

ATHLETIC PROGRAM HANDBOOK

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PURPOSE

The purpose of this handbook is to inform coaches, parents, student-athletes, and others of the policies, rules, regulations, procedures, and general guidelines under which our athletic programs operate. These items set forth in this manual are designed to be consistent with the Pennsylvania Interscholastic Athletic Association (P.I.A.A.) and with the educational purposes of MMI Preparatory School.

MMI PREPARATORY SCHOOL ATHLETIC PHILOSOPHY

As a College Preparatory School, MMI exists mainly for the purpose of educating our students in preparation for higher education. While academics is the stated purpose of the school, we are also very much interested in developing the true student-athlete. These dual interests are rooted in our belief that excellence in academics and excellence in athletics are not mutually exclusive, but rather two sides of the same coin. Our intent is to develop student-athletes who excel in the classroom and also on the playing field/court. In pursuing these complementary goals, we seek to instill in our student-athletes the values of sportsmanship, citizenship, self-discipline, teamwork, leadership, and commitment.

ATHLETIC CODE

The MMI coach and athlete are expected to respect other coaches, athletes, and officials as partners in a joint effort to win their competitions. As partners in this effort, neither coach nor athlete should undermine or “bad-mouth” a fellow athlete, coach, or official.

Visiting players, coaches, officials, and spectators are to be welcomed as MMI’s guests and treated with dignity and respect, regardless of the progress and outcome of the contest. MMI coaches, players, students, and spectators cheer **for** MMI and **not against** the opponent. When our teams travel to opponents’ sites, we will conduct ourselves in the same exemplary manner.

Decisions made by game officials are to be respected as honest attempts to enforce the necessary rules of the game. MMI athletes should understand and respect the rules of the game and seek to gain no unfair or deceitful advantage by circumventing the rules.

Coaches, athletes, and fans are seen as representatives and ambassadors of the school, and should conduct themselves so as to bring no disrespect to themselves or the school. Proper decorum and sportsmanship are to be displayed before, during, and after the contest. Participation in athletics is a privilege, not a right. Activities, actions, or behaviors that embarrass MMI or its athletic programs will not be tolerated and may result in suspension from athletic participation.

Coaches, athletes, and spectators must recognize that athletics are a valuable part of education, and that while winning is the desired outcome, it is not the only measure of success. As such, participants and spectators alike are to be generous in victory and gracious in defeat, displaying true sportsmanship, character, and integrity.

FUNDAMENTALS OF SPORTSMANSHIP
The Core of Interscholastic Athletic Programs

EXPECTATIONS OF COACHES:

1. Always set a good example for the athletes and fans to follow, exemplifying the highest moral and ethical behavior.
2. Instruct athletes in proper sportsmanship and demand their compliance.
3. Respect the judgment of contest officials, abide by the rules of the contest, and display no behavior that would incite players or fans.
4. Treat opposing coaches, players, and fans with respect. Shake hands with officials and coaches in public, before and after a contest, win or lose.
5. Implement plans to develop sportsmanship in your athletes and establish/enforce penalties for non-compliance.

EXPECTATIONS OF STUDENT-ATHLETES

1. Treat opponents with respect. Shake hands prior to and after the contest, win or lose.
2. Respect the judgment of contest officials, abide by the rules of the contest, and display no behavior that would incite other players or fans.
3. Cooperate with contest officials, coaches, and fellow participants to conduct a fair contest.
4. Accept seriously the responsibility and privilege of representing your school, and conduct yourself in an exemplary manner at all times.
5. Live up to the highest standards of sportsmanship, character, and personal integrity.

EXPECTATIONS OF PARENTS AND SPECTATORS

1. Recognize that attending a sporting event is a privilege to support school activities and to observe student-athletes in action.
2. Respect the judgment of contest officials.
3. Be a role model of the highest standards, supporting the student-athletes of our school and also of our opponents.
4. Keep in mind that the student-athletes are young people in various stages of development as athletes and individuals, not professional athletes performing for your entertainment.

