



Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1
Wilsonville, OR 97070

503.682.6722 fax: 503.682.0960 <http://www.osaa.org>



Excerpt from 2014-15 OSAA Handbook, Executive Board Policies

77. Summer Policy

(January 2012)

- A. All Sports – Summer activities under the direction of any person affiliated with the high school program, including practices, contests, weight training and conditioning, are permissible throughout the summer, excluding the defined Moratorium Week, and must consider the following points:
- 1) OSAA regulations regarding the Heat Index Calculator are in effect at all times. Athletes must be encouraged to stay well hydrated at all times, especially in hot and humid conditions. This applies to outdoor activities and indoor activities without air conditioning. See the NFHS statements on heat and hydration.
 - 2) Implement a slow and gradual preseason-conditioning regimen that prepares the athlete for the rigors of the sport.
 - 3) Slowly build up the intensity of activity over several days.
 - 4) Have fitness tests (mile run, shuttle run times, maximum repetition exercises) scheduled the second week of practices. Use a progressive, periodized program and evaluate performance once athletes are acclimated to the stress about to be placed upon them.
 - 5) Take into account the level of conditioning of all individuals and what their previous conditioning has been. Athletes who have just finished a sports season should have at least a short period (one to two weeks) of relative rest.
 - 6) Slowly introduce new exercises or workout routines to allow for adaptation by muscle groups.
 - 7) Provide adequate rest and recovery between repetitions in the weight room and especially during “gassers” and intense station or “mat” drills.
 - 8) Athletes should refrain from consuming high caffeine energy drinks and supplements, or other stimulants, as they may contribute to dehydration. See the NFHS statement on energy drinks.
 - 9) Athletes should refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.
- B. Football Only – Member schools are only allowed to utilize protective football equipment for eight days within one 10 consecutive day period beginning after the last day of the Association Year and concluding prior to the start of Moratorium Week, with the following requirements:
- 1) No protective equipment shall be utilized from the start of Moratorium Week until the first day of the Association Year.
 - 2) All levels of a program (Varsity, JV, etc.) shall use the same 10 consecutive day period.
 - 3) At the beginning of the 10 consecutive day period, every participant shall be required to have three days of helmet/shoulder pad practice with limited person-to-person contact. During this period, the only optional pieces of protective equipment that may be worn by individuals are shoes, shoulder pads and helmets. NO OTHER PADS—such as knee, thigh, hip, and rib—are to be worn. During helmet/shoulder pad practice, no full contact drills or other activity may occur which would result in a player completing a tackle, or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies during helmet/shoulder pad practice. However, it is strongly recommended that any such contact be carefully controlled.
 - 4) Following the three days of helmet/shoulder pad practice, an individual may use the remainder of the football gear as described in the NFHS Football Rules Book for a maximum of five days. Activity during this five-day period is not restricted with regard to contact. A school shall not permit an individual to use the remainder of the football gear as described in the NFHS Football Rules Book unless that individual has had at least three days of helmet/shoulder pad practice.
 - 5) It is imperative that local school administrators set guidelines for participation in the 10 consecutive day period. Safety of the participants is of the utmost importance; therefore, proper fundamental and physical preparation is necessary prior to the participants engaging in any type of person-to-person contact.

- 6) Individual school districts and other member schools of the association have the option of determining whether or not they will allow a school within their district to participate in one 10 consecutive day period that involves the use of protective equipment. This decision should take into consideration the inherent liability when a team represents the school district, is supervised by school personnel, uses school district transportation, uses school facilities, and participants use protective equipment owned by the school.
- 7) Individual school districts and other member schools of the association have the option of determining whether or not they will allow an individual student within their district to use protective equipment owned by the school when attending camps/clinics not organized by any member school personnel. This decision should take into consideration the inherent liability when participants use protective equipment owned by the school.
- 8) Prior to participation in one 10 consecutive day period, each participant should be required to show proof of insurance and provide documentation of a valid physical examination within the last two years as prescribed by Oregon law. Coaches and other supervisors should have liability insurance.



