosed buildings
 - Fully enclosed metal vehicles with a hard roof and windows up
 - Low ground areas as a last resort (ditches, bottom of hill) – assume a crouched position, minimize your body area – do not lie flat
2. Unsafe areas include:
 - Open fields
 - Golf carts / gators
 - Metal bleachers (on or under)
 - Fences
 - Umbrellas, flag poles, light poles
 - Tall trees
 - Pools of standing water
 - Dugouts
 - Small storage sheds
3. When the decision has been made to delay participation, teams will report to their assigned Safe Structure. A Safe Structure is defined as “any building normally occupied or frequently used by people, i.e. a building with plumbing and/or electrical wiring that acts to electrically

ground the structure.” Teams will remain within these structures until thirty minutes after the last thunder/lightning activity. Safe Structures will be assigned as follows:

Eagle Stadium/Turf – head to the locker room area inside the Middle School.

Football Practice Fields – head inside the closest doors by the gymnasium

Tennis Courts – head into the locker room area inside the Middle School or through back doors of Middle School.

High School Turf Field – head into the Auxiliary gym using side doors directly across from turf

High School Baseball Field – head into the closest entrance to the High School, which will be Athletic Entrance or Auxiliary Gym entrance.

Cross Country – head to the nearest safe structure - pending on where you are running. If at Eagle View Park, head inside the backside of the Middle School.

Softball/North Salem Multipurpose Field– head into North Salem Elementary School by one of the entrances in the rear of school

Golf – follow Honey Run Golf Course’s Lightning Policy

North Salem Elementary Front Field– enter school at the main entrance.

Pool Deck – during a lightning storm, all athletes in the water must be removed.

DO NOT ALLOW STUDENT-ATHLETES TO WAIT OUTSIDE FOR THEIR RIDES. ALL STUDENT-ATHLETES SHOULD BE INSIDE FOR THE DURATION OF THE STORM/LIGHTNING DELAY.

In the event of lightning, precautions must be taken to ensure the safety of fans as well as players. When an event is delayed for lightning, an announcement will be made to spectators regarding the reason for the delay as well as suggestions for their safety. Spectators should either go inside a safe structure or at least get into automobiles which have a solid metal roof (not convertible) and roll up windows. It is not the tires that protect from lightning strikes; it is the large area of the roof that dissipates the lightning around the vehicle.

V. Emergency Action Plan

In the event that a DASD and/or visiting team athlete, coach, administrator, official or spectator is struck by lightning; the following protocol will be executed:

- Any person struck by lightning does not carry an electrical charge – there is no danger presented to the healthcare provider
- Assess the scene to ensure safety for qualified healthcare personnel to enter. This may include transporting the victim to a safe environment before initiating first aid procedures.
- Evaluate the victim, activate EMS, and provide necessary first aid, which may include CPR and Rescue Breathing.
- Personnel of DASD Athletics should activate EMS by calling 911.

VI. Return to Play

Once a practice or competition has been suspended the severe weather should continue to be monitored. Once the storm passes, it may be safe for athletics to continue outside. To return to play outside after a storm, the Certified Athletic Trainer and/or Athletics personnel will time 30 minutes from the last lightning strike. If there is no other lightning within those 30 minutes, play may resume outside. If there is another strike or thunder is heard, the clock will be reset for another 30 minutes and all participants must continue to stay inside.

An addition per the NFHS: At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

Dover Area School District Athletic Personnel use various weather apps and websites to monitor for severe weather. Those that are used, but not limited to: The Weather Channel, WeatherBug, MyRadar, and Accuweather.

**This protocol is set in accordance with NFHS/PIAA Guidelines on
Lightning Safety.**

Dover Area School District Athletic Department Emergency Action Plan

Emergency situations may arise at any time during athletic events. It is critical that athletic staff and coaches take expedient action in order to provide the best possible care to the student-athlete if an emergency and/or life-threatening condition occurs. The development and implementation of an emergency plan will help ensure that the best care will be provided.