SPECIFIC DUTIES OF THE HEAD COACH

The major duties and responsibilities of the Head Coach are listed below as a guide for carrying out your task. Additional responsibilities may be inherent in individual programs for various coaches. These will be handled on an individual basis with the Athletic Director.

1. Organize and coordinate the entire program for your sport. Be sure to communicate clearly to all athletes your plans and expectations. As the season progresses, ensure that every athlete is kept informed of all necessary details. Clarity of communication is also essential with the parents of your athletes.
2. Emphasize safety precautions and be aware of proper training and injury procedures.
3. Maintain current certification in First-Aid, CPR and AED.
4. In the absence of a trainer or physician, the head coach shall be responsible for all decisions regarding the health and well being of an injured athlete. If there is any doubt, make the necessary arrangements for the athlete to be taken for immediate medical treatment.
5. With the cooperation of the Athletic Director, see that the team's medical/first aid kit is fully stocked at the start of the season and properly maintained during the season. At the conclusion of the season, re-organize and return the kit and request supplies as needed to have the kit re-stocked for next season.
6. For outdoor sports, be aware of and abide by currently accepted practices for dealing with inclement weather. Guidelines are included in the appendices.
7. Ensure that all athletes have the CIPPE medical forms prior to attending their first practice. Have your copy of this form with you at all practices and games.
8. Complete an accident report within 24 hours of any injury occurring to an athlete during a practice or game.
9. Be responsible for the general upkeep and protection of the facilities being used and the equipment under your care.
10. Work with the Athletic Director to establish practice schedules that do not conflict with other sports during the same season.
11. Attend the annual mandatory PIAA rules meeting if required by your sport.
12. Promptly report all game results to the proper media outlets.
13. Review all transportation arrangements required by your sport. Head coach must travel with the team to and from all contests unless other arrangements are made with the Athletic Director.
 - a. An accurate roster (names, addresses, phone numbers, and emergency contacts) of all players, coaches, and other passengers must be in your possession whenever your team is traveling. A sample travel roster is included in the appendices.
 - b. In rare cases, a student may need to drive a private vehicle to practice or a game. In such cases, all travel release forms must be properly completed and on file with the head coach for every driver and passenger involved.
 - c. Only in VERY LIMITED circumstances will student drivers be approved as drivers for transportation of athletic teams. In such cases, all student drivers are expected to obey all traffic laws and safety procedures. Such driving must be organized and overseen by the head coach, and all travel release forms must be properly completed.

14. In cooperation with the Athletic Director, issue all team uniforms prior to the first contest. Maintain adequate records of all uniforms issued. Make arrangements to collect all uniforms within one week of the last contest. Arrange with the Athletic Director to properly store the uniforms until next season. Coach's salary will not be paid until all uniforms are collected and returned to the Athletic Director.
15. Prepare an end-of-season report to submit to the Athletic Director. This report must include:
 - a. Game results and season record. Either the attached form may be used, or a suitable form of your own design.
 - b. Uniform and equipment needs for next season
 - c. Awards earned by your players or team
 - d. Awards chosen by the coaching staff
 - e. List of varsity and junior-varsity letter winners
16. Evaluate all assistant coaches on the forms provided and report on these Evaluations to the Athletic Director. Evaluation of the head coach will be done by the Athletic Director.
17. Be sure that all players have transportation after every practice and game.
 - a. DO NOT leave the facility before all players have left.
 - b. Be sure the facility is properly secured before you leave.
18. If, as head coach, you choose to institute specific standards for your team, it is expected that these standards be in writing, and that a copy be given to each player, with a file copy given to the Athletic Director. These standards may include such things as:
 - a. Attendance at practices and games
 - b. Attitude & effort expectations
 - c. Standards of conduct
 - d. Penalties for non-compliance with school/team rules

DUTIES AND RESPONSIBILITIES FOR ALL COACHES

It is fundamental that by virtue of the coaching position, each and every coach accepts certain responsibilities. These responsibilities are necessary for the safety and welfare of the athletes, and the proper running of an athletic program.

