



2020 Fall Sports Meeting

In the Year of COVID-19

FLAGSTAFF ***EAGLES***



Introductions:

Tony Cullen, Principal
Lawrence Watson, Asst. Principal
Trish Eberlein, Asst. Principal
Jeannine Brandel, Athletic Director
Donte' Delia, Athletic Trainer
Trina Painter, Cross Country

Coach

Todd Hanley, Football Coach
Joth Jacobson, Golf Coach
TBA, Swim Coach
Beth Haglin, Volleyball Coach
Madisen Doerfler, Spiritline

Jeannine Brandel, Athletic Director



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Donte' Delia, Athletic Trainer



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August

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Start of Golf Cheer Tryouts	18	19	20	21	22
23	24 Start of Cross Country Start of Swim & Dive	25	26	27	28	29
30	31 Start of Volleyball		SEPTEMBER 07 Start of Football			

CALENDAR

ATHLETIC TRAINER CONCUSSION PROTOCOL

Return to Play

- Minimum 7 day progression back to play requirement
- Twenty-four hours asymptomatic will begin the progression
- Progression will be done with ATC/L until fully cleared
- If symptoms return during progression student/athlete will start progression over

Return to Learn

- Limited screen time
- Standard adjustments will be in place 7 school days after diagnosis
- If additional adjustments need to be made, parent may request meeting with teachers, counselors and ATC/L

For more information on
concussion protocol and
treatment, please go to the
Athletic Training page on the FHS
website.

ENVIRONMENTAL CONDITIONS

Heat Related Illness:

- **Heat Cramps**
 - Minor Concern -- need to drink fluids
- **Heat Exhaustion**
 - Moderate Concern -- Athletic Trainer
- **Heat Stroke**
 - 911
- **Heat Acclimatization**
 - Progression

Cold Related Illness:

- **Frostnip**
 - Most Common, easy to resolve
- **Frostbite**
 - Possible Hospital visit if not treated
- **Hypothermia**
 - 911

OPIOID EDUCATION

Opioid Use is a serious issue that we believe requires all of us to act together. The State of Arizona along with the Arizona Interscholastic Association requires education be presented to our students each year. This year the AIA has put forth a new course through the AIA Academy entitled Opioid Education. All students must complete this prior to being eligible for participation. This will be a *YEARLY* requirement, unlike Brainbook which is once in a student's high school career.

A good reminder:

If you as a parent or teammate are concerned about a friend or teammate who may be using/abusing opioids; do not be afraid to reach out to a coach, a teacher, a counselor, an Athletic Trainer, or the Athletic Director to share your concerns.

CLEARANCE PROCESS

Students will need to complete the following:

- Physical Examination ~ Dated on or after March 1, 2020*
- Physical Evaluation ~ Signed by the physician
- Brainbook ~ Education piece done once in a student's high school career
- Opioid Education Course ~ Education done every year **NEW**
- Online Registration through FamilyID ~ Filled out by parents

*The AIA up to this point requires an annual sports physical for all of its athletes. Over the past several months due to COVID-19 many families and athletes have not felt comfortable visiting their primary care provider for routine healthcare. While the AIA endorses that primary care offices are taking necessary precautions to minimize you and your family's risk of being exposed to COVID-19, we also want to respect the choices you make for your families health, while still honoring the AIA commitment to player health and safety. For these reasons, the AIA with support from the AIA sports medicine advisory committee is adopting the following guidelines for the 2020-2021 school year.

1. The 2019-2020 sports physical shall be accepted for the 2020-2021 school year if the following criteria are met over the time period since the athletes 2019-2020 sports physical.
 - a. Athlete has a 2019-2020 AIA sports physical on file with the school he/she is attending for 2020-2021.
 - b. Athlete did not have any new injury or illness requiring outside medical evaluation or if injury did occur, was released for full athletic participation by a qualified medical professional.
 - c. Athlete did not have a concussion
 - d. Athlete did not receive a new medical diagnosis
 - e. Athlete has not had COVID -19
1. Athlete must see his/her primary care provider and have an updated sports physical for 2020-2021 if any of the above criteria are not met.
1. If athlete does not have a 2019-2020 sports physical form on file at the school he/she is attending for the 2020-2021 school year, the athlete will also need to complete a 2020-2021 sports physical.
1. 2020-2021 Health History (15.7-A, page 3) is to be completed and signed by student and parent/guardian

REGISTRATION PROCESS:

A *parent/guardian* can register their student by going to the Flagstaff High School webpage <http://www.fusd1.org/>, clicking on *Athletics* and then *Register My Athlete*. Students cannot register themselves ~ only parents or guardians. Links to required courses are on the registration platform.

