OSSAA
OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION
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**TO:** Volleyball Coaches
**FROM:** Wes Ruth
**RE:** 2026 Volleyball
**DATE:** July 2026

Attached you will find:

EXTREME HEAT POLICY
EMERGENCY ACTION PLAN
VISITORS INFORMATION SHEET
SPORTSMANSHIP

The 2026 Oklahoma Secondary School Activities Association Volleyball Manual is found on the Volleyball page at www.ossaa.com.

Concussion education can be found on the Volleyball page or under the sports medicine tab of the OSSAA website.

**Entry forms for volleyball are to be entered no later than August 1, 2026. Entry forms are required to ensure placement in the playoff series. Entry forms can be found on www.ossaarankings.com, login required.**

The Coaches Officials Recommendation Form will be included in a link posted to www.ossaarankings.com. This will be posted on September 25, 2026 for all classes.

It is mandatory that all game officials provide their name and OSSAA identification number to the head coaches of the respective schools involved in a match. This should be done during the pre-game conference with the head coaches. If an official does not offer this information to you, please ask him/her for it.

During the season if you have a problem with an official(s), please use the Instructions for Coaches to File a Report on Game Officials form found at www.ossaa.com, on the Volleyball page to notify the Activities Association. A copy of the report should be sent to the involved official(s). If a situation merits immediate attention, please call.

If you plan to host an invitational tournament this season, be sure to have the tournament sanctioned by the OSSAA. You will find a sanction form located on Miscellaneous Forms link at www.ossaa.com. Students may not be covered by OSSAA catastrophic insurance if a tournament or match involving more than two teams or schools has not been sanctioned by the OSSAA.

**Please thoroughly review the OSSAA Volleyball Manual**. All volleyball dates and other important information you will need is located in the Manual. Below are the 2026 OSSAA Volleyball Rules Meeting sites. It is mandatory for all head volleyball coaches to complete a Volleyball Rules Meeting. If you are unable to attend one of the in person meetings, the recorded meeting will also available online at www.ossaa.com, click on the Sports link, then Volleyball for instructions. We will run a report for verification of completion of the online rules meeting.
All head coaches of fall activities must complete their state rules meeting by September 1st.

The penalty for failure to attend a state rules meeting or to complete an online rules meeting by the prescribed deadline will result in the school suspending the head coach for all interscholastic competition until the coach is in compliance and proper documentation has been submitted and verified by the OSSAA.

**July 25, 2026-Shawnee High School @ 2:00 pm.**

**July 27, 2026-Coaches Clinic-Edmond (UCO Food Court) @ 11:00 a.m.**

If you have any questions, please call.

# EXTREME HEAT POLICY

## XLVIII. EXTREME HEAT

The OSSAA recognizes that heat related illness is the leading cause of preventable death in high school students participating in activities. The Board adopted the following policies:

**Acclimatization Period:** Whenever students are participating in an environment in which the temperature cannot be controlled there should be acclimatization period. The acclimatization period is defined as the first 14 days of participation beginning with the first date of practice in that sport or activity, or the first date a participant begins practice, whichever is later. Any speed, strength, or conditioning programs shall not be considered a part of the acclimatization period. All students participating in athletics or activities, including those who arrive to preseason practice after the first day of practice, are required to follow the guidelines of the first days of the acclimatization period.

All athletic coaches and marching band directors are required to view *A Guide to Heat Acclimatization and Heat Illness Prevention* at www.nfhslearn.com, annually. A certificate of completion shall be kept on file for each coach or marching band director at the member school.

FOOTBALL (Mandates)

a. Preseason practice shall be limited to 2 ½ hours per session with a minimum of one hour between practice sessions. No more than 5 hours of practice per 24-hour period will be allowed. There will be no physical activity during the one-hour rest period. Any time a coach is present during football practice, the time will count toward the maximum 5 hours, with the exception of strength training.
b. If a practice session is interrupted by inclement weather or heat restrictions, and it is required the session be divided for the good of the student-athlete's welfare as long as the total practice time does not exceed 2 ½ hours.
c. When multiple practices are conducted in the same day, it is required that either practice not exceed 2½ hours in length and students not participate in more than five total hours of practice activities, including walk-through sessions. Warm-up, stretching, cool down and conditioning activities are included as part of the practice time. Practices should be separated by at least one hour, where there is no physical activity between the end of the first practice and the beginning of the second practice.
d. Immediately prior to any practice, coaches are required to use a smart-phone APP, or other mechanism or program to get heat index, such as CoachSmart or the OSHA APP. There are also programs available on the Internet, such as AccuWeather, or Weather.com. These programs are free and can be used on any smart-phone, tablet, or computer. A chart outlining recommendations for making concessions for extreme heat is available on the OSSAA website, Schools must develop their own form to record the heat index each practice session.
e. All practices must be held under the supervision of a coach employed by the school.
f. Practices must always be conducted with an open water policy.
g. Cooling stations shall be made available for the athletes (buckets of cool water, wet towels, sponges, etc.)
h. Each program shall have a heat related emergency plan on hand at all times.