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15. Concussion Management

(Concussion-Return to Participation Medical Release)

(Fall 2014)

A. Member Public School's Responsibilities (Max's Law, ORS 336.485 and OAR 581-022-0421)

- 1) **Suspected or Diagnosed Concussion:** Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or who has been diagnosed with a concussion, shall not be permitted to return to that ***athletic contest or practice***, or any other athletic contest or practice on that same day. In ***public*** school districts which have the services of an athletic trainer registered by the Oregon Board of Athletic Trainers, that athletic trainer may determine that an athlete has not exhibited signs, symptoms, or behaviors consistent with a concussion, and has not suffered a concussion, and return the athlete to play. ***Public school*** athletic trainers may also work in consultation with ***an appropriate*** Health Care Professional (*see below*) in determining when an athlete is able to return to play following a concussion.
- 2) **Return to Participation:** Until an athlete who has suffered a concussion is no longer experiencing signs, symptoms, or behaviors consistent with a concussion, and a medical release form signed by an appropriate Health Care Professional (Physician (MD), Physician's Assistant (PA), Doctor of Osteopathic (DO) licensed by the Oregon State Board of Medicine, nurse practitioner licensed by the Oregon State Board of Nursing, or Psychologist licensed by the Oregon Board of Psychologist Examiners) is obtained, the athlete shall not be permitted to return to athletic activity.

B. Member Private School's Responsibilities (Jenna's Law, ORS 417.875) (Concussion-Private School Informed Consent)

- 1) **Concussion – Private School Informed Consent Form:** *On an annual basis prior to participation, private schools shall require each student and at least one parent or legal guardian of the student to sign the Concussion – Private School Informed Consent form acknowledging the receipt of information regarding symptoms and warning signs of concussions. Private schools shall maintain a copy of each student's signed form on file for review at any time by OSAA staff.*
- 2) **Suspected or Diagnosed Concussion:** Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or who has been diagnosed with a concussion, shall not be permitted to return to that ***athletic contest or practice***, or any other athletic contest or practice on that same day.
- 3) **Return to Participation:** Until an athlete who has ***exhibited signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body or who*** suffered a concussion is no longer experiencing signs, symptoms, or behaviors consistent with a concussion, and a medical release form signed by an appropriate Health Care Professional (Physician (MD), Physician's Assistant (PA), Doctor of Osteopathic (DO) licensed by the Oregon State Board of Medicine, nurse practitioner licensed by the Oregon State Board of Nursing, or Psychologist licensed by the Oregon Board of Psychologist Examiners) is obtained, the athlete shall not be permitted to return to athletic activity.

C. Official's Responsibilities

- 1) **Public School vs. Public School Contests:** *An official shall remove a player from a contest when that player exhibits signs, symptoms or behaviors consistent with a concussion due to an observed or suspected blow to the head or body. The official shall document and notify the head coach or his/her designee making sure that the head coach or designee understands that the player is being removed for exhibiting signs, symptoms or behaviors consistent with a concussion as opposed to behavior, a non-concussive injury or other reasons. The official is not responsible for evaluation or management of the player after he/she is removed from play. The official does not need written permission for a player to return nor does the official need to verify the credentials of the appropriate health care professional who has cleared the player to return. The responsibility of further evaluating and managing the symptomatic player falls upon the school and appropriate health care professionals.*

- 2) **Private School vs. Private School Contests:** *An official shall remove a player from a contest when that player exhibits signs, symptoms or behaviors consistent with a concussion due to an observed or suspected blow to the head or body. The official shall document and notify the head coach or his/her designee making sure that the head coach or designee understands that the player is being removed for exhibiting signs, symptoms or behaviors consistent with a concussion as opposed to behavior, a non-concussive injury or other reasons. The official may not allow a player to participate in a contest during which the player exhibited signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body.*
- 3) **Public School vs. Private School Contests:** *An official shall remove a player from a contest when that player exhibits signs, symptoms or behaviors consistent with a concussion due to an observed or suspected blow to the head or body. The official shall document and notify the head coach or his/her designee making sure that the head coach or designee understands that the player is being removed for exhibiting signs, symptoms or behaviors consistent with a concussion as opposed to behavior, a non-concussive injury or other reasons. For Public School students, the official shall follow the guidelines listed above for Public School vs. Public School contests. For Private School students, the official shall follow the guidelines listed above for Private School vs. Private School contests.*



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41. Heat Index (Heat Index Calculator) (Heat Index Record) (Fall 2014)

Schools shall monitor the Heat Index for their geographic area prior to practices. Outlined below are the steps that each member school shall take in order to implement this policy. NOTE: Indoor activities where air conditioning is available are not bound by this policy.