1. Good sportsmanship must be emphasized both in victory and defeat.
2. The athlete should be punctual and attend every practice and game unless a reasonable excuse is given. The coach is to determine what is reasonable, and what proper consequences result from non-attendance.
3. Players must be supervised at all times. This includes, but is not limited to the locker rooms, in transit, on the field of play, etc.
4. At athletic contests, in the absence of the President, Vice-President, or Athletic Director, the coach is the acting authority for the school.
5. The coach serves as the role model for his athletes and also as a representative of the school. Therefore, his ethics and conduct must be above reproach.
6. In keeping with common standards of professionalism, the use of profane language by the coaching staff is prohibited. Coaches are expected to enforce this same standard for all athletes.
7. Dangerous or inappropriate behavior from the athletes shall not be tolerated.
8. Smoking, drinking of alcoholic beverages, or the use of drugs is strictly prohibited for all athletes, and must be enforced by the coach.
9. Encourage your athletes to maintain their grades as a priority and requirement for athletic eligibility. Weekly assessment of student grades will be done by the Athletic Director in cooperation with the Vice-President.
10. Remind your athletes that they are student leaders, and as such must assume their responsibilities at home, in school, and in the community.
11. Know the health status of your athletes at all times. See that all injuries receive proper care. Complete an accident report on all injuries within 24 hours.
12. Establish and enforce appropriate, specific standards of behavior for your athletes.
13. Athletes are students and coaches are teachers. The athletic area is simply another type of classroom in which valuable lessons are learned. The coach's ability to communicate with the athletes will be a major factor in developing their skills and having a successful season. Because each athlete is different in personality and temperament, communication must take into account the individual nature of each athlete.
14. Praise in public, reprimand in private.
15. Always keep in mind that you serve as a role model for your athletes. They look to you for direction, discipline, encouragement, and support. You will have a profound influence on them - an influence that will stick with them for the remainder of their lives. They will remember what you have said, how you have reacted, how you have treated them and others, your level of character and integrity, and so much more. It is imperative for every coach to ensure that his influence be a positive force in the lives of the young people that he serves.

RESPONSIBILITIES OF THE STUDENT-ATHLETE

In accordance with P.I.A.A. and MMI Preparatory School regulations, the following requirements exist for participation in any athletic program:

1. Have the proper medical form (CIPPE) completed and returned prior to participation in any official practice or competition.
2. Meet all requirements set forth by the P.I.A.A. regarding age and eligibility.
3. Meet and maintain all academic requirements established by MMI. MMI's academic requirements are based upon the P.I.A.A.'s requirements, but with some more stringent standards applied. Any athlete who is failing any course (major or minor) will be ineligible for practice and competition for a period of one week. The consequence for failing any subject for a marking period will be a two week (10 school day) suspension from participation commencing with the mailing date of the report card.
4. The academic status of all athletes will be checked every Friday during their sport season. Any athlete failing to meet the standards will be ineligible for practice and competition for one full school week. The time off is not punitive but corrective, with the intent and expectation that the athlete will use the time to improve his grades in order to re-attain eligibility. The Vice-President will notify the athlete, coach, and Athletic Director of each athlete on academic probation. It will be the **student's responsibility** to meet with the Vice-President at the end of the suspension period to determine if eligibility has been restored.
5. Be in attendance for the full school day in order to participate in any competition or practice on that day. Exceptions may be made for medical appointments, funerals, religious events, etc., with a written note explaining the absence.
6. Abide by the school discipline code and student code of conduct during practices, competitions, and while being transported to and from athletic events. As student leaders and representatives of MMI, each athlete is expected to conduct himself in an exemplary manner at all times, in school and out of school.
7. Two of the major benefits of participation on an athletic team are the development of a commitment to a team and the spirit of camaraderie within that team. Neither of these benefits comes about through half-hearted participation. As such, MMI student-athletes are expected to commit themselves fully to that sport during that season. This involves, but is not limited to, attendance at all daily practices and at all competitions.