As emergencies may occur at any time and during any activity, the athletic association must be prepared. Athletic organizations have a duty to develop an emergency plan that may be implemented immediately when necessary and to provide appropriate standards of emergency care to all sports participants. As athletic injuries may occur at any time and during any activity, the sports medicine team must be prepared. This preparation involves formulation of an emergency plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency personnel, and continuing education in the area of emergency medicine and planning. Hopefully, through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques and other safety avenues, some potential emergencies may be averted. However, accidents and injuries are inherent with sports participation, and proper preparation on the part of the sports medicine team should enable each emergency situation to be managed appropriately.

Components of the Emergency Plan

These are the basic components of this plan:

1. emergency personnel
 - roles of personnel
2. emergency communication
3. emergency equipment
4. venue directions with map
5. medical emergency transportation

Emergency Personnel

With athletic association practice and competition, the first responder to an emergency situation is typically a member of the sports medicine staff, most commonly a certified athletic trainer. A team physician may not always be present at every organized practice or competition. The type and degree of sports medicine coverage for an athletic event may vary widely, based on such factors as the sport or activity, the setting, and the type of training or competition. The first responder in some instances may be a coach or other institutional personnel.

The development of an emergency plan cannot be complete without the formation of an emergency team. The emergency team may consist of a number of healthcare providers including physicians, emergency medical technicians, certified athletic trainers, student athletic trainers, coaches, managers, and, possibly, bystanders. Roles of these individuals within the emergency team may vary depending on various factors such as the number of members of the team, the athletic venue itself, or the preference of the head athletic trainer. There are four basic roles within the emergency team. The first and most important role is establishing safety of the scene and immediate care of the athlete. Acute care in an emergency situation should be provided by the most qualified individual on the scene. Individuals with lower credentials should yield to those with more appropriate training. The second role, EMS activation, may be necessary in situations where emergency transportation is not already present at the sporting event. This should be done as soon as the situation is deemed an emergency or a life-threatening event. Time is the most critical factor

under emergency conditions. Activating the EMS system may be done by anyone on the team. However, the person chosen for this duty should be someone who is calm under pressure and who communicates well over the telephone. This person should also be familiar with the location and address of the sporting event. The third role, equipment retrieval may be done by anyone on the emergency team who is familiar with the types and location of the specific equipment needed. Student athletic trainers, managers, and coaches are good choices for this role. The fourth role of the emergency team is that of directing EMS to the scene. One member of the team should be responsible for meeting emergency medical personnel as they arrive at the site of the emergency. Depending on ease of access, this person should have keys to any locked gates or doors that may slow the arrival of medical personnel. A student athletic trainer, manager, or coach may be appropriate for this role.

Roles within the Emergency Team

1. Establish scene safety and immediate care of the athlete
2. Activation of the Emergency Medical System
3. Emergency equipment retrieval
4. Direction of EMS to scene

Activating the EMS System

Making the Call:

- 911 (if available)
- telephone numbers for local police, fire department, and ambulance service

Providing Information:

- name, address, telephone number of caller
- nature of emergency, whether medical or non-medical
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by first responder
- specific directions as needed to locate the emergency scene ("come to south entrance of coliseum")
- other information as requested by dispatcher

When forming the emergency team, it is important to adapt the team to each situation or sport. It may also be advantageous to have more than one individual assigned to each role. This allows the emergency team to function even though certain members may not always be present.

Emergency Communication

Communication is the key to quick emergency response. Communication prior to the event is a good way to establish boundaries and to build rapport between both groups of professionals. If emergency medical transportation is not available on site during a particular sporting event, then direct communication with the emergency medical system at the time of injury or illness is necessary.

Access to a working telephone or other telecommunications device, whether fixed or mobile, should be assured. The communications system should be checked prior to each practice or competition to ensure proper working order. A back-up communication plan should be in effect should the primary communication system fail. With the availability of cell phones, finding a proper working telephone shouldn't be an issue.

