

# **EAST PENN SCHOOL DISTRICT**

## **BASEBALL CAUTIONARY STATEMENTS AND CODE OF CONDUCT**

Baseball and softball are sports enjoyed by large numbers of interscholastic and recreational players annually. Because of their popularity, and the high-speed components of the game, it is important to observe and practice a number of procedures designed to enhance the safety and enjoyment of all participants.

The school has purchased protective helmets that are certified by the National Operating Commission for Safety of Athletic Equipment (NOCSAE). This certification indicates that research has been conducted to verify the protectiveness and shock absorption capabilities of the helmet. Each player will receive a demonstration on the proper wearing of the batting helmet. Proper wearing of these helmets is the responsibility of the player after the orientation has been completed.

### **PREPARATION FOR PRACTICE OR CONTEST:**

1. Official NOCSAE batting helmets with extended ear flaps that cover both ears and temples and also visibly display the NOCSAE stamp and exterior warning statement, must be worn while batting, running bases, and otherwise in live ball territory.
2. All catchers shall wear a head protector, mask with a built-in or attached throat protector, body protector, protective cup (male only), and baseball protective shin guards. A catcher's helmet and mask combination must also visibly display the NOCSAE stamp and warning statement.
3. Wear all protective equipment, pads, braces and supportive undergarments to every practice or contest unless otherwise indicated by the daily practice plan.
4. Be sure that all stabilizing, straps, and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
5. Wear outer and under garments that are appropriate for humidity and temperature.
6. Players should ingest the equivalent of 4-6 glasses of water each day.
7. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgement or perception.
8. Players needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
9. Remove all jewelry and metal hair fasteners.
10. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
11. **No hazing or initiations shall be permitted at anytime.**

### **IN THE LOCKER ROOM:**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
3. Keep floors free of litter. Place all belongings in assigned lockers.
4. Close and lock locker's doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. Refrain from rapid movements, horseplay, and rough-house in the locker/shower areas.
7. Identify incidents of foot or other skin infections to coach(es) immediately.
8. Be especially careful not to injure a teammate with cleated shoes and do not wear cleated shoes in the building or the locker rooms at any time.
9. **No hazing or initiations shall be permitted at anytime.**

## **APPROACH TO THE COMPETITIVE/PRACTICE SITE OR TRAVEL TO CONTEST**

1. Be alert to the following:
  - A. Variable surface textures (concrete, matting, and turf).
  - B. Steps, ramps, dugout locations.
  - C. Locations of bulk equipment or specific drills.
    1. Ball throwing machines
    2. Hitting practice and “on deck circle”
    3. Pitching practice
2. Hazards specific to baseball/softball:
  - A. All protective equipment required by rule must be worn at practices and competition during those situations that require it.
  - B. Helmets are to be worn by batters, base runners, catchers or any other players/coaches shall wear a batting helmet that has an extended ear flaps that cover both ears and temples and also display the NOSCAE stamp and exterior warning statement.
  - C. All catchers shall wear a head protector, mask with a built-in or attached throat protector, body protector, protective cup (male only), and baseball protective shin guards. A catcher’s helmet and mask combination must display the NOSCAE stamp and exterior warning statement.
  - D. “On deck” hitters are to take practice swings in a designated circle but with complete attention directed to the pitcher and batter. If no circle is designated, stand behind the backstop. Keep hands off the backstop.
  - E. Swing only one (1) bat when taking practice swings. Use a bat ring that will not slide off the thick end of the bat.
  - F. Batting practice, infield drills, outfield drills, and pitching practice is to be done in designated areas and at designated times. DO NOT begin these practices without the direction of the coach.
  - G. Sliding technique is to be performed as a progression and approved by the coach before it is tried. Lower extremity injuries may still occur when players are experienced in sliding techniques.
  - H. Offensive and defensive players involved in sliding or other close plays must recognize the possibility of being hit by a thrown ball, being accidentally bumped, or sustaining an injury due to friction burn, being stepped on, or skeletal injury. Be alert to the location of the ball and opponents.
  - I. Burns, sprains, strains and contusions must be reported to coaches and/or athletic trainers.
  - J. Dugout and team bench – Players in the dugout or team bench area must be alert to foul balls, overthrows, or defensive players moving towards the area at high speed.
  - K. Indoors – always look before taking practice swings during drills. If you are chasing balls into a hitter’s area, get his/her attention before going near him/her.
  - L. Pitchers in batting cages will ALWAYS wear protective helmets.
  - M. On a pitched ball which appears to be headed towards a hitter, all hitters will be instructed to turn their front shoulder towards the catcher and tuck their chin to avoid being hit in the facial area.
  - N. Never catch without protective equipment.
  - O. Never slide headfirst into a catcher at home plate.
  - P. **No horse play, rough housing, hazing or initiations.**

## **EMERGENCIES**

Because of the nature of baseball and softball, some injuries will occur. All injuries must be called to a coach’s or trainer’s attention. Most will be minor and can be managed with the basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills. **DO NOT MOVE THE VICTIM.**
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity. Assist by:
  - A. Helping with the injured person.
  - B. Calling for additional assistance.
  - C. Bringing first aid equipment or supplies to the site.
  - D. Keeping onlookers away.
  - E. Directing the rescue squad to the accident site.
4. Fire or fire alarm:

- A. Evacuate or remain outside the building.
- B. Move and remain 150 feet away from the building.
- C. Be prepared to implement the emergency procedures outlined in #3 above.