NOTE: There are many benefits stemming from participation on an MMI athletic team. In addition to becoming proficient at a sport skill, student athletes at MMI acquire character, independence and confidence. Athletic participation teaches students to develop a sense of achievement, which leads to a positive self image, and the ability to make decisions and accept responsibilities. Student athletes develop leadership skills, agility, coordination, endurance, flexibility, speed and strength. The social benefits of athletic competition include developing a sense of community through sports, bonding with new friends and teammates, and improving relationships with adults. Athletics also allows student athletes to take on leadership roles, handle adversity, and improve their time management skills.

None of these benefits derived from athletics comes about through half-hearted participation. As such, MMI student-athletes are expected to commit themselves fully to their sport during the team's respective season. This involves, but is not limited to, attendance at all daily practices, meetings, weight-room sessions, and competitions.

Participation in two concurrent sports is extremely demanding and diminishes an athlete's commitment to both teams of which he or she is a member. MMI will only grant permission to participate in two concurrent sports if, after consultation with both head coaches, the Athletic Director determines that the benefits and goals of athletics as stated herein can still be met. It is important to understand that missing practices and competitions to participate in another sport can affect not only the skill level of the athlete involved, but the entire team chemistry and dynamic. Therefore, to allow both the athlete and the team to reach the highest levels of athletic success, student-athletes are highly discouraged from participating in more than one sport per season.

8. Report any injuries to your coach in order for the injuries to be properly documented.
9. Due to the potentially devastating effects of head injuries, every athlete is required to complete the ImPACT Pre-Concussion test. In the event of any head injury, the results of this free pre-test will be available to have a proper diagnosis of return to competition status. These tests will be arranged through the Athletic Director.
10. Each athlete is expected to properly care for all uniform and equipment articles assigned to him for the season. In the event that equipment or a uniform part are lost or damaged (beyond normal wear and tear), the athlete will be billed for the replacement cost of the article. All returnable equipment and uniforms must be returned to the head coach within one week of the last contest or the student will be billed (nonrefundable) for the replacement cost.
11. Out of respect for others and in keeping with good manners, all athletes are expected to leave any area where the team has been as clean as (or cleaner) than when they arrived. This applies to locker rooms, buses, team bench areas, restaurants, etc, both at Home and Away events.
12. Students may be asked to withdraw from a team because of insufficient commitment, poor sportsmanship, or other behavior unbecoming an MMI student-athlete.
14. Any student who is found guilty of academic dishonesty will lose their athletic eligibility at MMI. The first occurrence will result in the loss of athletic eligibility for one season. A second offense will result in the total loss of athletic eligibility at MMI.
15. Participation in athletics provides an excellent opportunity to develop a student-athlete's sense of responsibility. This responsibility includes communication with coaches, care for equipment, keeping current on academics, etc. Student-athletes who fail to maintain acceptable levels of responsibility may be removed from the team.

NOTE: MMI recognizes that each athlete should have the opportunity for a broad range of experiences in the area of extra-curricular activity. However, participation on an athletic team requires a significant daily time commitment for an extended period of time. An individual athlete who attempts to participate in several extra-curricular activities will, undoubtedly, be in a position of conflict with obligations. With attendance at all daily practices and at all contests a requirement, the head coach is authorized to apply appropriate

disciplinary action for unauthorized absences. Such disciplinary action will typically take the form of suspension from a game or multiple games. Every athlete must seriously consider his commitment to the sport and to his team mates before joining an athletic team.

ATHLETIC AWARDS

In order to be eligible for any athletic award, each athlete is expected to maintain proper academic eligibility, to conduct himself in accordance with MMI's stated student conduct policies, and meet all requirements as established by the P.I.A.A.

Specific requirements for earning a varsity letter are established by the head coach in consultation with the Athletic Director.

Varsity Letter – General Criteria

1. Athlete must complete the season.
2. Athlete must attend all practices and games unless excused by the coach. Excused absences should be a rare occurrence. Potential conflicts should be re-scheduled accordingly.
3. Athlete must abide by the rules set forth by the coach, the athletic department, and the PIAA.
4. Athletes must conduct themselves in such a manner so that their behavior is a positive reflection on MMI and its athletic program.

