

New Information regarding GPA and SAT/ACT requirements:

The NCAA recently released the new SAT/ACT sliding scale that corresponds with the increased GPA requirements for the class of 2015 and beyond. [Click here](#) to read more about it.

NCAA Freshman Eligibility (NCAA Website)

In order to participate in athletics and receive athletically based financial aid, you must register with the NCAA Eligibility Center and meet academic and amateurism eligibility standards. In order to register with the eligibility center, you must have a valid U.S. Social Security Number and pay a \$60 eligibility center fee.

Below is a list of steps to take beginning in your freshman year to make sure you are eligible to participate in college athletics.

- **Junior Year**
 - **Register** with the eligibility center.
 - After your junior year, have your high school counselor send a copy of your transcript to the NCAA Clearinghouse.
 - If you have attended any other high schools, make sure a transcript is sent to the eligibility center from each high school.
 - When taking the ACT or SAT, request test scores to be sent to the eligibility center (the code is "9999"). No test scores will be accepted unless they come directly from the testing agency.
 - Begin your amateurism questionnaire.
- **Senior Year**
 - When taking the ACT or SAT, request test scores to be sent to the eligibility center (the code is "9999").
 - Complete amateurism questionnaire and sign the final authorization signature on-line on or after April 1 if you are expecting to enroll in college in the fall semester. (If you are expecting to enroll for spring semester, sign the final authorization signature on or after October 1 of the year prior to enrollment.)
 - Have your high school counselor send a final transcript with proof of graduation to the eligibility center.

Clearinghouse Website:

www.ncaaclearinghouse.net

- **Clearinghouse Phone #:** 1-800-262-1492
- **Clearinghouse Address (to send transcripts)**
NCAA Eligibility Center
Certification Processing
PO Box 7136
Indianapolis, IN 46207-7136
- **SAT website (to request test scores)**

www.collegeboard.com

- **ACT website (to request test scores)**

www.act.org



Northeast Georgia
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Introduction:

The GHSA has implemented a state-wide policy for outdoor practice regarding heat and humidity. The following, BY-LAW 2.67, is the practice policy for heat and humidity at Dawson County High School.

1. BY-LAW 2.67 – “Practice Policy for Heat and Humidity

Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts in all sports during times of extremely high heat and/or humidity that will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

1. The scheduling of practices at various heat/humidity levels
2. The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels
3. The heat/humidity level that will result in practice being terminated

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading must be utilized at each practice to ensure that the written policy is being followed properly.

Guidelines For Hydration and Rest Breaks

1. Rest time should involve both unlimited hydration intake (water and electrolyte drinks) and rest without any activity involved
2. For football, helmets should be removed during rest time
3. The site of the rest time should be a “cooling zone” and not in direct sunlight
4. When the WBGT reading is over 86:
 - a. Ice towels and spray bottles filled with ice water should be available at the “cooling zone” to aid the cooling process
 - b. Cold immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness

WBGT Reading**Activity Guidelines and Rest Break Guidelines**

Under 82.0	Normal Activities—Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout
82.0-86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least 3 separate rest breaks each hour of a minimum of 4 minutes duration each
87.0-89.9	Max practice time is 2 hours. For football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: provide at least 4 separate rest breaks each hour of a minimum of 4 minutes each
90.0-92.0	Max length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.
Over 92.0	No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs



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Concussion Protocol Return to Play

All Athletes are recommended that they should take a baseline ImPACT Concussion testing to determine a baseline cognitive ability prior to the start of the season first season of participation. This testing will help the medical staff determine when the student-athlete can return to play if he or she sustains a concussion during the season. Once the student athletes undergo the initial test, they will be retested every two (2) years, typically at the start of the freshman and junior season. It is not mandatory of an athlete to have a baseline Impact test done before they participate in a certain athletic activity based on that Individual County or School's policy.

When an Athlete sustains a concussion.