Emergency Equipment

All necessary emergency equipment should be at the site and quickly accessible. Personnel should be familiar with the function and operation of each type of emergency equipment. Equipment should be in

good operating condition, and personnel must be trained in advance to use it properly. Emergency equipment should be checked on a regular basis. The emergency equipment available should be appropriate for the level of training for the emergency medical providers. Creating an equipment inspection log book for continued inspection is strongly recommended. It is recommended that a few members of the emergency team be trained and responsible for the care of the equipment.

It is important to know the proper way to care for and store the equipment as well. Equipment should be stored in a clean and environmentally controlled area. It should be readily available when emergency situations arise

Medical Emergency Transportation

Whenever possible an ambulance should be on site at high risk sporting events. EMS response time is additionally factored in when determining on site ambulance coverage. The athletic department coordinates on site ambulances for competition in football. Ambulances may be coordinated on site for other special events/sports, such as major tournaments. Consideration is given to the capabilities of transportation service available (i.e., Basic Life Support or Advanced Life Support) and the equipment and level of trained personnel on board the ambulance. In the event that an ambulance is on site, there should be a designated location with rapid access to the site and a cleared route for entering/exiting the venue. In the event of an emergency, the 911 system will still be utilized for activating emergency transport.

In the medical emergency evaluation, the primary survey assists the emergency care provider in identifying emergencies requiring critical intervention and in determining transport decisions. In an emergency situation, the athlete should be transported by ambulance, where the necessary staff and equipment is available to deliver appropriate care. Emergency care providers should refrain from transporting unstable athletes in inappropriate vehicles. Care must be taken to ensure that the activity areas are supervised should the emergency care provider leave the site in transporting the athlete. Any emergency situations where there is impairment in level of consciousness (LOC), airway, breathing, or circulation (ABC) or there is neurovascular compromise should be considered a “load and go” situation and emphasis placed on rapid evaluation, treatment and transportation.

Conclusion

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete's survival may hinge on how well trained and prepared athletic healthcare providers are. It is prudent to invest athletic department "ownership" in the emergency plan by involving the athletic administration and sport coaches as well as sports medicine personnel. The emergency plan should be reviewed at least once a year with all athletic personnel, along with CPR and first aid refresher training. Through development and implementation of the emergency plan, the athletic association helps ensure that the athlete will have the best care provided when an emergency situation does arise.

Approved by Troy Wiestling, Director of Athletics Date

Approved by _____
David App, Head Athletic Trainer, Asst AD _____
Date _____

Approved by Dustin Boyd, Director of Security Date _____

Emergency Plan: Eagle Stadium

Dover Area Middle School, 46 West Canal Street

Primarily used for football, soccer, field hockey and track

Emergency Personnel: Certified Athletic Trainers David App 717-487-7520 and Kaitlin Merritt 717-880-6684, AD Troy Wiestling 717-487-2327 on campus or site for practice and competition.

Emergency Communication: Emergency personnel and coaches will have cell phones.