Sport Specific Criteria

Baseball:

- a. Participate in more than 50% of the varsity innings.
- b. Pitchers qualify if they appear in 20 or more innings as a pitcher.

Basketball:

- a. Participate in more than 50% of the varsity quarters.

Cheerleading:

- a. Participation in more than 80% of all scheduled cheering events.

Cross-Country:

- a. Be a scoring place finisher in more than 50% of the dual competitions.
- b. Finish in the top half of MMI runners in more than 50% of all dual competitions.

Golf:

- a. Be a scoring place finisher in more than 50% of the dual competitions.
- b. Finish in the top half of MMI golfers in more than 50% of all dual competitions.

Soccer:

- a. Participate in more than 50% of varsity halves.

Softball:

- a. Participate in more than 50% of the varsity innings.

Tennis:

- a. Earn more than one-half of all possible play points during the season. Each match will be one possible play point. Varsity competition equals one play point. JV/exhibition competition equals ½ play point.

Volleyball:

- a. Play in more than 50% of the varsity games (not matches).

SPECIAL SITUATIONS:

1. Four years in the same sport. Any senior athlete who has participated in the same sport for four years but did not meet the specific requirements for a letter will receive a varsity letter.
2. Injured athlete. Each case will be decided by the coaching staff of that sport and the head coach will make the final recommendation to award a varsity letter or not.
3. Statistician or Manager. Based on the recommendation of the head coach, any student who performs significant duties for the team may be awarded a varsity letter.

ATHLETIC SCHEDULES

All schedules and changes are available on-line at www.highschoolsports.net. This site is also accessible through MMI's home page. All athletes and parents are encouraged to sign-up through this website to receive automatic notification of any schedule changes. You may choose to be notified by email and/or text message.

This site also is the source for directions to other schools and playing locations, as well as the sport schedules for most other schools. Specific sports announcements will also be posted on this site under the "Chalkboard" section.

GAME / PRACTICE POLICIES

1. Practice schedules are arranged so as to make the best use of our limited facilities, and to minimize the inconvenience for everyone involved. When practice times are scheduled, coaches are asked to adhere as closely as possible to the scheduled times. This will help prevent overlapping of teams, and also help eliminate long wait times for parents who pick up athletes.
2. If a game is postponed due to weather or other factors, the change will be posted to www.highschoolsports.net. If you have signed up for the service, an email and/or text message will be automatically sent to you as soon as the change is made. The change will also be announced over the P.A. system if school is in session. In general, most decisions on postponements will not be made until 1:00 PM on a school day.
3. If weather conditions cause a school closing or an early dismissal, there will be no practice or scheduled contests for athletic teams.
4. All head coaches have authority to use school facilities for their respective sports during the season. Where there is the possibility for conflict, coaches are expected to work together to arrive at mutually agreeable schedules. Sports that are currently in season will have priority for facilities over teams that are out of season.
5. Student-athletes who are on school grounds waiting for their practice to begin are expected to conduct themselves in an exemplary manner. No practice may begin until a coach is present in/at the facility, and no facility or equipment is to be used without a coach present. If the practice session is not scheduled for immediately after school, athletes may not hang out in the locker room or gymnasium while waiting for practice to begin. The locker rooms will not be available until ½ hour before the scheduled start of practice.
6. Coaches and MMI are not responsible for any personal property in the locker rooms or sport facilities during practices or games. Valuables, uniforms, and equipment are the sole responsibility of the student-athlete.
7. Athletes who need to arrange rides after practice/games are asked to make the arrangements so that you will leave the school premises shortly after the conclusion of the event.
8. All players must be in the designated team uniform to play in an athletic contest. Students who will be involved with the team and are considered part of the team, but who will not be playing in that contest (i.e. student managers, injured athletes, etc) must be in official school dress code.