Initial Evaluation

The purpose of the initial concussion evaluation is to:

1. Determine if there is any head trauma
2. Determine the appropriate medical action.

The initial evaluations will consist of utilization of the SCAT 3 test and Zurich Guidelines as well as any other sideline protocols as authorized by the individual Team Physician.

During the evaluation process if has been determined that a student athlete has sustained a concussion, the athlete will be removed from the athlete event (practice and/or game). Once removed and disqualified from competition and/or participating in a certain athletic event, the Athletic Trainer will/must follow the return to play protocol that includes a Post Injury Test on the Impact Software.

Concussion Return to Play Protocols

Stage 1 (No Activity): During this stage the student-athlete will rest and have no physical activity. The student-athlete will:

When the athlete goes home with the parent, which the Athletic Trainer will instruct parents on treatment procedures

- a. The student-athlete should also be monitored for recurrence of symptoms due to mental exertion, such as reading, working on a computer, or taking a test
- b. 24 hours after being asymptomatic, a post concussion test may be performed using the ImPACT software
- c. An appointment with a Physician will be made prior to any other return to play activities.

When the student-athlete is asymptomatic for 24 hours, the student-athlete will take a Post Injury Test. If athlete fails, the next posttest will be no sooner than 24 hours after the failed test. When the athlete passes the POST INJURY TEST, the Athlete can proceed to Stage 2. Once the athlete passes the Post Impact test, the athlete should be cleared by a Physician who is familiar with Impact before they proceed to any progressive return to play activities.

Stage 2 (Light Aerobic Exercise): During this stage, the student-athlete may begin light exercise. Exercises included are passive and dynamic stretching activities and training on the elliptical or stationary bike (can these activities be "skill related" (foul shooting BB and/or dynamic warm up practice) to sport, no bike or treadmill at a certain school) for no more than 15 minutes. The purpose of this stage is to increase the student-athletes heart rate. If he or she experiences

any symptoms, he or she will stay at stage 2 until he or she passes by being asymptomatic during and/or after exercise/activities given and for another 24 hours. Once stage 2 is complete and the student-athlete is asymptomatic for 24 hrs, he or she will progress to stage 3.

Stage 3 (Sport Specific Exercise): During this stage, conditioning or sport specific exercises will begin. Conditioning or sport specific exercises include running drills, etc. The purpose of this stage is to increase the heart rate through vigorous exercise and offer change of position through dynamic movement. If the student-athlete experiences symptoms, he or she will move back to stage 2 until asymptomatic for 24 hours; then he or she will return to stage 3. Once stage 3 is completed and the student-athlete is asymptomatic for 24 hours, he or she will progress to stage 4.

Stage 4 (Non-contact Training Drills): During this stage the student-athlete will progress to more complex training drill (passing drill in football). During this stage the student-athlete is allowed to start resistance training. If the student-athlete experiences symptoms, he or she will move back to stage 2 until asymptomatic for 24 hours; then he or she will return to stage 4. Once stage 4 is completed and the student-athlete is asymptomatic for 24 hours, he or she will progress to stage 5.

Stage 5 (Full Contact Practice): During this stage, the student-athlete may participate in non-contact practice (Football). Included in this stage are positional specific movements and drills. The purpose of this stage is to assess the coordination ability of the student-athlete and increase his cognitive load without contact. If the student-athlete experiences symptoms within 24 hours of beginning non-contact practice, he will remain in this stage. Once stage 5 is complete and student is asymptomatic for 24 hours, he will proceed to stage 6.

Stage 6 (Return to Play): During this stage, the student-athlete may return to a game with no restrictions. The student athlete will have no restrictions during the practice/game session. The purpose of this stage is to restore confidence and further assess the student-athletes functional skill. If the student-athlete experiences any symptoms within 24 hours of beginning stage 6, he will return to stage 5 until asymptomatic for 24 hours. Once stage 6 is complete and the student-athlete is asymptomatic for 24 hours, he will then be examined again by a physician. Once the physician grants clearance, the student-athlete can participate in full-contact competition.