**EAST PENN SCHOOL DISTRICT SPORTS MEDICINE:**

Athletic Trainers:

- |                      |                                      |
|----------------------|--------------------------------------|
| Emmaus High School - | Liz Del Re - A.T.C. (484) 788-1567)  |
|                      | Mark Yorty - A.T.C. (484) 241-7438)  |
| Lower Macungie MS -  | Angela Formaz, A.T.C. (484) 239-3467 |
| Eyer Middle School - | Tori Ruvolis, A.T.C. (484) 239-0175  |

The Certified Athletic Trainers are contracted from the Lehigh Valley Health Network

The athletic training room will be open everyday at 2:00 p.m. by an athletic trainer, Monday through Friday. Saturday hours will vary depending on practices, games or matches scheduled. The athletic training room will be closed for the day depending on the activities scheduled.

**Rules of the Athletic Training Room:**

1. No student athletes will be allowed in the athletic training room unsupervised.
2. Personal items must be left outside the athletic training room.
3. No equipment or supplies leave the athletic training room unless approved by an athletic trainer.
4. No foul language.
5. Students must ask permission to use the phone.
6. No horse play allowed.
7. No nudes, proper attire is mandatory, the athletic training room is a coed facility.
8. No cleats or muddy sneakers in the athletic training room.
9. No eating in the athletic training room.
10. Crutches, splints and braces must be returned to the athletic training room after use.

Athletic training room taping, treatments and evaluations depend on the game and practice schedule. Priority will be given to those that are time restricted.

**ALL ATHLETIC INJURIES MUST BE REPORTED TO THE CERTIFIED ATHLETIC TRAINER.**

**IF A STUDENT ATHLETE GOES TO A PHYSICIAN OR HOSPITAL FOR ANY REASON, THEY MUST RETURN WITH A RELEASE FORM IN ORDER TO BE ABLE TO PARTICIPATE IN PRACTICES OR GAMES.**

All orthopedic related injuries will be referred to LVHN if insurance permits, or parents/guardians may use their own orthopedic physician. A LVHN Physician will see athletes at EHS periodically.



To the Parents of East Penn School District Student Athletes,

At the Lehigh Valley Orthopedic Institute, the safety of our athletes is the highest priority. We take seriously our duty to protect and safeguard the athletes under our care. To that end, this letter seeks to inform athletes' parents of an important piece in our emergency preparedness plan for heat related illness.

While heat-related illnesses typically occur during the hottest days of the summer, heat illness can occur any time of year. All athletes are susceptible to heat illness however certain conditions or factors can put players at higher risk. Those factors include prior history of heat illness, body composition, sickle cell trait, poor physical fitness and dehydration, among others.

Heat stroke is the most severe type of heat illness and is characterized by a core body temperature over 105°F. Other symptoms include increased heart rate, headache, inability to walk, loss of balance/muscle function, sweating, vomiting, loss of consciousness and altered mental status.

Treatment for heat stroke centers around rapid recognition and full-body cooling to less than 104°F prior to transport to the emergency department. Full-body cooling is typically done by immersion or the use of a hypowrap. In immersion, the athlete is placed in a large tub or whirlpool of cold water. The athlete's neck and head are supported above water and the athlete is closely monitored during this time. A hypowrap is a full body cooling system where the athlete and copious amounts of ice are wrapped in a large tarp. Either way, once the core body temperature drops below 104°F, the athlete is transported to the Emergency Department. While it may seem counter intuitive to delay transport, this method is proven to produce the best outcome for survivors of heat stroke.

To assess an athlete's core body temperature, use of a rectal thermometer is necessary to gain the most accurate reading. Research shows that other forms of monitoring consistently misrepresent core body temperatures in exercising individuals which is why the use of a rectal thermistor is the gold standard in heat stroke treatment. It's important to note that this type of monitoring is only performed by trained staff (athletic trainers or physicians) in extreme emergencies as a *life saving measure*. Before the athlete is placed in either a hypowrap or immersion tub, a probe is inserted and remains in place for the duration of the cooling treatment so that continuous, digital monitoring can take place. At all times, steps are taken to ensure respect for the athlete's privacy.