- A. **Subscribe.** Athletic directors and coaches shall subscribe to OSAA Heat Index Notifications at <http://www.osaa.org/heatindex/>. An OSAA Heat Index Alert is generated for areas where the forecasted high temperature and relative humidity indicate a forecasted heat index that may require practice modifications. Only those areas that have a forecasted heat index of 95 or higher receive alerts. Notifications are sent daily via e-mail and/or SMS to subscribers.
- B. **Designate.** Schools shall designate someone who will take the necessary steps to determine and record the heat index for your geographic area within one hour of the start of each team's practice. This is only necessary on days when the school receives an OSAA Heat Index Alert. Depending on practice schedules, it is possible that the designated person will have to record the heat index multiple times on the same day.
- C. **Calculate.** Within one hour of the start of each team's practice on days when the school receives an OSAA Heat Index Alert, the designated person shall utilize the OSAA Heat Index Calculator to determine the actual heat index.
- D. **Record.** If the actual heat index is 95 or higher, the designated person shall record it using the OSAA Heat Index Record or by printing out a copy to be kept at the school for inspection at the request of the OSAA. A separate record shall be kept for each fall sport at each level. Practice modifications, as necessary, shall also be recorded. If the actual heat index is less than 95, no action is needed.
- E. **Act.** If the actual heat index is 95 or higher, activity should be altered and/or eliminated using the following guidelines:
 - 1) **95° to 99° Heat Index – OSAA Recommendation:** Consider postponing practice to later in the day.
 - a) Maximum of five hours of practice.
 - b) Practice length a maximum of three hours.
 - c) Mandatory three-hour recovery period between practices.
 - d) Contact sports and activities with additional equipment - helmets and other possible equipment removed if not involved in contact or necessary for safety.
 - e) Provide ample amounts of water.
 - f) Water shall always be available and athletes should be able to take in as much water as they desire.
 - g) Watch/monitor athletes for necessary action.
 - 2) **100° to 104° Heat Index – OSAA Recommendation:** Postpone practice to later in the day.
 - a) Maximum of five hours of practice.
 - b) Practice length a maximum of three hours.
 - c) Mandatory three-hour recovery period between practices.
 - d) Alter uniform by removing items if possible - allow for changes to dry t-shirts and shorts.
 - e) Contact sports and activities with additional equipment - helmets and other possible equipment removed if not involved in contact or necessary for safety.
 - f) Reduce time of planned outside activity as well as indoor activity if air conditioning is unavailable.
 - g) Provide ample amounts of water.
 - h) Water shall always be available and athletes should be able to take in as much water as they desire.
 - i) Watch/monitor athletes for necessary action.
 - 3) **Above 104° Heat Index – OSAA Recommendation:** Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.



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45. Lightning Safety Guidelines (From "NFHS Sports Rules Books")

(Revised Fall 2014)

These guidelines proved a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder.

Proactive Planning:

- 1) Assign a staff to monitor local weather conditions before and during **practices and contests**.
- 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 30 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.



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55. Practice Model

(Revised May 2014)

Schools and students are required to adhere to the following practice model.