TRANSPORTATION

1. Some sport teams at MMI require the student-athlete to travel to and from practices and contests in private vehicles. For these sports, a Travel Release Form will be required from each athlete. This form, to be completed by the parents and returned to the coach, specifies the travel arrangements that they have agreed to. Without this completed form, no athlete may drive or ride in any private vehicle for any athletic event.
2. All athletes are expected to ride the scheduled bus to and from the event. Only upon permission of the coach and written consent of the parents will a student be allowed to go home after a competition other than on the bus. These cases of alternate transportation will only be in the company of a parent, legal guardian, or with an adult so specified in writing by the student's parent. This written permission will be kept by the coach with the travel roster he is required to have in his possession.
3. Injury to an athlete may require alternative means of transportation. The coach is authorized to make reasonable exceptions to the above rules in such cases.
4. Sometimes, due to transportation space limitations, the entire team may not be able to travel to competitions. In this case, the coach must determine which players will be on the "traveling team."
5. In the event that there is additional seating space available on the bus, the coach may allow parents, etc, to accompany the team on the bus. Students who are non-team members may not ride the bus without prior approval from the coach and with specific written permission from the parent.

ATHLETIC INSURANCE AND INJURIES

1. All injuries should be reported to the head coach on the same day they occur, or as soon as they are noticed. In case of emergency, the athlete should receive immediate medical attention.
2. A family's private insurance will provide the primary coverage, and the medical coverage available through the school will provide secondary coverage.
3. The procedure for filing a medical claim is as follows:
 - a. If a medical claim will be filed, parents will file with their carrier.
 - b. MMI's accident report will be filled out and a copy given to parents.
 - c. Further claims will be filed by the parents with the Student Accident Insurer.
4. The decision of the availability of an injured athlete to resume practice or playing in a game after an injury is the responsibility of the athlete's private physician or the attending athletic trainer. In the absence of an athletic trainer, a physician, or the athlete's parent, the head coach shall be responsible for all decisions regarding the health and well being of the injured athlete.
5. In the event that an injury results in an athlete missing an athletic contest, or in any injury requiring medical treatment, the athlete must be medically re-evaluated and have Section 6 of the CIPPE completed by an authorized medical examiner before he may return to competition or practice.

UNIFORMS

1. All official uniforms will be chosen and purchased by the MMI Athletic Department with consultation of the head coach of each sport. In most cases, the uniform will remain the property of MMI.
2. Uniforms that remain the property of MMI must be properly laundered and then returned within one week of the close of the season. Uniforms that are not so returned will result in having the cost of a replacement uniform billed (non-refundable) to the student.
3. While normal wear and tear is expected, any uniform that is not properly cared for and results in having to be replaced before the normal replacement cycle, will be billed to the student.
4. Any article of team clothing that is beyond the school provided uniform will be purchased at the expense of the individual athletes. Such items must be voluntary and may not be a required purchase. Members of the coaching staff must first approve of any such purchase, but may not be involved in purchasing or handling of the funds to make the purchase.
5. All official uniforms and clothing items mentioned above must be in line with the standard style of MMI's uniform lettering style and standard school colors.
6. All players must be in the designated team uniform to participate in an athletic contest. Students who will be involved with the team and are considered part of the team, but who will not be playing in that contest (i.e. student managers, injured athletes, etc) must be in proper uniform or official school dress code.

APPENDICES

Top Tips for Lightning Safety

(excerpted from National Weather Service sources)

1. No Place Outside Is Safe Near Thunderstorms!
2. **Use The '30-30 Rule'!**
 - **If the time between lightning and thunder is 30 seconds or less, go to a safer location**
 - **If the lightning can't be seen, just hearing thunder means you should go to a safer location**
 - **Wait at least 30 minutes after hearing the last thunder or seeing the last lightning flash before leaving the safer location**
3. The best safer location from lightning is a typical house, or other fully enclosed substantially constructed building with plumbing and wiring.
4. You can be injured by lightning inside a house. Stay away from corded telephones, plumbing, electrical appliances, wires, TV cables, metal doors or metal window frames, or any electrical conducting path leading outside. Don't watch lightning through a window or open doorway. An inside room is generally best. The second best safer location from lightning is a vehicle with a solid metal roof and metal sides.
 - But close the windows, and don't touch any conducting path leading outside
 - Convertibles, motorcycles, bicycles, open shelled outdoor recreational vehicles, and cars with plastic or fiberglass roofs and sides offer no lightning protection. A common lightning myth is that the rubber tires protect you in a car by insulating you from the ground.
Wrong: lightning laughs at 2 inches of rubber! It's the metal that protects you.
5. The top activities for lightning casualties in the U.S. are:
 1. Open Fields and Elevated Places
 2. Under Trees (or other tall isolated object)
 3. Water Related Activities (swimming, boating, fishing, etc.)
 4. Golfing
 5. Open Vehicles (farm, construction, etc.)
 6. Telephone
 7. Radio and Radio Equipment