AIA PARTICIPATION FEE

- \$125 a year
- \$200 Family Cap
- For non-cut sports payable upon registration
- Cut Sports pay once teams are formed
- Non-Refundable/Tax Credit Eligible
- Helps cover the cost of programs

ATHLETIC PASSES

- Due to the uncertainty of fans being allowed at our venues this year, we will not be selling Athletic Passes
- We are working on making as many sports as possible available through live streaming

PLEASE REMEMBER THAT DUE TO COVID-19, WE WILL MAKE CHANGES BASED ON
CURRENT CONDITIONS, SO PLEASE BE PATIENT

COVID IMPACT ON SPORTS

Standard Stay Healthy Procedures for ALL Members of the Athletic Community

- Stay home when sick.
- Wash hands frequently for at least 20 seconds.
- Use sanitizer.
- Cover your mouth and face if you sneeze or cough (sneeze or cough into your elbow).
- Avoid touching face with hands.
- Avoid physical contact
- WEAR MASKS

Athlete Positive: Quarantine 14 days

Athlete Exposed: Monitor symptoms

Athlete Not Exposed: Practice Healthy Procedures

Additional Information Available on the Athletic Website

COVID-19 INFORMATION



COVID-19 PROTOCOL:

- All athletes and coaches are required to complete a COVID-19 symptom log each day
- Records will be kept to monitor each player/coach and their COVID-19 symptom log
- All athletes/coaches must have their temperature taken prior to engaging in any workout
- Hand sanitizer will be readily available for use as needed
- Any athlete/coach with a fever or exhibiting signs/symptoms of illness will not be permitted to workout. Symptoms include: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new or loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, or diarrhea.
- If the athlete/coach develops any signs/symptoms during the workout, they will be required to leave the facility immediately and not return until cleared by a licensed health care provider.

COVID-19 INFORMATION



COVID-19 PROTOCOL:

- In the event of a positive case, the Athletic Director will be notified and will work with the District Nursing Supervisor and the Athletic Trainer
- Team will be notified of exposure in general terms without identifying the individual
- Once the individual has been cleared by a physician they will be allowed to return to the team

Per the Coconino County Health Department the following constitutes a COVID-19 Outbreak.

- Two (2) cases on the same team
- Within a 14 day period
- Same cohort
- But not the same household

COVID-19 INFORMATION



COVID-19 PROTOCOL:

We will get the best results if we consistently do the following:

1. Stay home when sick
2. Wash your hands
3. Use sanitizer
4. Practice social distancing
5. WEAR A MASK (Coaches ***all*** the time and players when not involved in aerobic activity!)

EXPECTATIONS

- **STUDENT-Athlete**
 - Keep up with Class Work
 - Grades Checked Every 3 Weeks (Schedule will be posted on our website)
 - Passing All Classes
 - 1st F can remediate, subsequent F's miss 3 weeks
- School Philosophy
- Attendance
- Sportsmanship
- Respect
- Bullying
- Hazing

EXPECTATIONS

Athletic Handbook

Available ~

FHS Website

Family ID Website

Please review and understand the expectations to be a student-athlete at Flagstaff High School

COMMUNICATION

We are here to help, please contact us if you need assistance. However please remember that when contacting coaches it is important that you do it away from competition, right before and right after a competition are difficult times to give you the attention you deserve, so please allow some time to pass before approaching a coach with a frustration or concern.

SCHEDULES

Schedules are available on the AIA website. Go to:

<http://www.azpreps365.com/schools/flagstaff>

Welcome and Have Fun

“Every day may not be good, but there’s something good in every day.”

-- Alice Morse Earle

Stay Safe and most importantly --

ONCE AN EAGLE, ALWAYS AN EAGLE

This outbreak will continue to change our lives. It's okay to be frustrated, angry and disappointed, but as athletes we know that not everything is easy. There are always setbacks and losses, but we are resilient and when we come back this fall, we will be stronger. For right now, we need to take care of ourselves and each other -- stay connected -- stay engaged and focus on what we can control. We are looking ahead to a new normal, one that we didn't choose, but one that we can make amazing!

Breathe and Adjust!