







July 31, 2019



Monday - Thursday 7:00am - 5:00pm

Friday 7:00am – 4:30pm

Main number: 281-284-2845

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Why are we here? Over 6,000 Student Athletes!





CCISD Welcomes Stephen Mackey



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Athletics Handbook



Emergency Procedures



Jessica Morales

jrmorales@houstonmethodist.org

(512) 618-2141

In the event of an emergency when an athletic trainer is not present, the coach present at the scene is responsible for handling the emergency.

- 1. Check athlete.
- 2. Call for help.
- If you feel the athlete is in immediate danger or if you feel uncomfortable with the situation, CALL 911!!!
- If it is a non-emergency, contact an Athletic Trainer.



Turbulent Weather

Coaches of all sports must be acutely aware of the potential for turbulent weather. If at any time the weather becomes threatening due to lightning, hail, etc., a coach is to immediately move all athletes to safe areas until the weather clears. For guidelines concerning Heat index warning, and Lightning, please refer to Weather policies for details.

**If at all possible, cancellations should be made by 2:00 pm to avoid unnecessary travel.

CCISD Lightning Policy

All physical education teachers, athletic trainers, coaches, playground monitors, marching band instructions, school administrators and other appropriate personnel should be aware of safety precautions during inclement weather.

- Have an evacuation plan and follow it.
 - Determine where and how the group will evacuate
 - Evacuate to the closest, safe structure (NOT dugouts, storage buildings, press boxes or under trees)
 - Avoid metallic objects like metal bleachers, flagpoles, power lines, standing water.
 - Do not be the highest object, close to a high object, or connected to one.
 - Communicate this plan to the student group
 - Have a planned evacuation procedure and signal
- Be aware of weather predictions before the outdoor activities. Monitor weather conditions on a radio.
- Use Telvent (WeatherSentry Online) weather system as the primary warning system.
- Use the 40-40 Rule (Flash to Bang) as a secondary precautionary system.



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Turbulent Weather

Telvent

Telvent will be used as the primary warning system for CCISD when possible. The 40-40 Rule (Flash to Bang) will be secondary.

Lightning alerts come for the first strike within each range via text message. These ranges are set at 8 and 10 miles. You DO NOT receive an alert for every strike within a given range, ONLY the first strike.

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You will receive an all clear for each range (8 and 10 miles) but it is important to remember that it is not safe to resume activity until you receive the 30 minute all clear for the 8 mile range.

If you notice inclement weather approaching and you are not receiving alerts, use flash-to-bang and common sense.

The 40-40 Rule (Flash to Bang)

When you the stroke of lightning, count the seconds until you hear the thunder. For each five second count, the lightning is one mile away.

For 40 second count, the lightning is eight miles away.

The National Lightning Institute and the National Weather Service recommend evacuation to a safe structure at that time.

The distance to a safe facility and the number of people involved in the outdoor activity will determine when you evacuate the area.

Wait a minimum of 30 minutes from the last nearby lightning strike (flash to bang count less than 30 seconds) before resuming activities.

Ozone Response Plan Guidelines

Ground-level ozone is the most common air quality problem in Harris and Galveston Counties. Ozone pollution is mainly a daytime problem when temperatures are high, sunshine strong, and winds are weak. When this occurs, ozone can accumulate to unhealthy levels, especially for people with respiratory conditions who are participating in strengous activities.

The school district has developed a plan to respond to high concentrations of ground-level ozone. The district's plan follows the recommendations for Harris County office of Emergency management and Texas Natural Resource Conservation Commission.

When the district receives an ozone alert from Harris County, district personnel including the high school trainers will carefully monitor ozone levels. When the ground-level ozone reaches unhealthy levels, campuses will be notified of specific ozone warnings.

The levels for the warnings are ORANGE, RED and PURPLE. Based on the ozone warning level, certain strenuous outdoor activities, such as physical education, athletics, marching band, cheerleading, dance or recess will be curtailed for some or all students.