Outdoor Sports Have The Fastest Rising Lightning Casualty Rate! Coaches, referees, parents, and children PLEASE have a lightning safety plan!

Open picnic pavilions and rain shelters offer absolutely no protection from lightning!

When outside, appoint someone to be the lightning monitor. Their job is to use the '30-30 rule', weather radio, radio/TV, and observe the weather to tell the group when to seek proper shelter.

Lightning First-Aid:

- Call 911
- Lightning deaths are from cardiac arrest/stopped breathing. Perform CPR.
- Don't worry about touching a lightning victim. They cannot electrocute you!

Lightning Risk Reduction Outdoors

When Thunder Roars, Go Indoors!

No place is absolutely safe from lightning; however, some places are much safer than others. The SAFEST location during lightning activity is a large enclosed building, not a picnic shelter or shed. The second safest location is an enclosed metal vehicle, car, truck, van, etc., but NOT a convertible, bike or other topless or soft top vehicle.

Safe Buildings

A safe building is one that is fully enclosed with a roof, walls and floor, such as a home, school, office building or a shopping center. Even inside, you should take precautions. Picnic shelters, dugouts, sheds and other partially open or small structures are NOT safe.

Enclosed buildings are safe because of wiring and plumbing. If lightning strikes these types of buildings, or an outside telephone pole, the electrical current from the flash will typically travel through the wiring or the plumbing into the ground. This is why you should stay away from showers, sinks, hot tubs, etc., and electronic equipment such as TVs, radios, and computers.

Unsafe Buildings

Examples of buildings which are unsafe include car ports, covered but open garages, covered patio, picnic shelters, beach shacks/pavilions, golf shelters, camping tents, large outdoor tents, baseball dugouts and other small buildings such as sheds and greenhouses that do not have electricity or plumbing.

Safe Vehicle

A safe vehicle is a hard-topped car, SUV, minivan, bus, tractor, etc. (soft-topped convertibles are not safe) . If you seek shelter in your vehicle, make sure all doors are closed and windows rolled up. Do not touch any metal surfaces.

Do not use electronic devices such as HAM radios during a thunderstorm. Lightning striking the vehicle, especially the antennas, could cause serious injury if you are talking on the radio or holding the microphone at the time of the flash. Emergency officials such as police officers, firefighters, security officers, etc., should use extreme caution using radio equipment when lightning is in the area.

Your vehicle and its electronics may be damaged if hit by lightning. Vehicles struck by lightning are known to have flat tires the next day. This occurs because the lightning punctures tiny holes in the tires. Vehicles have caught fire after being struck by lightning; however, there is no modern day documented cases of vehicles "exploding" due to a lightning flash.

Bolts from the Blue

There are times when a lightning flash can travel horizontally many miles away from the thunderstorm cloud itself and then strike the ground. These types of lightning flashes are called "Bolts from the Blue" because they seem to come out of a clear blue sky. Although these flashes are rare, they have been known to cause fatalities.

When a Safe Location is Nearby:

- Seek safe shelter when you first hear thunder, see dark threatening clouds developing overhead or lightning. Count the seconds between the time you see lightning and hear the thunder.
- Stay inside until 30 minutes after you last hear thunder.

When you hear thunder, run to the nearest large building or a fully enclosed vehicle. You are not safe anywhere outside.