For more information regarding heat stroke, please refer to [this](#) resource from the Korey Stringer Institute.

Thank you,

Your Sports Medicine Care Team



## CODE OF CONDUCT (as of July 2022)

It is a privilege to participate in East Penn School District (EPSD) athletic programs. While you participate, you represent yourself, the athletic program, your family, and your school district. The purpose of our athletic programs is to add to our students' mental, physical, social, emotional and moral development. Participation is a step toward preparing our students to become productive young adults.

Each student and his/her parent or guardian must read this code, sign the attached card, and return it to the coach before representing our district by participating in athletic activities. As a student-athlete you must be willing to accept the rules, regulations and responsibilities of each sport in which you choose to participate. It is also understood that the same standard of behavior and discipline for the regular student shall also apply to the student athlete, and violations of the each schools' Discipline Code may also result in the suspension of participation in EPSD sports programs.

A coach may distribute a separate policy of conduct, which must also be acknowledged with your signature. The coach's policies must meet the minimum standards contained here. You will be expected to meet the requirements set forth by the coach, once you have been properly informed.

- I. Eligibility:
  - A. A student is eligible to participate if the student is passing all subjects and or failing a maximum of 1 subject.
  - B. If a student is not passing four (4) full-credit subjects, or the equivalent, he/she will be placed on academic probation for 15 school days, beginning the day after report cards are distributed.
  - C. If as of Friday a student is failing 2 or more subjects, he/she shall be ineligible from the following Sunday through Saturday.
- II. Attendance:
  - A. To participate in any activity, a student must be in attendance at school before 10:00 a.m.
  - B. Exceptions to the above rule would be a doctor's appointment, a family or medical emergency, or extenuating circumstances. These exceptions would require a note from the student's parent/guardian and would be reviewed by the Athletic Director. The Athletic Director determines the eligibility of the student.
- III. Code of Conduct for Student Athletes:
  - A. All participants are subject to this code when involved in athletics.
  - B. All participants will show proper decorum and courtesy to all fellow participants, as well as good sportsmanship to coaches, referees, and members of opposing teams.
  - C. All participants will abide by the rules of the Discipline Code at their school. Any infraction by the student while participating in an athletic activity will be treated the same as if it occurred during the school day and in the school.
    1. If the violation involves an exclusion from school (suspension), in-school or out, the student will be suspended from athletic activities for the same calendar days. He/she will be allowed to resume participation on the next calendar day immediately following the last day of suspension.
    2. If the student has detention, he/she may report directly to the coach after completing the required time in detention
  - D. All students who represent EPSD must be team players and avoid any actions that would be detrimental to the unity of those involved with them in any sports.
  - E. All participants will display good sportsmanship at all times. Unsportsmanlike behavior will result in discipline by the coaching staff. Unsportsmanlike behavior that results in a disqualification will result in PIAA sanctions per the PIAA rules and regulations. In addition, the athlete will be required to take a sportsmanship course and pass an exam on sportsmanship prior to returning to play. A second offense of unsportsmanlike behavior resulting in a disqualification that occurs within a two-year time frame will result in further disciplinary action, both at the PIAA and district level.

- IV. Unacceptable conduct sanctions:
- A. Profanity is unacceptable at any time. All offenses will be addressed by the coach.
  - B. Conduct unbecoming of a student representing EPSD while participating in a team sponsored function, in-season or out-of-season, will be addressed by the coach and or athletic administration that may result in suspension and or removal from the sport for a period of time as determined by the coach and Athletic Director.
  - C. Nicotine is a harmful and addictive drug. It is inappropriate for use by anyone representing EPSD or participating in an athletic activity sponsored in conjunction with EPSD.
    - 1. A first verified offense of vaping or tobacco use occurs on or off school property will be referred to the administration and will result in the following disciplinary action:
      - a. Normal disciplinary action through the school disciplinary code when applicable. (see Board Policy 222)
      - b. A written warning and written notification to parents.
      - c. Suspension from participation on all interscholastic teams, in-season or out-of-season, through the 15<sup>th</sup> calendar day, starting with the 1<sup>st</sup> day of suspension.
      - d. Revocation of a team leadership role (i.e. captain) when applicable.
      - e. Referral to the Student Assistance Program (SAP) team.
      - f. If the consequence of a verified offense extends beyond the current sport season, the Athletic Director and Head Coach will determine whether the consequence will extend into the student's next participation season.
    - 2. A second verified offense, occurring within one year from the date of first verified offense, of vaping or tobacco use that occurs on or off school property will be referred to the administration and will result in the following disciplinary action:
      - a. Normal disciplinary action through the school disciplinary code when applicable.
      - b. A written notification to parents.
      - c. Immediate dismissal from participation on all interscholastic teams, in-season or out-of-season for the remainder of the school year or a minimum of 120 calendar days if there are less than 120 calendar days remaining in the current school year.
      - d. Referral to the Student Assistance Program (SAP) team
  - D. Alcohol and Other Drugs – these regulations have been developed in order to discourage all our students from using harmful drugs and alcohol and to foster good health and welfare for our student participants and a good example for the entire school community.
    - 1. No student shall use, possess or distribute alcohol, drugs, steroids, controlled substances, look a-likes, or possess drug-related paraphernalia on or off school property.
    - 2. Normal disciplinary action through the school disciplinary code when applicable. (see Board Policy 222)
    - 3. Referral to the Student Assistance Program (SAP).
    - 4. A first verified offense will result in immediate dismissal from all athletic programs, in and out of season, for a period of 45 calendar days from the first day of dismissal.
    - 5. Barring any legal action or expulsion, a student can return to participate in school sponsored athletic events after 30 calendar days but is not eligible to compete in a contest.
    - 6. The student will work with the Director of Athletics and Activities and/or designee to establish restorative connection and educational opportunities.
    - 7. A second verified offense, occurring at any point during educational period 9th-12th grade, will result in permanent dismissal from all school sponsored athletic programs for the remainder of school career.
  - E. Conduct unbecoming of a Student-Athlete, in or out of season, will be held to a high standard of appropriate behavior.