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Ozone Response Plan Guidelines

WHEN GIVEN AN OZONE WARNING, CAMPUSES WILL IMPLEMENT THE FOLLOWING GUIDELINES:

ORANGE ALERT

Students in the sensitive groups will curtail all outdoor activities. The sensitive group includes students with respiratory or heart conditions. Trainers, sponsors, directors, nurses and coaches will have developed a list of students in this group based on physicals and health card information. All other students will participate as scheduled.

RED ALERT

Students in the sensitive group will curtail all outdoor activities. All other students will limit outdoor activity to one hour or less if the scheduled outdoor activity is longer than one hour, alternate plans will be implemented.

PURPLE ALERT

All students will curtail all outdoor activities regardless of the duration.

NOTE: If an ozone warning is expected, but has not yet occurred at the time an interscholastic game or event is scheduled to begin, that event may begin as scheduled.

If an interscholastic game or event is scheduled to begin and a warning is in effect, the event should be cancelled, delayed or rescheduled.



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Heat Guidelines

Athletic Trainers will notify the coaches, sponsors, and principals when the temperature reaches 104 degrees.

HIGH SCHOOL

- When the temperature reaches 100 degrees or above, all students in the sensitive group may sit out without penalty.
- When the temperature reaches one of the following conditions, <u>all</u> outside practices will choose one or more of the options listed.
 - 104 degrees or above
 - 100 degrees or above AND the humidity is 45% or above
- OPTIONS when conditions are met:
 - Practice will be moved to air-conditioned areas
 - Practice will be called
 - Practice will begin after 6:00 p.m.

INTERMEDIATE

- When the temperature reaches 100 degrees, football players will be dressed in shirts and helmets only. All students in the sensitive group may sit out without penalty.
- When the temperature reaches one of the following conditions, <u>all</u> outside practices will choose one or more of the options listed.
 - 104 degrees or above
 - 100 degrees or above AND the humidity is 45% or above
- OPTIONS when conditions are met:
 - Practice will be moved to air-conditioned areas
 - Practice will be called
 - Practice will begin after 6:00 pm.

All Coaches, Sponsors and Directors are certified in First Aid, CPR and AED. They will receive heat training and lightning safety prior to the start of each school year.

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Heat Guidelines

ATHLETES

Athletes should weigh each day before and after practice and have weight charts checked. Generally, a three percent weight loss through sweating is considered safe and over a three percent weight loss is in the danger zone. Over a three percent weight loss, the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.

Observe students carefully for signs of trouble, particularly those who lose significant weight, and the eager athlete who constantly competes at his/her capacity. Some signs of trouble are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance, and unsteadiness.



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Heat Illnesses

Disorder	Signs and Symptoms	Treatment
Heat Cramps	 Profuse sweating Cramps in larger muscle groups (esp. in calf, hamstring, quads, abdomen) 	 Stop the exercise/activity Rest in cool environment Passive stretching involved muscle Begin fluid consumption
Heat Exhaustion	 Weakness, faintness, dizziness Headache, loss of appetite, nausea Profuse sweating, chills Cool, clammy skin Anxiety, confusion, hyperventilation Slight temperature elevation (102) Rapid pulse rate Usually have heat cramps initially 	 Stop activity immediately Remove from heat immediately and try to place in cool environment to reduce body temperature Replace fluids immediately Monitor If unconscious, get medical care
Heat Stroke	 Irritable, aggressiveness, hysteria progressing to disorientation May collapse and become unconscious Skin is hot and dry Strong rapid pulse Blood pressure falls Increasingly high core temperature, 106°F or higher Can come on without a warning 	 MEDICAL EMERGENCY Remove from heat immediately Cool the body by sponging with cool water and fanning with a towel The longer the body temperature stays elevated, the greater the risk of death Transport to a hospital immediately, don't wait on an ambulance



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Heat Illnesses

No two students are exactly alike, which means you must constantly monitor all your students or athletes for signs of heat-related illness. Students may try to ignore the seriousness of heat illness, but coaches and directors must take no chances when symptoms appear. Learn to recognize the warning signs of the most dangerous forms of heat illness, heat exhaustion and heat stroke. Be ready to respond with appropriate care.