Plan Ahead! If you are in a group, make sure all leaders or members of the group have a lightning safety plan and are ready to use it.

Determine how far you are from a safe enclosed building or a safe vehicle. As soon as you hear thunder, see lightning or see dark threatening clouds, get to a safe location. Then wait 30 minutes after the last rumble of thunder before you leave the safe location. If you are part of a group, particularly a large one, you will need more time to get all group members to safety. When groups are involved, the time needed to get to safety increases. So you need to start leaving sooner. Your entire group should already be in a safe location when the approaching storm reaches within 5 miles from your location.

When a Safe Location Is Not Nearby

The lightning safety community reminds you that there is NO safe place to be outside in a thunderstorm. If you absolutely can't get to safety, this section is designed to help you lesson the threat of being struck by lightning while outside. Don't kid yourself--you are NOT safe outside.

Being stranded outdoors when lightning is striking nearby is a harrowing experience. Your first and only truly safe choice is to get to a safe building or vehicle. If you cannot get to a safe vehicle or shelter, follow these last resort tips. These will not prevent you from being hit, just *slightly* lesson the odds.

- Do **NOT** seek shelter under tall isolated trees. The tree may help you stay dry but will significantly increase your risk of being struck by lightning. Rain will not kill you, but the lightning can!

- Do **NOT** seek shelter under partially enclosed buildings
- Stay away from tall, isolated objects. Lightning typically strikes the tallest object. That may be you in an open field or clearing.
- Know the weather patterns of the area. If there is a high chance of thunderstorms, curtail your outdoor activities.
- Stay away from metal objects, such as fences, poles and backpacks. Metal is an excellent conductor. The current from a lightning flash will easily travel for long distances

If lightning is in the immediate area, and there is no safe location nearby, stay at least 15 feet apart from other members of your group so the lightning won't travel between you if hit. If you can possibly run to a vehicle or building, **DO** so. Sitting or crouching on the ground is **NOT** safe and should be a last resort if an enclosed building or vehicle is not available.

MMI
PREPARATORY SCHOOL

154 Centre Street Freeland, PA 18224 (570) 636-1108 FAX (570) 636-0742

Athletic Department

Bruce Young, Athletic Director

ASSUMPTION OF RISK ACKNOWLEDGEMENT AND RELEASE

TRANSPORTATION PERMISSION FORM

Dear Parent / Guardian:

Some sport teams at MMI require the student-athlete to travel to and from practices and contests in private vehicles. The purpose of this form is to notify you and secure permission for the student-athlete to either drive or be a passenger in a vehicle operated by a student of MMI Preparatory School or an adult associated with the school.

NAME OF STUDENT-ATHLETE _____

SPORT IN WHICH STUDENT-ATHLETE PARTICIPATES: _____

Please respond to all four of the following statements:

1. MY SON / DAUGHTER **HAS / DOES NOT HAVE** (circle one) PERMISSION TO DRIVE TO ATHLETIC EVENTS
2. MY SON / DAUGHTER **HAS / DOES NOT HAVE** (circle one) PERMISSION TO DRIVE OTHER STUDENTS TO ATHLETIC EVENTS
3. MY SON / DAUGHTER **HAS / DOES NOT HAVE** (circle one) PERMISSION TO RIDE TO ATHLETIC EVENTS WITH OTHER STUDENT DRIVERS
4. MY SON / DAUGHTER **HAS / DOES NOT HAVE** (circle one) PERMISSION TO RIDE TO ATHLETIC EVENTS WITH ADULTS ASSOCIATED WITH THE SCHOOL (e.g. coaches and / or parents)

In consideration of MMI Preparatory School permitting my child to participate in the above mentioned activities and to be transported to and from them, I agree not to sue and I hereby release MMI Preparatory School, it's agents, employees, and Directors from any liability and all claims for personal injury, death, property damage, or losses sustained by me for medical expenses incurred arising from or related to the above activities.

I/We have read, understand, and accept the aforementioned statement.

Parent / Guardian signature _____ Date _____