A. Football

- 1) *All practices shall allow for water breaks and general acclimatization to hot and/or humid weather. Ample amounts of water should always be available and a student's access to water should not be restricted. In addition, all practices shall follow the fundamentals set forth in the NFHS's Heat Acclimatization and Heat Illness Prevention Position Statement. While the risk of heat illness is greatly dependent upon weather conditions, the fundamentals in the NFHS's Heat Acclimatization and Heat Illness Prevention Position Statement promote safety and minimize injury risk in any setting.*
- 2) *Teams shall have two weeks of practice prior to playing in a jamboree and three weeks of practice prior to playing in an interscholastic contest.*
- 3) *Students may participate in multiple practice sessions per day, but not on consecutive days.*
 - a) *Single Practice Session. No single practice session shall be longer than three hours, including warm-up and cool down. On days with a single practice session, students are limited to a maximum of one hour of weight training either before or after practice but not both.*
 - b) *Multiple Practice Sessions. On days with multiple practice sessions, students shall not engage in more than five hours of total practice, including warm-up and cool down. No single practice session shall be longer than three hours, including warm-up and cool down. There must be at least three hours of recovery time between the end of one practice session and the beginning of the next practice session on a day with multiple practice sessions. During this recovery time, students may not engage in other physical activities (e.g. weight training, etc.)*
- 4) *At the beginning of football practice each year, every student shall be required to have two days of helmet only practices. During this period, the only optional pieces of protective equipment that may be worn by individuals are shoes and helmets. No other pads (e.g. shoulder, knee, thigh, hip, and rib) are to be worn. During helmet only practice, no full contact drills or any other activity may occur which would result in a player completing a tackle, or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies. However, it is strongly recommended that any such contact be carefully controlled.*
- 5) *The second practice session of the first two multiple practice days shall be a teaching session only. Conditioning drills (gassers, timed runs or sprints) shall not be conducted.*
- 6) *Following two days of helmet only practices, students may wear helmets and shoulder pads on Day 3. On this day, the only optional pieces of protective equipment that may be worn by individuals are shoes, shoulder pads and helmets. No other pads (e.g. knee, thigh, hip, and rib) are to be worn. During helmet/shoulder pad practice, no full contact drills or any other activity may occur which would result in a player completing a tackle, or being blocked or tackled to the ground. This policy does not preclude light contact with blocking sleds and tackling dummies. However, it is strongly recommended that any such contact be carefully controlled.*
- 7) *Following two days of helmet only and one day of helmet/shoulder pad practices, a student may participate in a contact practice. During a contact practice the remainder of the football gear as described in the NFHS Football Rule Book may be worn and activity is not restricted with regard to contact. A school shall not permit an individual to participate in a contact practice unless that individual has had at least two days of helmet only and one day of helmet/shoulder pad practice. Contact with another person on the fourth and fifth days should be controlled.*
- 8) *Beginning the third week of Football practice (Week 9 on NFHS Standardized Calendar) students may participate in a maximum of three days of full contact each week, excluding games. Full contact is defined as follows:*

- a) **Control** – Drill is run assigned speed until the moment of contact; one player is predetermined the “winner” by the coach. Contact remains above the waist and players stay on their feet. This applies to simulations and drills involving any number of players.
 - b) **Thud** – Drill is run at assigned speed through the moment of contact; no predetermined “winner.” Contact remains above the waist, players stay on their feet and a quick whistle ends the drill. This applies to simulations and drills involving any number of players.
 - c) **Live Action** – Drill is run in game-like conditions and is the only time that players are taken to the ground. This applies to simulations and drills involving any number of players.
- 9) A student may practice for no more than six consecutive days without a rest day. A rest day must be complete rest – no organized team activity is allowed.
 - 10) A student shall become eligible to participate in a jamboree or interscholastic contest after completing a minimum of nine days of actual on-field practice.

B. Cross Country, Soccer, Volleyball

- 1) All practices shall allow for water breaks and general acclimatization to hot and/or humid weather. Ample amounts of water should always be available and a student’s access to water should not be restricted. In addition, all practices shall follow the fundamentals set forth in the NFHS’s Heat Acclimatization and Heat Illness Prevention Position Statement. While the risk of heat illness is greatly dependent upon weather conditions, the fundamentals in the NFHS’s Heat Acclimatization and Heat Illness Prevention Position Statement promote safety and minimize injury risk in any setting.
- 2) Students may participate in multiple practice sessions per day, but not on consecutive days.
 - a) **Single Practice Session.** No single practice session shall be longer than three hours, including warm-up and cool down. On days with a single practice session, students are limited to a maximum of one hour of weight training either before or after practice but not both.
 - b) **Multiple Practice Sessions.** On days with multiple practice sessions, students shall not engage in more than five hours of total practice, including warm-up and cool down. No single practice session shall be longer than three hours, including warm-up and cool down. There must be at least three hours of recovery time between the end of one practice session and the beginning of the next practice session on a day with multiple practice sessions. During this recovery time, students may not engage in other physical activities (e.g. weight training, etc.).
- 3) The second practice session of the first two multiple practice days shall be a teaching session only. Conditioning drills (gassers, timed runs or sprints) shall not be conducted.
- 4) A student may practice for no more than six consecutive days without a rest day. A rest day must be complete rest – no organized team activity is allowed.