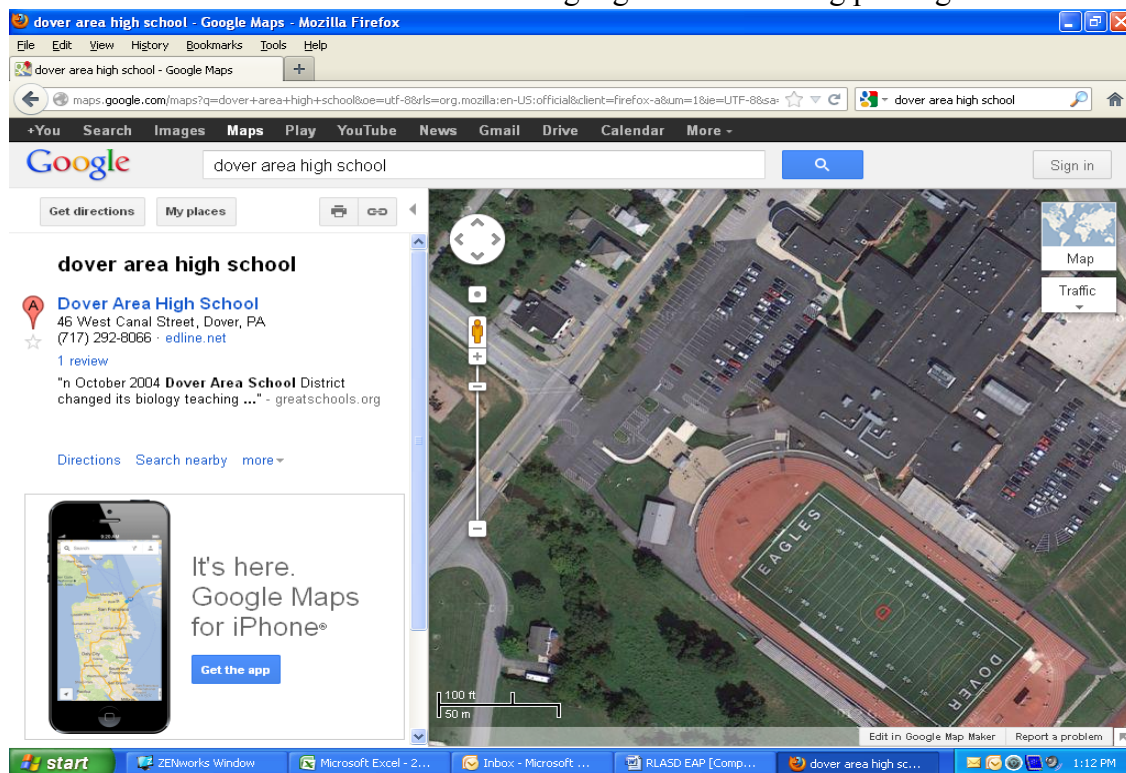
Emergency Equipment: supplies (AED, splint kit) maintained in athletic training rooms in the Middle School, High School, or with Certified Athletic Trainer in gator. A stationary AED is located on the post of the scoreboard, in a white and black box.

Roles of First Responders

1. Immediate care of the injured or ill student-athlete
2. Activation of emergency medical system (EMS)
 - 911 call (provide name, address, telephone number, number of individuals injured, condition of injured, first aid treatment, specific directions, other information as requested)
3. Emergency equipment retrieval
4. Direction of EMS to scene
 - a. Open appropriate gates (Master AA key)
 - b. Designate individual to "flag down" EMS and direct to scene
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Venue Directions: Eagle Stadium is located off of Canal Street and Intermediate Avenue.

- Ambulance should enter the far right gate after entering parking lot



Emergency Plan: Football Practice Fields

Dover Area Middle School, 46 West Canal Street

Primarily used for football and track and field

Emergency Personnel: Certified Athletic Trainers David App 717-487-7520 and Kaitlin Merritt 717-880-6684, AD Troy Wiestling 717-487-2327 on campus or site for practice and competition.

Emergency Communication: Emergency personnel and coaches will have cell phones.

