

# **Cabot Panthers**



## **Athletic Information Guide**

### **Athlete Code of Conduct**

## Forward

The Cabot Panther Athletic Information Guide is presented to you because you have indicated a desire to participate in the athletic program at the Cabot School District. This guidebook also serves as a consent for parents who have expressed a willingness to permit your child to participate. Participation in interscholastic sports provides a wealth of opportunities and experiences which assist students in personal growth and maturation.

As educators, coaches, and administrators, our goal is to organize and administer a broadbased athletic program that will allow students with athletic interest an opportunity for safe participation in sports of their choice. Our programs will provide experiences that enhance each student's growth and maturity academically, socially, and physically. The Cabot athletic program will also serve as a source of pride for participants, our school district, and our community.

Our district is committed to providing:

1. An opportunity to earn a roster position through a tryout process of at least 5 days.
2. Top notch equipment and facilities.
3. Well trained coaches.
4. Access to certified athletic training staff.
5. Equalized competition.
6. An atmosphere of fairness and sportsmanship through competition.

Likewise, as a student-athlete or parent, you must commit to a standard of conduct and effort that exemplifies the fulfillment of certain responsibilities and expectations of the proud tradition of the Cabot Panther Athletic Program. While this guidebook merely serves as an overview and does not attempt to cover every situation that could arise, it is our hope that through this Information Guide, our students and parents will have a better understanding of these responsibilities.

Many other policies and procedures are covered in the Cabot Public Schools Student Handbook and are applicable to all students.

### **REQUIREMENTS FOR PARTICIPATION**

1. **Physical examination and all required forms** completed and on file in the athletic training office.
2. **Proof of Insurance** on file in the athletic office.
3. All **eligibility requirements** have been satisfied as established by the Arkansas Activities Association.
4. Off-season participation may be required to participate in specific sports.
5. **Signed confirmation and consent** forms from Athletic Information Guide.
  - a. **CPS Athletic Department Athletic Consent form**
  - b. **CPS Student & Parent Acknowledgment and Consent to, Cabot School District Athlete Code of Conduct form**
  - c. **Drug Testing Consent form (Grades 10-12 only)**

**d. Arkansas Activities Association Sudden Cardiac Facts form  
Cabot School District Athlete Code of Conduct**

Student athletes must commit to a high standard of conduct that exemplifies the fulfillment of certain responsibilities and expectations of the proud tradition of the Cabot Panther Athletic Program. This Code is not intended to be a complete list of undesirable conduct by athletes. Cabot School District athletes are considered to be examples and role models and expected to act accordingly during their school career. Any student-athlete whose conduct is found to be a discredit or to cause unfavorable notoriety to the athlete, the team, or the Cabot School District during their school career, shall be subject to disciplinary action as determined by the coach, Athletic Director, or principal, whether or not the conduct is specifically described in the Athlete Code of Conduct.

The Cabot School District Athletic Program is a member of and governed by the Arkansas Activities Association (AAA). Athletes are expected to maintain all AAA eligibility requirements as stated in **Article III (Eligibility)** of the AAA Handbook. The AAA standards are found at [www.ahsaa.org](http://www.ahsaa.org).

The mission of the Cabot School District Athlete Code of Conduct is to set expectations for student athlete conduct (365 days a year) that encourages behaviors that bring honor to the athlete, the team, the athletic program, the school and the community. Being a member of the District athletic program is a privilege. Coaches, under the supervision of the Athletic Director, set rules, regulations, and expectations in which athletes that participate are expected to comply. The Cabot School District Athletic Department will use a discipline process that implements different levels of consequences determined by the incident and circumstances. While some infractions fall under Cabot Public Schools Student Handbook policies, there may be consequences in addition to student handbook consequences.

The range of consequences are as follows: **Minimum - Conference with Student**  
**Maximum - Removal from Athletic Program**

**Level 1 Infractions** result in a conference between the coach and athlete. Coaches will determine consequences for Level 1 Infractions.

Examples of Level 1 Infractions (but not limited to)

- Violation of individual team rules set by the coach
- Unexcused absences from practice and/or school
- Failure to bring practice gear/game gear
- Violation of team dress code
- Disrespectful attitude/behavior toward coaches or teammates
- Violation of social media acceptable use practice\*
- Disruptive behavior during school, practice, games, or other activities
- Minor academic eligibility concerns

**Level 2 Infractions** result in a conference with parent, athlete, and coach. Coaches will determine consequences of Level 2 Infractions.