1. If student-athlete commits a level 3,4,5 or 6 discipline infraction, further athletic related consequence could be administered as determined by the Assistant Principal and Athletic Administration.

**A. Policy Guides for Pennsylvania Schools**

Section: Pupils  
Title: 247 Hazing

Purpose

The purpose of this policy is to maintain a safe, positive environment for students and staff that is free from hazing. Hazing activities of any type are inconsistent with the educational goals of the district and are prohibited at all times.

Definitions

For purposes of this policy hazing is defined as any action or situation which recklessly or intentionally endangers the mental or physical health or safety of a person or which willfully destroys or removes public or private property for the purpose of initiation or admission into or affiliation with, or as a condition of continued membership in, any organization. The term shall include, but not be limited to:[1]

1. Any brutality of a physical nature, such as whipping, beating, branding;
2. Forced calisthenics;
3. Exposure to the elements;
4. Forced consumption of any food, liquor, drug or other substance;
5. Any other forced physical activity which could adversely affect the physical health or safety of the individual, and shall include any activity which would subject the individual to extreme mental stress, such as sleep deprivation, forced exclusion from social contact, forced conduct which is intended to or could result in humiliation, extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual; or
6. Any willful destruction or removal of public or private property.

For purposes of this policy, any activity, as described above, upon which the initiation or admission into or affiliation with or continued membership in an organization is directly or indirectly conditioned shall be presumed to be “forced” activity, the willingness of an individual to participate in such activity notwithstanding.[1]

For purposes of this policy, student activity or organization is defined as any organization, team, club, society, or group operating under the sanction of or recognized as an organization by the district.

Authority

The Board prohibits hazing in connection with any student activity or organization regardless of whether the conduct occurs on or off school property or outside of school hours.[2][3][4][5]

No student, parent/guardian, coach, sponsor, volunteer or district employee shall engage in, condone or ignore any form of hazing.

The Board encourages students who have been subjected to hazing to promptly report such incidents to the building principal.

**The student and parent must sign the attached Acknowledgement Form for the Code of Conduct and Cautionary Statement, and return it to their coach prior to participation in any athletic activity. This will help assure that the student, parent, and coach are informed as to the expectations set forth for participation in athletic activities at Emmaus High School.**



# EMMAUS HIGH SCHOOL

## DEPARTMENT OF ATHLETICS

### **STUDENT-ATHLETE SOCIAL MEDIA AGREEMENT**

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when it will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

Ultimately, you are solely responsible for what you post online. Before creating online content, consider some of the risks and rewards that are involved. Keep in mind that any of your conduct that adversely affects the East Penn School District, Emmaus High School, the Emmaus Department of Athletics and/or your interscholastic program, may result in disciplinary action up to and including dismissal from the team. This policy applies to all student-athletes who participate in one or more of our interscholastic programs.

To assist you in making responsible decisions about your use of social media, we have established these guidelines for appropriate use of social media.

1. I will take responsibility for my online profile, including my posts and any photos, videos or other recordings posted in which I appear.
2. I will not degrade my opponents before, during, or after games.
3. I will post only positive things about my teammates, coaches, opponents and officials.
4. I will use social media to purposefully promote abilities, team, community, and social values.
5. I will always be honest and accurate when posting information or news and will quickly correct mistakes.
6. I will not post any information or rumors that I know to be false.
7. I will consider "Is this the me I want you to see?" before I post anything online.
8. I will ignore any negative comments about me and will not retaliate.
9. If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain or a coach.
10. I am aware that I represent my sport(s), school, team, family and community at all times, and will do so in a positive manner.

07/22