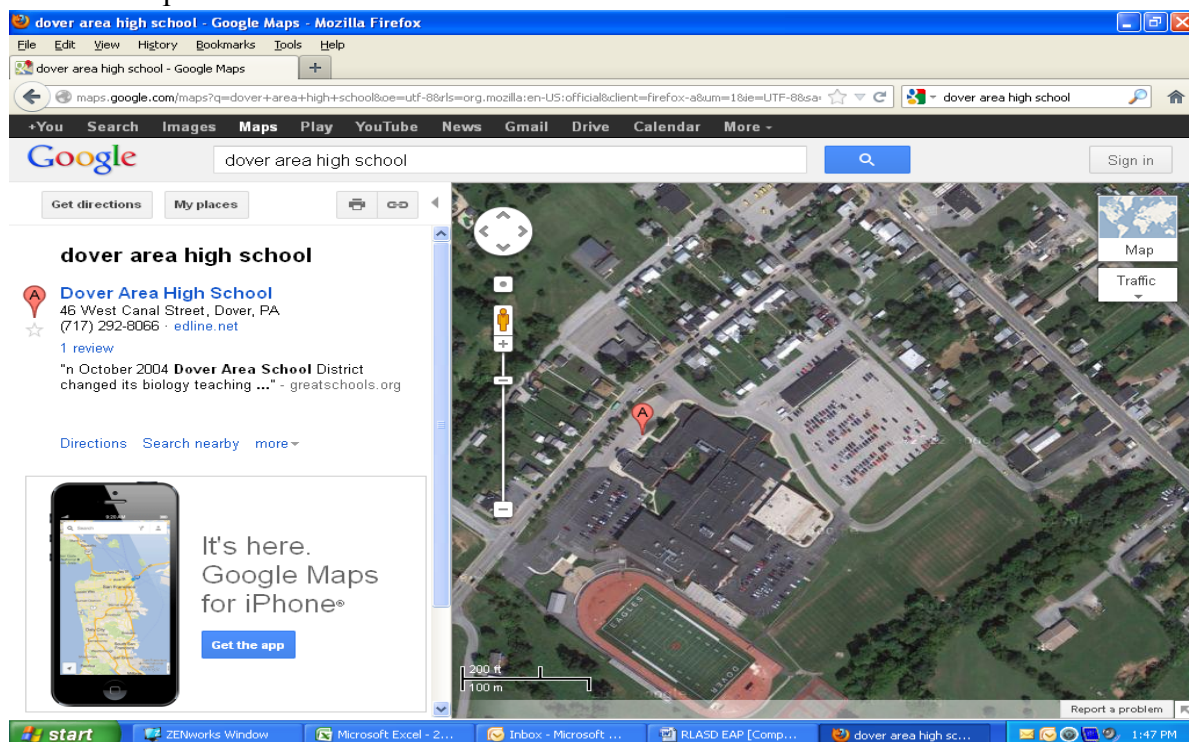
Emergency Equipment: supplies (AED, splint kit) maintained in athletic training rooms in the Middle School, High School, or with Certified Athletic Trainer in gator. A stationary AED is located in the hallway outside the athletic training room or in the hallway outside the gymnasium and band rooms, or at the stadium scoreboard, in a black and white box; ID/key access is needed to enter the building.

Roles of First Responders

1. Immediate care of the injured or ill student-athlete
2. Activation of emergency medical system (EMS)
 - 911 call (provide name, address, telephone number, number of individuals injured, condition of injured, first aid treatment, specific directions, other information as requested)
3. Emergency equipment retrieval
4. Direction of EMS to scene
 - a. Open appropriate gates if needed (Master AA key)
 - b. Designate individual to “flag down” EMS and direct to scene
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Venue Directions: The football practice field is located in the back of the high school, down the hill.

Ambulance can enter from the driveway in the parking lot behind the school or on S Reservoir Drive, as noted on map.



Emergency Plan: Tennis Courts

Dover Area Middle School, 46 West Canal Street

Primarily used for boy's and girl's tennis

Emergency Personnel: Certified Athletic Trainers David App 717-487-7520 and Kaitlin Merritt 717-880-6684, AD Troy Wiestling 717-487-2327 on campus or site for practice and competition.