Examples of Level 2 Infractions (but not limited to)

- Repeated violations of Level 1 Infractions
- Repeated violations of Level 1 social media infractions\*
- Academic issues that could affect eligibility
- Bullying/harassment/slander/hazing of teammates or coaching staff ● In-school suspension

***Repeated Level 1-2 violations will be considered a demonstration of lack of desire of the student athlete to be a member of the Athletic Program. These repeated violations will result in consequences set by the coach, with the maximum consequence being removal from Athletic Program.***

**Level 3 Infractions** result in a conference between parent, athlete, coach, and athletic director (if the student is a junior high student, the head coach of the high school program may also be involved in the conference). Consequences of Level 3 Infractions may include temporary removal from the team. Before an athlete can be reinstated they may be required to complete one or more of the following: 1) A minimum of 2 hours or up to 24 hours of community service 2) Send an apology letter to team and coaches 3) Participate in a conference with a school counselor, administrator, or with the coach and athletic director 4) Complete additional team/athletic consequences, such as extra-conditioning as determined by the coach.

Examples of Level 3 Infractions (but not limited to)

- Out of school suspension
- Violation of tobacco policy\*\* (Athletes that self-report will receive a reduction of community service.)
- Serious violation of the social media acceptable use practice\*
- Bullying/harassment/slander of teammates or coaching staff
- Arrested\*\*\* (school officials must have proof of arrest)

**Level 4 Infractions** result in a conference between parent, athlete, coach, and athletic director (if the student is a junior high student, the head coach of the high school program may also be involved in the conference). Athletes may be removed from the Cabot Public Schools Athletic Program for the season or up to 365 days at the athletic director's discretion.

Examples of Level 4 Infractions

- Repeated violations of Level 3 Infractions
- Use, distribution, or possession of drugs or alcohol at AAA sanctioned events including school, any school event, practice, and games. This infraction falls under the student handbook **Drugs and Alcohol (4.24)** and will be directly referred to the building administrator.\*\*
- Arrest and charged with a felony\*\*\* (school officials must have proof of arrest)

- Placement in ALE - Student athletes who are placed in ALE (200/400 point placement) shall be removed from the Cabot Athletic Program for the season. Student athletes who are placed in ALE (600/800 point placement or extended length of stay) will be removed from the athletic program for up to 365 days. Athletes returning from ALE placement must complete the tryout period for each sport. If the athlete returns mid-season of a different sport, it is at the coach's and/or athletic director's discretion if he/she may return for that season.

## **APPEALS PROCESS**

The Cabot School District Athlete Code of Conduct is a School Board adopted policy. The procedure for student/parent/guardian appeal shall be in the following order:

1. Coach
2. Athletic Director
3. Principal
4. Superintendent

## **\*SOCIAL MEDIA ACCEPTABLE USE PRACTICE**

An Acceptable Use Practice (AUP) must be maintained when using social media to post pictures, blogs, emails, text messages, or videos.

The purpose of the Cabot School District Athletic Department Social Media AUP is to encourage student athletes to bring honor to the team, the athletic program, the school, and the community and to prevent any form of harassment of any student or faculty/staff member that causes a distraction to the school or athletic program. The unacceptable use of online social networks such as derogatory language about any member of the Cabot Schools community and/or its stakeholders, threats that are demeaning to third parties, any incriminating photos or statements and inappropriate behavior will be subject to disciplinary action by the coach, athletic director, building administrator and/or district administrator if they gain knowledge of such actions.

**A level 1 or 2 INFRACTION: Athletes should not post negative or slanderous comments about peers, teammates, opponents, the school district, or their teachers/coaches that cause a disruption to a teammate, the team, or the athletic program.**

**SERIOUS INFRACTION (level 3 and 4): Members of the athletic program should not be associated with posts involving tobacco, drugs, alcohol, or sexual content.** Penalties may include written notification that the content must be removed, up to dismissal from the team based on the Code tiered system and at the coach's/athletic director's/administrator's discretion.

In addition, all social media infractions that cause a disruption to the educational setting shall fall under student handbook policy **Disruption of School (4.20)** and/or **Prohibited Conduct (4.18)**, and the infraction will be directly referred to the building administrator, which will also include discipline according to the student handbook.