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Prevention

- Shade be sure to identify the spot before the season starts, may have to be indoors
- Water and sports drinks throughout the day
- Drink water during practice
- Water breaks must be taken no longer than 20 minutes apart.
- Allow everyone to drink their fill on water breaks.
- Football Have child remove their helmets during water breaks.
- Make everyone take a water break even if they feel they don't need it. This is an indication that the body's fluid levels are already too low.
- Stay in air-conditioned areas when not practicing so the body has time to cool itself.
- Avoid caffeine such as tea, coffee, and soda.
- Avoid carbonated drinks.
- Avoid foods high in spice and fat.
- Three proper meals area a must every day.
- Add a small amount of additional salt on foods.
- If a student has been sick, do not attempt to have him/her go through and entire practice when he/she first returns.
- Encourage these foods/liquids: potatoes, bananas, oranges, and orange juice.
- Always have them wear light colored, lightweight, loose fitting clothes when possible.

Heat Illnesses

Cooling Techniques

- Get to a shady area identify this before the start of the season
- Use of icy water towels
- Drink water and sports drinks
- Remove equipment and remove tight fitting clothing, if possible
- Remove clothing that is sweat-soaked and replace with dry clothing, if possible
- Identify who the person is responsible for staying with that student
- Know where your phones are if 911 is needed
- Know where your emergency cards are at every practice so parents can be called expeditiously if needed





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Purchasing Stephanie Dujanovic

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Barbara Hogue

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NEVER ORDER ANYTHING WITHOUT A PROPERLY DRAWN PURCHASE ORDER.



REQUEST FOR APPROVAL OF AN UNAUTHORIZED PURCHASE

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Campus/Department:	Phone #:
Vendor Name:	Vendor #:
Budget Code:	Amount:
Description of Goods/Services:	
Reason for not following the Purcha	sing guidelines:
Authorizing Signature: Campus/Department Budget Manager	Date:
Compass Sept. Manager States ger	
(Space Below D.	ouble Line for Purchasing Use)
Received in Purchasing:	
Approved by Director of Purchasing	•

Ordering without a purchase order is a violation of district policy (CH Local).



Points to Remember

- PO First <u>always</u>
- Use Contract Management & ILA List <u>first</u> for approved vendors
- Must submit a Consulting Agreement Form for <u>all</u> professional services
- All non-contract purchases over \$10,000 must acquire three quotes and call Purchasing for further instruction on how to proceed.
- Reference Purchasing Guide
- If you are not sure ASK PURCHASING



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Paperwork





Travel

Business Service Academy

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How the Game is Paid



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Completing Online Pay Sheets

Where to find the Pay Sheet form

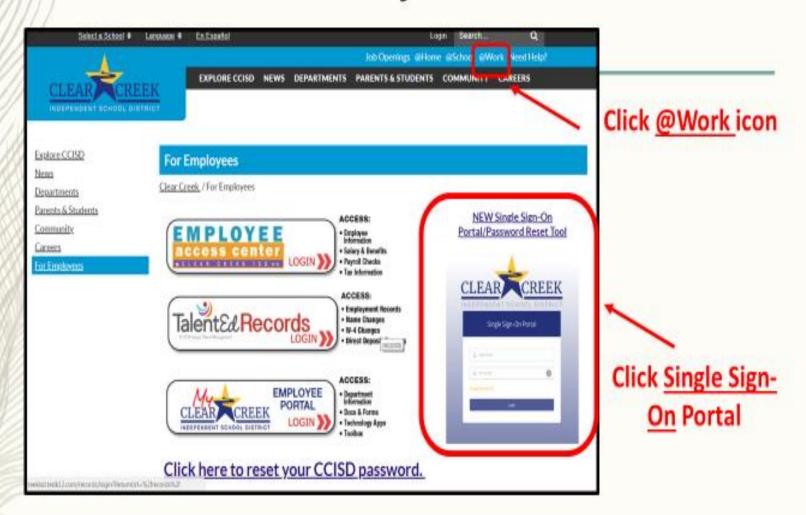
Option #1: Enter the below link into an internet browser

https://forms.ccisd.net/Auth?form=Pay Sheet

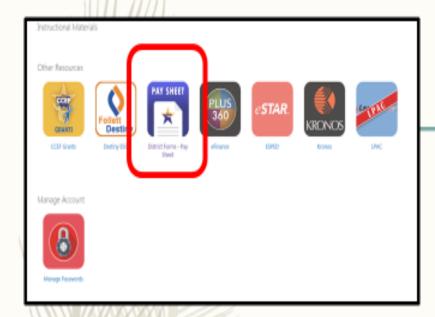
Option #2: Login to CCISD Single Sign-On found in employee portal

