

2. Develop an evacuation plan, including identification of appropriate nearby safe areas.
 3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard within 30 seconds of a visible lightning strike, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately.
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
 4. Review annually with all administrators, coaches and game personnel.
 5. Inform student-athletes of the lightning policy at start of season.
- For more detailed information, refer to the "Lightning and Thunder Safety" section contained in the NFHS Sports Medicine Handbook. **(Revised: May 2014)**
- 2.5.6 **Tobacco Products, Alcoholic Beverages and Controlled Substances:** The North Carolina High School Athletic Association emphatically opposes the use of tobacco (including e-cigarettes/vapor cigarettes), alcohol and other drugs by student-athletes, coaches (including volunteer coaches) and officials.
- (a) Participants, coaches and other team representatives and officials, including chain crew, official scorers and timers, should not use any tobacco product, alcoholic beverage or controlled substance at a game site; **violation of the policy will result in ejection from the contest. (Revised: May 2014)**
 - (b) Member schools are encouraged to make all school property, vehicles including charter buses used by participants, and particularly game sites, tobacco-free and alcohol-free zones. They are also encouraged to cooperate fully with police agencies in the enforcement of the criminal laws prohibiting the sale or use of tobacco products, alcoholic beverages, and controlled substances to minors.
 - (c) In order to minimize health and safety risks to North Carolina's student-athletes, maintain ethical standards as well as reduce liability risks, school personnel and coaches should never knowingly supply, recommend or permit the use of any drug, medication or food supplement solely for performance enhancing purposes.
- 2.5.7 **Performance Enhancing Substances:** The Board supports and endorses the stance of the NFHS in terms of performance-enhancing substances: "In order to minimize health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or permit the use of any drug, medication or food supplement solely for performance-enhancing purposes."
- 2.5.8 **Infectious Disease Policy:** The North Carolina High School Athletic Association has adopted the National Federation Guidelines in an effort to minimize the possibility of transmission of any infectious disease during a high school athletic practice or contest. Each school is strongly encouraged to develop its own action plan for the prevention of the transmission of infectious diseases.

Communicable Disease and Skin Infection Procedures

While the risk for blood-borne infectious diseases, such as HIV/Hepatitis B, remains low in sports, proper precautions are needed to reduce the risk of spreading diseases. Along with these issues are skin infections that occur due to skin contact with competitors and equipment.

Universal Hygiene Protocol for All Sports

- Shower immediately after all competition and practice
- Wash all workout clothing after practice
- Wash personal gear, such as knee pads, periodically
- Don't share towels or personal hygiene products with others
- Refrain from (full body) cosmetic shaving

Infectious Skin Diseases

Means of reducing the potential exposure to these agents include:

- Notify guardian, athletic trainer and coach of any lesion before competition or practice. Athlete must have a health-care provider evaluate lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, consider evaluating other team members or potential spread of the infectious agent.
- Follow NFHS or NCHSAA guidelines on "time until return to competition." Allowance of participation with a covered lesion can occur if approved by health-care provider and in accordance with NFHS or NCHSAA guidelines.

Blood-Borne Infectious Diseases

Means of reducing the potential exposure to these agents include;

- Bleeding must be stopped immediately and all wounds covered. All blood-soaked clothing must be removed before continuing competition or practice. Contaminated clothing must be cleaned before using again.
- Athletic trainers or caregivers need to wear gloves and take other precautions to prevent blood-splash from contaminating themselves or others.
- Immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves with cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and evaluated by a medical provider immediately.

These procedures were obtained and revised by the NFHS (August 2005).

2.5.9

Catastrophic Insurance (Mandatory):

- (a) All schools are required to participate in the catastrophic insurance program.
- (b) The NCHSAA makes a payment on behalf of the schools, and the coverage is in effect beginning August 1 of each school year.
- (c) The schools are to send their premium payments to the NCHSAA office before October 1 of that year. Late renewals are subject to a \$100 fine and schools are not eligible for playoffs beginning with the fall sports season until all fees are paid. **(Revised: December 2013)**
- (d) The master policy will be on file with the NCHSAA.
- (e) The coverage offered under this policy is not meant to replace the basic football or student accident and athletic coverage, but rather is intended to provide benefits for student participants as well as protect member schools against the cost arising out of very serious injuries.
- (f) This policy is available to member schools at a cost of \$3.75 per athlete. The deductible amount will be the greater of (a) \$25,000 or (b) the benefits payable from other collectible group insurance.
- (g) Details on the program and additional materials describing the policy are sent to the membership at the beginning of each school year.