**\*\*Athletes who violate the student handbook policies **Tobacco and Tobacco Products (4.23)**, **Drugs and Alcohol (4.24)** and/or **Drug Testing Policy (4.24.1)** will follow procedures and consequences based on the student handbook, as well as Code consequences.**

### **\*\*\*ARRESTED OR CONVICTED OF A CRIME**

The arrest (with proof) of any athlete for any reason will result in a minimum of a Level 3 Infraction. If an athlete is arrested and charged with a felony, it will be deemed as a Level 4 Infraction. The level of consequences will depend on the nature of the arrest or a conviction.

Date Adopted: May 16, 2017

Last Revised:

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## **TRAINING RULES AND REGULATIONS**

### **Drugs, Alcohol, and Tobacco**

It is the overwhelming opinion of health educators and coaches that athletes perform best when they follow intelligent training rules which include restrictions on the use of tobacco, alcohol, and drugs. Medical research clearly substantiates the fact that the use of tobacco, alcohol and any type of mood modifying substances produces harmful effects.

The coaches of the Cabot School District, concerned with the health habits of student athletes, are convinced that athletes and the use of these substances are not compatible. It is also a fact that when students have a strong interest to participate in athletics, their desire to use these substances is greatly reduced.

As stated in the CPS Student Handbook ([www.cabotschools.org](http://www.cabotschools.org)) **Mandatory Student Drug Testing Policy (4.24.1)**, athletes in grades 10-12 **MUST** consent to Mandatory Random Drug Testing.

There will be NO tolerance for the use of tobacco, alcohol, or other drugs. Violation of this rule will result in disciplinary action as outlined in the **CPS student handbook**, as well as the Cabot School Board adopted **Athlete Code of Conduct**. **Coaches may take additional disciplinary action that could result in dismissal from the team.**

**The Cabot Athletic Department supports the position statement from the NFHS Sports Medicine Advisory Committee regarding the use of supplements:** *The NFHS SMAC strongly opposes the use of supplements by high school athletes for performance enhancement, due to the lack of published, reproducible scientific research documenting the benefits of their use and confirming no potential long-term adverse health effects with their use, particularly in the adolescent age group. Dietary supplements should be used only upon the advice of one's health care provider*

*for health-related reasons – not for the purpose of gaining a possible competitive advantage. School personnel and coaches should never recommend, endorse or encourage the use of any dietary supplement, drug, or medication for performance enhancement.*

## **Absences**

**Athletes WILL NOT be allowed to participate in athletics** on the day they have been absent from any class without just reason and prior approval. Notify the head coach AND building principal for authorization for participation if absence occurs.

## **Compliance**

Specific programs within the Cabot Athletic Program will set rules, regulations, and expectations in addition to items stated in this Information Guidebook and the Athlete Code of Conduct. Athletes that participate in these sports are expected to comply. By signing the consent forms in this guidebook, you are agreeing to the rules, regulations and expectations set forth by the coach. These rules may or may not be in writing but will be clearly communicated.

## **Violations**

The importance of enforcement of all regulations in this book and the Athlete Code of Conduct should be apparent. A firm and fair policy of enforcement is necessary to achieve the goals and objectives of the program. The school, administrators, coaching staff, alumni, and community feel strongly that high standards of conduct and citizenship are essential to maintaining a sound program of athletics. It is our intent to preserve these rules which reasonably pertain to the health and safety of the players. The welfare of players is our main consideration.

In the event an athlete fails to comply with these necessary standards, it will be interpreted by the coaching staff as an indication that the athlete does not have sufficient desire to participate in the interscholastic athletic program; therefore, the athlete will be denied the privilege of participating until such time he or she can prove this desire.

## **ATHLETIC DEPARTMENT POLICIES**

### **Athletic Participation**

- The philosophy of the Cabot Athletic Program is to provide a broad-based program that will allow students with athletic interest an opportunity to participate in the sports of their choice.
- **The head coach in each sport has complete discretion as to who plays, how long they play, and under what circumstances they play or do not play.**
- **Head coaches have complete discretion as to setting the tryout period (a minimum of 5 days of tryouts is required) and the parameters in which the team selection is made.** This includes the number of players selected and the evaluation criteria. Coaches of certain sports may require players to complete the previous offseason period in order

to qualify for a tryout opportunity. Coaches SHALL set closed tryout sessions in which only students who are trying out, coaches, and administrators are permitted entry into the venue. Coaches are not required to grant additional tryout opportunities for missed dates. Coaches may consider extenuating circumstances and allow a tryout make-up opportunity. If a tryout make-up opportunity is granted, the coach will use the same evaluation criteria as other athletes; however, the coach is not required to grant 5 days of evaluation.