C. All other sports (Cheerleading, Swimming, Wrestling, Basketball, Dance/Drill, Golf, Tennis, Track & Field, Baseball, Softball)

- 1) All practices shall allow for water breaks and general acclimatization to hot and/or humid weather. Ample amounts of water should always be available and a student’s access to water should not be restricted. In addition, all practices shall follow the fundamentals set forth in the NFHS’s Heat Acclimatization and Heat Illness Prevention Position Statement. While the risk of heat illness is greatly dependent upon weather conditions, the fundamentals in the NFHS’s Heat Acclimatization and Heat Illness Prevention Position Statement promote safety and minimize injury risk in any setting.
- 2) A student may practice for no more than six consecutive days without a rest day. A rest day must be complete rest – no organized team activity is allowed.



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Excerpt from 2014-15 OSAA Handbook, Rules

8.7. Undue Influence

Rule: Despite compliance with the other provisions of these Rules, any student who attends a member high school as a result of undue influence as defined in these Rules is thereafter ineligible and the high school is subject to the penalties set out in Rule 5.

For purposes of this Rule, "undue influence" is the attempt by any person (including but not limited to coaches, boosters, teachers, administrators, parents, alumni) to induce a student to attend a public or private member school or become eligible to represent a public or private school for purposes of athletic or activities participation. Undue influence includes, without limitation, contacting a student with the intent of recruiting the student to a particular school for purposes of athletic or activities participation or promising employment or any other pecuniary benefit to the student or any member of the student's family to induce the attendance of the student at a particular school for purposes of athletic or activities participation. It shall not be considered undue influence for authorized representatives of a private high school to contact students attending private feeder schools to induce their attendance at the private high school or for authorized representatives of public high schools to so contact students within that public high school's attendance boundaries.

Rationale: The objective of the Undue Influence rule is to prevent member schools, and persons affiliated with a member school, from exerting an undue influence on students with a goal of securing or retaining a student for athletic or activities purposes. This rule serves the substantial interests of Association members of prioritizing academics over competition, protecting young students from exploitation, ensuring an even playing field among competing schools, providing for equitable competition in Association sports and activities, and protecting the physical welfare of students engaging in contact sports.



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Excerpt from 2014-15 OSAA Handbook, Rules

8.6.5. Transfers to a school with affiliation. (Student Intent to Transfer Certificate)

Despite compliance with the other provisions of these Rules, a high school student who attends, participates or was eligible to participate for a school, and then transfers to another school is ineligible for one calendar year from the last date of participating or receiving instruction as described below under any of the following circumstances:

(a) The student transfers from a public, private or charter school within one calendar year after:

- (1)** Participating in non-school athletics (e.g. AAU, American Legion, club team, or other non-school teams) on a team affiliated with the school to which the student transfers or may represent under Rule 8.5 – School Representation, AND/OR
- (2)** Receiving athletic or activities instruction, including weight training and conditioning, from a person affiliated with the school to which the student transfers or may represent under Rule 8.5 – School Representation.
- (3)** EXCEPTION: The eligibility of a full member private or associate member school student who transfers to a public or private school at which the student has previously been a participant in a school sport or activity is not affected by this rule.

(b) The student transfers from a home school within one calendar year after:

- (1)** Participating in non-school athletics (e.g. AAU, American Legion, club team, or other non-school teams) on a team affiliated with the school to which the student transfers or may represent under Rule 8.5 – School Representation, AND/OR
- (2)** Receiving athletic or activities instruction, including weight training and conditioning, from a person affiliated with the school to which the student transfers or may represent under Rule 8.5 – School Representation.
- (3)** EXCEPTION: The eligibility of a home school student who transfers to a public or private school at which the student has previously been a participant in a school sport or activity or was eligible to participate in a school sport or activity is not affected by this rule.