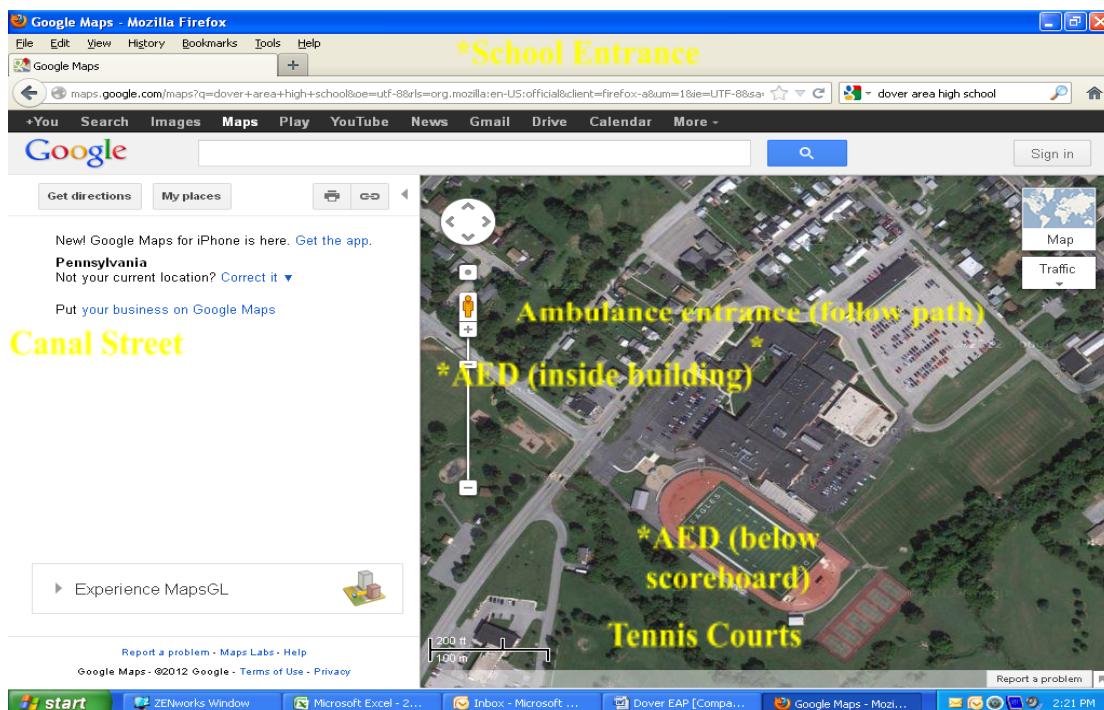
Emergency Communication: Emergency personnel and coaches will have cell phones.

Emergency Equipment: supplies (AED, splint kit) maintained in the athletic training room in the Middle School, Senior High, or with Certified Athletic Trainer in gator. A stationary AED is located in the hallway outside the athletic training room or below the stadium scoreboard in the black and white box; ID/key access is needed to enter the building.

Roles of First Responders

1. Immediate care of the injured or ill student-athlete
2. Activation of emergency medical system (EMS)
 - 911 call (provide name, address, telephone number, number of individuals injured, condition of injured, first aid treatment, specific directions, other information as requested)
3. Emergency equipment retrieval
4. Direction of EMS to scene
 - a. Open appropriate gates if needed (Master AA key)
 - b. Designate individual to "flag down" EMS and direct to scene
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Venue Directions: The tennis courts are located behind Eagle Stadium. The ambulance should enter the main entrance of the school and enter the back parking lot. There is a driveway down to the tennis courts from there.



Emergency Plan: Dover Area Middle School Gymnasium and Aux Gym

Dover Area Middle School, 46 West Canal Street

Primarily used for basketball, wrestling and cheer

Emergency Personnel: Certified Athletic Trainers David App 717-487-7520 and Kaitlin Merritt 717-880-6684, AD Troy Wiestling 717-487-2327 on campus or site for practice and competition.