- In some situations, the tryout period may take place the first days of a semester during a scheduled athletic class period. If a student does not make the team, it could result in a schedule change within the first ten days of the semester.
- Students will be encouraged by the coaching staff to participate in any sport they desire. Multi-sport athletes may begin attending practice in the upcoming sport season upon the completion of the previous sport final event of the season.

#### Dropping and Transferring Sports

- A student who drops a sport may not rejoin the team until the next tryout period.  
*Exceptions will be granted for reasons deemed worthy of appeal.*
- An athlete who quits a sport is not allowed to participate in another sport without the consent of both coaches involved or until the season of the sport he/she quit has ended.

#### Equipment

- School equipment issued to a student athlete is the athlete's responsibility. Each athlete is expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation. Remittance will be determined by replacement costs.

#### Missing Practice

- Athletes should always communicate with their coach prior to missing any practice or team activity. Practice attendance is an expectation and requirement for continued participation in the program. Emergencies will occur from time to time that prevent notification of absence prior to occurrence but every effort should be made to notify the coaching staff. Some sports require practices or contests that take place during school breaks. If such events should occur, coaches will give advanced prior notice so families have ample time to plan.

#### Travel

- All athletes must travel to and from athletic contests in transportation provided by the athletic department or must have **prior approval by their coach and signed parental consent on the approved form. Under extenuating circumstances, athletes may need to ride home with another family. A signed STUDENT ATHLETE TRAVEL RELEASE FORM must be signed and witnessed by the head coach and/or a building administrator or his/her designee, and the head coach must be made aware of this situation. This must occur a minimum of 24 hours in advance of the departure time for travel to the contest.**



- Athletes will remain with their squad and under the supervision by their coach when attending away games and events.
- All regular school bus rules will be followed, including those pertaining to food, noise, remaining in seats, and care and respect for equipment.

#### College Recruitment Policy

- The Cabot Athletic Department and our coaches will work with college coaches to provide them the information and material needed for a complete evaluation. Our staff does not make decisions regarding who gets recruited or offered scholarships. We have multiple college coaches that evaluate Cabot athletes in all sports every year. Ultimately, it is their decisions as to who they recruit.

#### College Signings

- College signings are a proud moment for the Cabot Athletic Department, the Cabot School District, and the community. The athletic department will facilitate all signings in which financial aid for college sport participation is being awarded. We do not facilitate signings for “walk-on” opportunities.

If your child is being awarded a sports scholarship, please refer to the information on our webpage: <http://www.cabotschools.org/panther-pride/college-signing-information> or you may contact the athletic office at (501) 743-3530.

#### Injuries/Illness/Notifications

- In effort to provide safe participation in all athletic activities, it is of the utmost importance that our coaches and athletic training staff be informed of all injuries or illnesses, no matter how minor. Please provide timely notices of any doctor’s orders or recommendations pertaining to participation.

#### Conflicts in Extra-Curricular Activities

- School sponsored events, practices, and activities will have priority over non-school activities.
- During school practices and competitions, only school district coaching staff members shall be on the field/court providing feedback/evaluations on your performance. All parents, spectators, and other “league” coaches will be asked to exit the playing area.
- An individual student who attempts to participate in too many extra-curricular activities will, undoubtedly, be in a position of conflict of obligations.
- Coaches recognize that each student should have the opportunity for a broad based range of experiences in the area of extra-curricular activities; and to this end, will attempt to schedule events in a manner so as to minimize conflicts.
- Students have the responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about participating in too many activities.
- When conflicts do arise, coaches will do their best to work out a solution. If it becomes obvious that a student cannot fulfill the obligation of a school activity, the student should withdraw from that activity.