Logging in under the Employee Portal

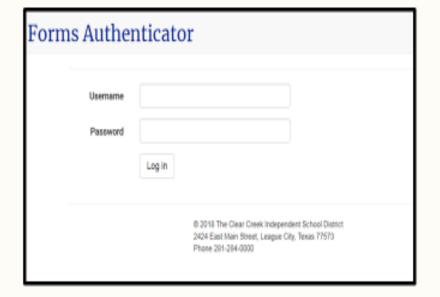
Go to CCISD Home Page



Click on Pay Sheet Forms

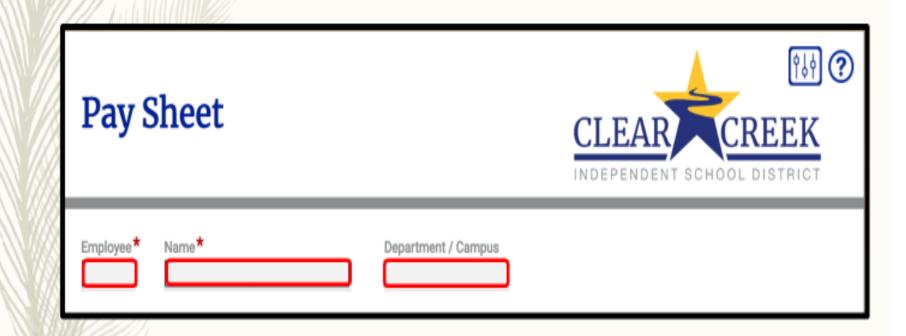


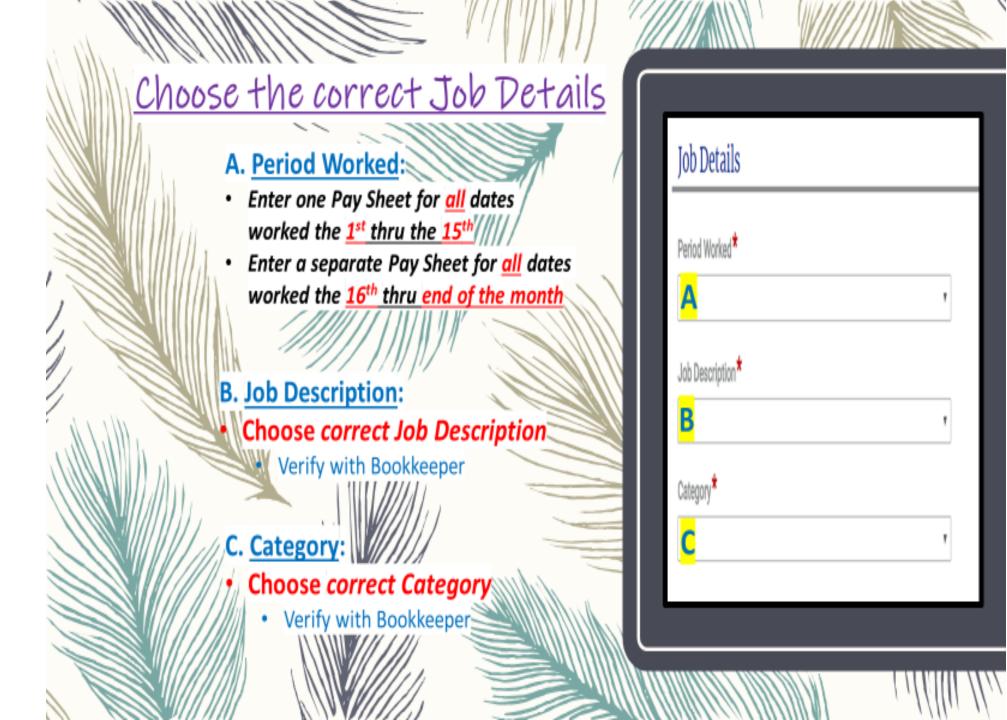
Log in using your CCISD username & password