2.5.10

Student Accident Insurance and Athletic Coverage (Voluntary): The NCHSAA is committed to stimulating and sustaining support for a broadly based program, with a primary objective to provide the best student accident and athletic coverage available. Booklets are mailed to each school and representatives are available to discuss the student accident and athletic programs. Please call the NCHSAA office for details of the programs.

2.5.11

Hazing: The NCHSAA encourages coaches and other school personnel to create and vigorously enforce rules against hazing and similar practices.

- (a) Hazing is defined as deliberately subjecting another person to physical injury as part of an initiation or prerequisite for membership ... (House Bill 171). It is against North Carolina Law (G.S. 14.35).
- (b) Regardless of a student's willingness to participate, hazing and other humiliating activities expected of a student to belong to a team or group have many negative consequences. It obstructs the development of good citizens, escalates the risks of participation, negates positive contributions, and destroys respect for self, others and a "wholesome athletic environment."

2.6

SPORTSMANSHIP

THE QUALITY OF RESPONSIBLE BEHAVIOR CHARACTERIZED BY A SPIRIT OF GENEROSITY AND A GENUINE CONCERN FOR OPPONENTS, OFFICIALS AND TEAMMATES

Students and spectators should:

- realize you represent the school as does a member of a team; therefore, you have an obligation to be a true sportsman, encouraging through this behavior the practice of good sportsmanship by others
- recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team
- remember that the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social and emotional well-being of the players through the medium of contest

- be modest in victory and gracious in defeat
- respect the judgment and integrity of game officials

Student-athletes are expected to sign the sportsmanship pledge, and coaches are expected to sign the code of conduct for coaches.

- 2.6.1 **Conduct at Games:** The NCHSAA Board of Directors has the power to penalize the school and its officials, the coach, and the individual players in case sportsmanship is not observed. The penalty is to be decided according to the seriousness of the incidents involved.
- (a) **Police protection:** A law enforcement officer in uniform shall be present at all high school varsity football and basketball games and is recommended for soccer, lacrosse and baseball games, with member schools using their own best judgment as to when and if police are needed in that sport.
 - (b) School management is required to provide escort for officials off the field when law enforcement is not there; and the NCHSAA has the authority to require schools to provide law enforcement officer in uniform at games where it deems necessary.
 - (c) **Code of sportsmanship:**
 - (1) It is recognized that public school interscholastic athletic events should be conducted in such manner that good sportsmanship prevails at all times.
 - (2) It is therefore necessary that superintendents, principals and coaches be individually and collectively responsible for taking every possible step to provide the physical arrangements necessary to conduct such events and to promote good sportsmanship at every athletic event.
 - (3) These steps should include the provision of such things as safe and adequate facilities for participants, spectators, and officials; the best possible officials for the events; and adequate control of spectators, players, and pre-game and post-game activities.
 - (4) Every effort should be made to promote a climate of wholesome competition.
 - (d) When a situation develops which indicates negligence on the part of school personnel to provide conditions which meet minimum standards for the conduct of an athletic event, or when there is evidence of poor sportsmanship, the superintendent and principal of each school involved shall be expected to investigate and take necessary corrective action.
 - (e) When the school or schools involved fail to take adequate action, the NCHSAA will investigate the situation and take the action it deems appropriate.
- 2.6.2 **Sportsmanship/Ejection Policy:** This policy applies to all persons involved in an athletic contest, including student-athletes, coaches, managers and game administrators. The following examples include behavior or conduct which will result in an ejection from a contest:
- (a) **Fighting**, which includes, but is not limited to, combative acts such as:
 - (1) An altercation between 2 or more parties that includes swinging, hitting, punching and/or kicking
 - (2) An attempt to strike an opponent with a fist, hands, arms, legs, feet, or equipment
 - (3) An attempt to punch or kick an opponent, regardless of whether or not contact is made
 - (4) An attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate
 - (5) Leaving the bench area to participate in a fight (contact or no contact)
 - (b) **Leaving the bench area**-- coming on to the playing area when there is not a fight
 - (c) **Flagrant contact**, which includes, but is not limited to, combative acts such as:
 - (1) Maliciously running over the catcher/fielder without attempt to avoid contact
 - (2) Excessive contact out-of-bounds or away from playing action than is unwarranted and extreme in nature
 - (3) Tackling/taking down a player dangerously in a malicious manner
 - (4) Illegally hitting or cross-checking an opponent in an excessive manner with the stick in lacrosse
 - (d) **Biting observed or determined by an official**
 - (e) **Taunting, baiting or spitting toward an opponent or official**