## Eligibility Highlights

- A student's eligibility for interscholastic activities shall be in the public school of the parent's domicile.
- A student may meet the domicile requirement at a AAA member school after attending said member school for 365 days.
- A student can also meet the domicile requirement if the student receives a legal transfer that takes place prior to July 1 before a student enters grades 7-10 and completes a CSAP form.
- A student transferring or attempting to transfer from one school to another due to recruitment or inducement may be ineligible for interscholastic competition for a period up to one full year from the date of the attempted transfer.
- A student is limited to eight consecutive semesters of opportunity for eligibility beginning with the student's first enrollment in the ninth grade.
- A junior high student is not eligible for junior high competition if the student's 16th birthday is on or before September 1. ● A senior high student is not eligible for interscholastic participation if the student's 19th birthday is on or before September 1.
- A student promoted from the seventh to the eighth grade automatically meets the academic eligibility requirements for first semester.
- The second semester eighth grade student and the 1st semester ninth grade student meet the academic eligibility requirements for junior high by successfully passing four academic courses the previous semester.
- First semester ninth grade students must pass four academic courses to be eligible second semester of the ninth grade.
- Ninth grade students must meet senior high academic eligibility by the end of the second semester in order to be eligible to participate the fall of their tenth grade year.
- The requirement for senior high (grades 10-12) eligibility shall include passing four academic courses; and a minimum GPA of 2.0, based on the previous semester.
- Students passing four academic courses but failing to meet the 2.0 GPA requirement must be enrolled and attending 100 minutes per week of Supplemental Instruction Program (SIP) meeting established criteria and approved by the AAA. ●
- A student who is a member of a school's athletic team and who has engaged in interscholastic competition may not try out for, practice with, or otherwise participate with, or be a member of non-school athletic team in the same sport, in season, without losing eligibility for up to a full year (365 days) from the date of such participation with the non-school team.
- This limitation shall apply to the team sports of football, basketball, volleyball, baseball, softball, and soccer. However, a member of the interscholastic baseball, softball, or soccer team may try out for or practice with a non-school team on days when the school team does not practice or play.
- Players from school teams may play in out-of-season leagues or games outside of the season, but may not be school sponsored in any way. These non-school teams may not use school equipment or uniforms.
- A student who is a member of a school's athletic program as a participant in a sport and who has engaged in interscholastic competition in that sport may enter a non-school

competition as an individual during or outside of the school season for that sport. These individual sports include: cross country, track, gymnastics, tennis, golf, swimming, wrestling, and bowling.

- In any year that a student engages in interscholastic competition, the student shall be required to present to the coach verification of physical examination prior to beginning practice which shall be valid for one school year.
- A student must remain an amateur. Students may not compete under an assumed name, accept monetary awards, expenses or compensation, accept gifts or awards exceeding \$100.00 unless given under the auspices of the school or amateur association, receive pay for coaching or instruction except for compensation for a youth organization for offering skills instruction or appear in a competition before or during a professional event.
- Complete eligibility rules can be accessed online at [www.ahsaa.org](http://www.ahsaa.org).

### Sportsmanship

Sportsmanship is a conduct exhibited toward opponents, officials, coaches, and fans that shows fairness, courteousness and graceful acceptance of results. It is characterized by a genuine concern for others. Sportsmanship is a cornerstone for the continuation of school based sports. It is our goal that Cabot teams, parents, and fans lead the way by displaying good sportsmanship at all times.

### **Dealing with Issues and Concerns**

The following procedures should be followed in reporting an issue or concern:

1. **Contact the coach who had direct supervision** of the athlete at the time. If satisfactory resolution of the complaint is not made, then
2. Contact the **head coach** of the sport in which the athlete was participating. If satisfactory resolution of the complaint is not made, then
3. Contact the **Athletic Director** of the Cabot School District. If satisfactory resolution of the complaint is not made, then
4. Contact the **Building Principal** of the school. If satisfactory resolution of the complaint is not made, then
5. Contact the **Superintendent** of the Cabot School District.

## Cabot Panther Athletic Events

### Admission Prices:

All gate prices are the same price for adults and students kindergarten and up:

- High School Varsity Events \$ 5.00
- JV/B Events \$ 5.00
- Junior High Events \$ 5.00
- 7th Grade Events \$ 4.00

*Events that combine events will charge the higher rate. For example, if 7th and 8th grade are playing at the same event on the same date, entry will be \$ 5.00.*

**Cabot Panther Super Booster Pass** \$ 100.00

**Cabot Panther Family Booster Pass** \$ 250.00

*This pass is for a family of 4 (school age and up). Immediate family only, living in the same household. Any additional student passes will be \$ 25.00 and must be ordered at the same time. Separate passes will be issued for each family member. **Picture ID and pass are required at the time of event entry.***

**Student Pass** \$ 50.00

**Student Athlete Pass** \$ 25.00

*Any student enrolled in a sport, cheer, dance, ROTC, or band - 7 - 12th grades*

**\*\*All passes are good for home events only and may not be used for benefit or state sponsored events**

Passes may be purchased at the Athletic Office on the 3rd floor of the Fieldhouse from 8 am - 3 pm, August 15th through September 16th. Advanced HOME High School Football games may be purchased Wednesday thru Friday the week of the game from 8 am - 3 pm.