Employee Info will auto populate

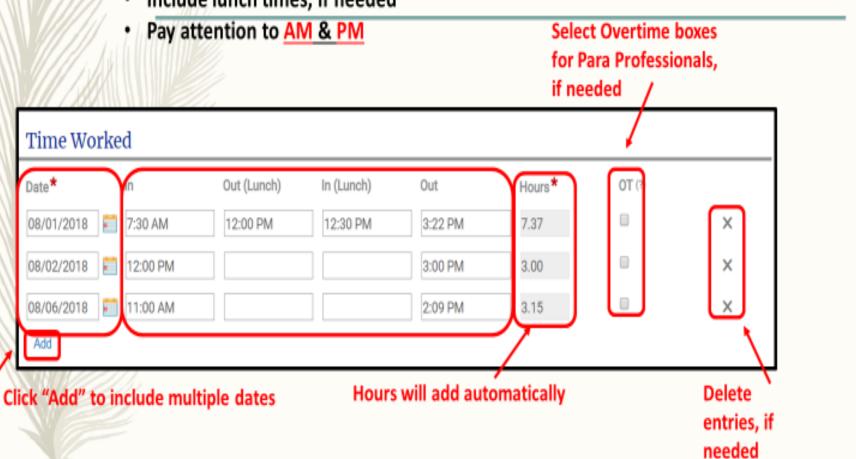
- Employee ID#
- Full Name
- Department/ Campus



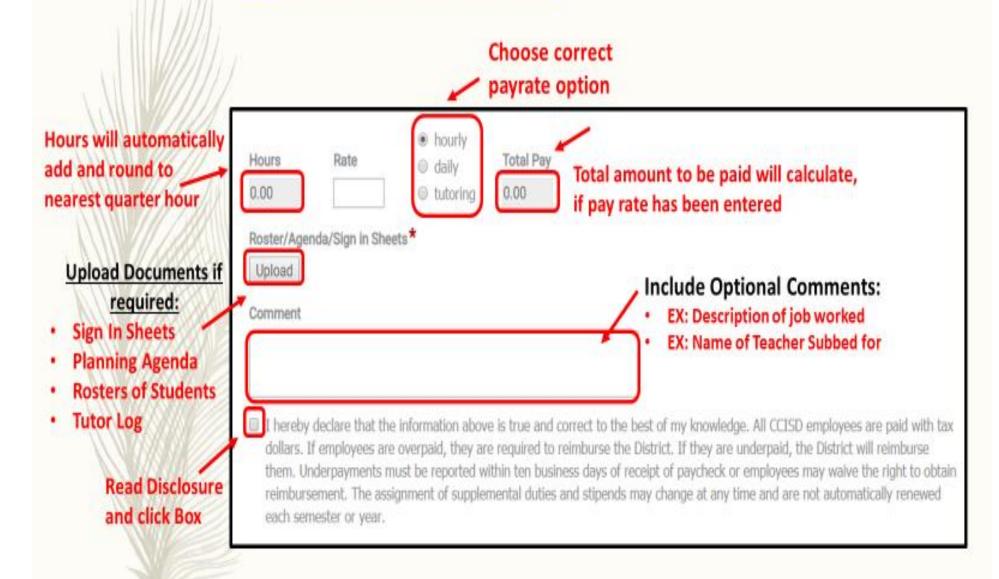


Fill in Dates and Times

- Enter Dates Worked
- Enter Time In & Time Out
 - · Include lunch times, if needed