**Guidelines for outdoor activities:**

a. Athletic Coaches or marching band directors should use a smart-phone APP, or other mechanism or program to get heat index, such as CoachSmart or the OSHA APP. There are also programs available on the Internet, such as AccuWeather, or Weather.com. These programs are free and can be used on any smart-phone, tablet, or computer. A chart outlining recommendations for making concessions for extreme heat is available on the OSSAA website. Schools must develop their own form to record the heat index each practice session.
b. All practices should be held under the supervision of a coach, director, or sponsor employed by the school.
c. Practices should always be conducted with an open water policy.
d. Each program should have a heat related emergency plan on hand at all times.
e. Preseason practice should be avoided if possible between the hours of 12 p.m. and 6 p.m.
f. Parents and students should be educated on the importance of hydration during extreme heat conditions.
g. Cooling stations should be made available when possible (buckets of cool water, wet towels, sponges, etc.)
h. Equipment should be removed for conditioning.

# EMERGENCY ACTION PLAN

SPORT: _____ YEAR: _____

1. FIRST TO ARRIVE ON THE SCENE PROVIDES FIRST AID.
2. SEND A COACH, MANAGER, OR UNINJURED ATHLETE TO NOTIFY THE ATHLETIC TRAINER (ATC) AND GET THE AED (IF NOT ON-SITE).
3. IF THE ATC CAN NOT BE LOCATED, THE HEAD COACH WILL BECOME THE LEADER.

LEADER: _____

- Will be in charge of the emergency situation and will instruct all others on the emergency team

LEADER'S ASSISITANT: _____

- Will assist the leader in the evaluation of the injured athlete

PHONE CALLER: _____

- Will go to the nearest phone and activate the EMS
- Will inform the dispatcher of:
  - The nature of the injury and age of the athlete
  - The location of the athlete and directions to the site
  - Will not hang up until the dispatcher advises him/her to do so

NEAREST PHONE: _____

AMBULANCE ENTRANCE: _____

PERSON TO MEET THE EMS: _____

- Will contact any necessary staff to assure access for the ambulance
- Will meet the ambulance at the designated entrance and lead them to the injured athlete

PERSON TO ACCOMPANY ATHLETE TO HOSPITAL: _____

- Will ride with the athlete in the ambulance in the event the parents cannot be located
- Will take the athlete's emergency info to the hospital

- It is the certified athletic trainer or coach's responsibility to inform the administrator of the incident
- It is the certified athletic trainer or coach's responsibility to inform the athlete's parents of the injury immediately.
- It is the certified athletic trainer's responsibility to document the circumstances surrounding the activity and all actions taken.
- Emergency medical info for each athlete is to accompany the team at all times.

**EMS (Fire, Police, Ambulance): 911**
**Athletic Department:**

**Any High School:**
**Athletic Training Room:**

**ATC:**

**Site contact:**

**Nearest Hospital:**

# VISITOR INFORMATION SHEET

SCHOOL NAME_____

Physical Address_____

Contact Information:

Primary contact:_____Cell number:_____

Superintendent:_____Cell number:_____

Principal:_____Cell number:_____

Athletic Director:_____ Cell number:_____

Athletic Trainer:_____Cell number:_____

Security present at event: Yes_____No_____

Closest Hospital:_____Address_____

Closest Urgent Care:_____Address_____

Local restaurants:_____

Visitors seating location:

Visitors dressing room location:

Bus Parking:

Additional Information:

# SPORTSMANSHIP

The OSSAA's vision for sportsmanship is built on expectations. Expectations that the school community—administrators, teachers, coaches, students, and patrons strive for displaying only positive behavior and good sportsmanship in everything they do at all interscholastic contests.

As educators we have the unique opportunity to teach the value of discipline, dignity, integrity, fairness and respect to young people each day.

We encourage all school personnel to take advantage of the opportunity and make a lasting difference.