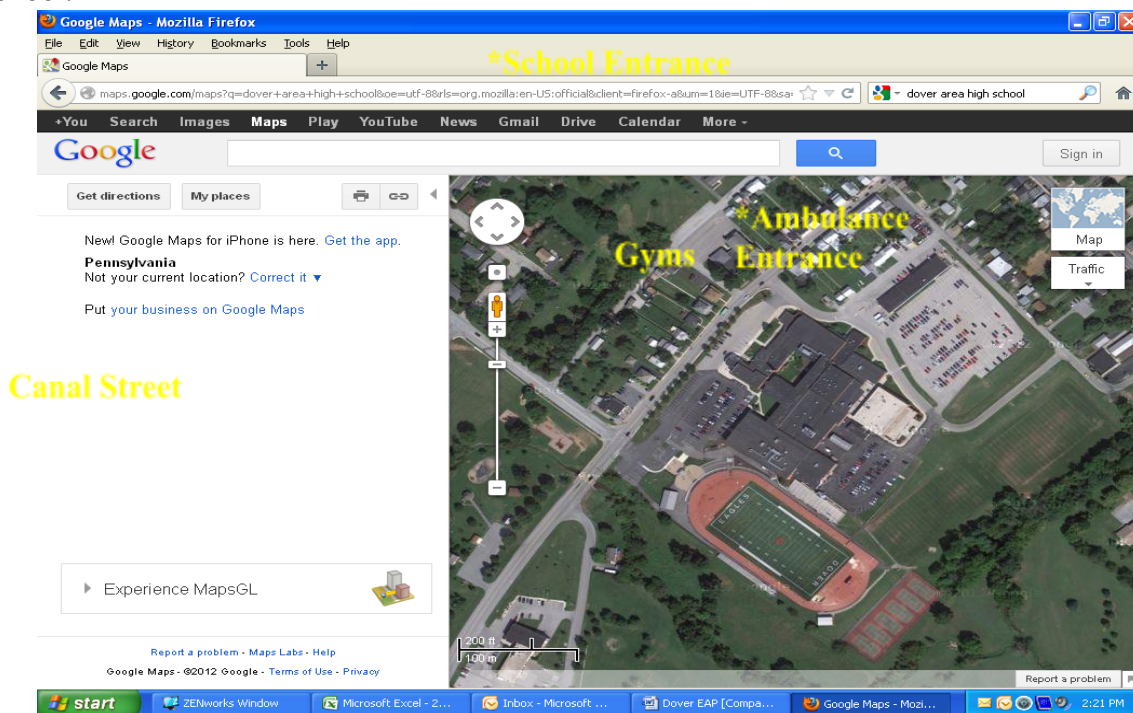
Emergency Communication: Emergency personnel and coaches will have cell phones.

Emergency Equipment: supplies (AED, splint kit) maintained in the athletic training room in the Middle School, Senior High, or with Certified Athletic Trainer in gator. A stationary AED is located in the hallway outside the gym; ID/key access is needed to enter the building.

Roles of First Responders

5. Immediate care of the injured or ill student-athlete
6. Activation of emergency medical system (EMS)
 - 911 call (provide name, address, telephone number, number of individuals injured, condition of injured, first aid treatment, specific directions, other information as requested)
7. Emergency equipment retrieval
8. Direction of EMS to scene
 - d. Open appropriate gates if needed (Master AA key)
 - e. Designate individual to “flag down” EMS and direct to scene
 - f. Scene control: limit scene to first aid providers and move bystanders away from the area.

Venue Directions: The gyms are located inside the school, on the left-hand side. The ambulance should enter the main entrance of the school near marquee sign and stay to the left like they are going to the back of the school.



Emergency Action Plan: Turf Field and Baseball at Dover High School

Dover Area High School, 4500 Intermediate Avenue

Primarily used for soccer, field hockey and lacrosse; baseball

Emergency Personnel: Certified Athletic Trainers David App 717-487-7520 and Kaitlin Merritt 717-880-6684, AD Troy Wiestling 717-487-2327 on campus or site for practice and competition.

Emergency Communication: Emergency personnel and coaches will have cell phones.

Emergency Equipment: supplies (AED, splint kit) maintained in the athletic training room in the Senior High, or with Certified Athletic Trainer in gator. A stationary AED is located on the fields.

Roles of First Responders

1. Immediate care of the injured or ill student-athlete
2. Activation of emergency medical system (EMS)
 - 911 call (provide name, address, telephone number, number of individuals injured, condition of injured, first aid treatment, specific directions, other information as requested)
3. Emergency equipment retrieval
4. Direction of EMS to scene
 - a. Open appropriate gates if needed (Master AA Key)
 - b. Designate individual to “flag down” EMS and direct to scene
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Venue Directions: The baseball and turf field is located on the right of the High School. Follow Intermediate Ave all the way to the last entrance. Field is located to the right of the parking lot