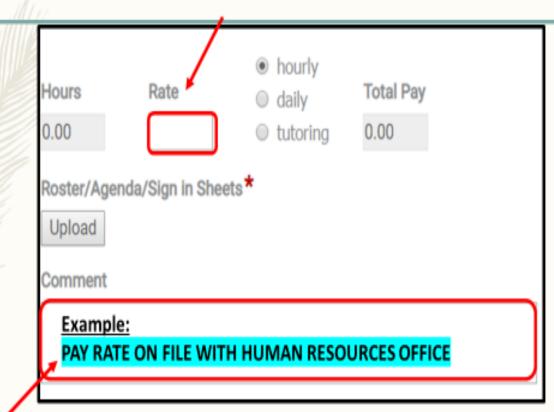
Uploads & Comments



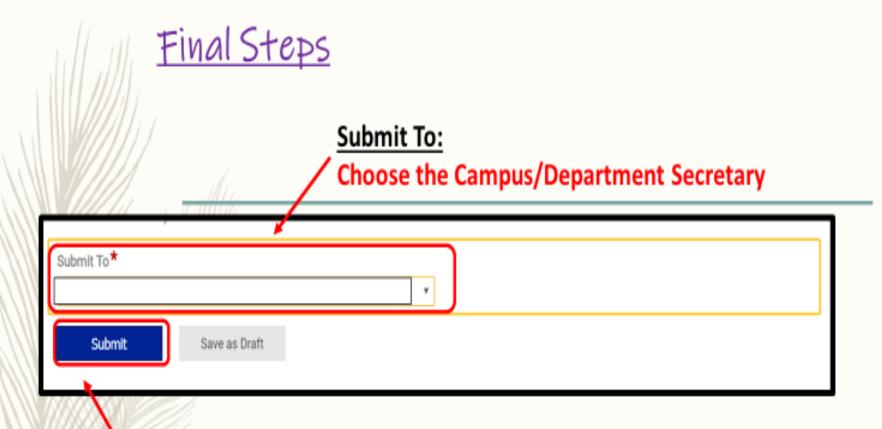
Pay Rates

Pay Rate must be a Published Pay Rate found in CCISD Budget Manual

Verify Pay Rate with Bookkeeper, if needed



Please indicate in "Comments" box reason for using any pay rate not published in Budget Manual



- Make sure Pay Sheet is correct
- Click "Submit" when done

Saving Pay Sheet as a Draft

- You have the option to save a Pay Sheet that is in progress
- You can return to it later to add more dates



Name your Draft



Open your Draft

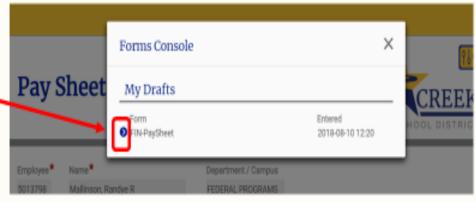
Return to Pay Sheet by using link or through CCISD portal





Click on Yellow console box in top right corner of Pay Sheet (if console box doesn't appear, click the question mark, then the back button)

- Choose appropriate draft by clicking on blue icon
- Continue adding dates and times to Draft







Work Orders & Facility Requests



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Professionalism &

Character

You express the truth of your character with the choice of your actions

-Steve Maraboli

coach

/kohch/ - noun

A passionate, dedicated individual who unlocks hidden potential and maximizes a team's performance by believing, encouraging and developing

[See also: 'teacher', 'leader']



Booster Clubs



UPCOMING MEETINGS:

August 22nd @ 6:30 pm Challenger Columbia Stadium

August 28th @ 6:30 pm Challenger Columbia Stadium

Julie Smith

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Transportation



Ezell Brown

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Greg Gavins

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Sierra White Sandra Caster

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Welcome Dr. Karen Engle

Assistant Superintendent of Secondary Education



Mission Statement

The mission of CCISD Athletics is to create an environment that exemplifies high standards of integrity, sportsmanship, character development, and CCISD Core Values. We will provide student athletes the opportunity to develop into productive citizens through work ethic, discipline, and athletic competition. As CCISD athletic coaches, we will model positive leadership and maintain high standards of character, to ensure that each student athlete has the opportunity to be a champion, on and off the field.

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