### Athletic Department

Location: Cabot High School Campus, 3rd Floor Field House

Office: (501) 743-3530 Fax: (501) 941-2138



Follow @CabotAthDept for department updates or <http://www.cabotschools.org/panther-pride>  
Download the **NIAAA App** (by Mascot Media) via iTunes or Google Play to follow Panther Athletic Teams.

## **Event Rules & Regulations For Spectators**

***"The ideals of good sportsmanship, ethical behavior, and integrity should permeate all interscholastic athletics in our community. In perception and practice, good sportsmanship shall be defined as those qualities of behavior which are characterized by generosity and genuine concern for others. Our athletic fields should be the laboratory to produce good citizens reflecting fair play in every area of life."***

### ***The Case for Sportsmanship - Arkansas High School Sports & Activities Association***

Sportsmanship is a conduct exhibited toward opponents, officials, coaches, and fans that shows fairness, courteousness and graceful acceptance of results. It is characterized by a genuine concern for others. Sportsmanship is a cornerstone for the continuation of school based sports. It is our goal that Cabot teams, parents, and fans lead the way by displaying good sportsmanship at all times.

The Cabot School District Athletic Program is governed by rules and regulations set forth by the Arkansas Activities Association, as well as policies and procedures set forth by the Cabot School Board. The Cabot Athletic Department strives to provide a safe environment in which students, coaches, and game officials can participate in interscholastic sports competition in a positive and supportive manner. Any student, student athlete, employee, parent, or spectator may be asked to leave a Cabot Athletic Program event if the event administrator or security personnel have a reason to believe the person's behavior is causing a substantial disruption to the athletic contest or to those attending the contest.

To ensure that all rules, regulations, procedures, and policies for safe and orderly athletic event administration:

- Outside FOOD or BEVERAGES (including water) may NOT be brought into event venues
- No pets are permitted inside event venues. Service animals specifically trained to aid a person with a disability are permitted.
- All spectators must remain in the designated home/visitor areas. Non participants will not be allowed on the playing surface/area/court/field.
- Noisemakers of any kind are prohibited
- Face paint is prohibited
- No re-entry into events
- The use of tobacco products on any district campus is prohibited. This includes all district parking lot areas.

### **Events suspended/cancelled due to inclement weather:**

The Arkansas Activities Association sets specific guidelines and procedures for inclement weather. The purpose of these guidelines/procedures are for the safety of all participants,

officials, and spectators. Game officials, the athletic training staff, and the administrator on duty MUST follow these guidelines for suspension of and resumption of play.

### **Save your ticket stub.**

Announcements will be made on the PA system with notification/updates of weather events. Please heed these announcements for your safety and the safety of event staff.

**Events that are made up on a different date:** Ticket stubs will be honored on the make up date.

**Events that are cancelled and will not be made up:** The administrator on duty has discretion as to if a refund will be made.

*Please understand that in these scenarios, the district still incurs event administration expenses regardless of if the contest is completed or not (officials, workers, utilities, consumables, etc.).*



## **Arkansas Activities Association Sports Medicine Fact Sheet for Parents and Students**

This document has been created by the Arkansas Activities Association Sports Medicine Advisory Committee. The committee's mission is to ensure Arkansas Activities Association member schools provide sound and consistent medical information to enhance the safety of their athletic programs. The AAA Sports Medicine Committee is committed to offering information and guidance to member schools on topics which impact the welfare of all those involved in interscholastic competition. The topics included in this fact sheet are: Exertional Heat Stroke, MRSA, Concussion, and Sudden Cardiac Arrest. The following pages contain important sports medicine information for parents and students. Please read the information and sign to acknowledge that you have received and reviewed the information.

### **Arkansas Activities Association Exertional Heat Stroke Facts**

#### **WHAT IS EXERTIONAL HEAT STROKE**

Heat stroke is a severe heat illness that occurs when a child's body creates more heat than it can release, due to the strain of exercising. This results in a rapid increase in core body temperature, which can lead to permanent disability or even death if left untreated.

#### **WHAT ARE THE SIGNS AND SYMPTOMS OF HEAT STROKE**

- Increase in core body temperature, usually above 104°F/40°C (rectal temperature)
- Central nervous system dysfunction, such as altered consciousness, seizures, confusion, emotional instability, irrational behavior or decreased mental acuity.
- Nausea, vomiting, diarrhea
- Headache, dizziness or weakness
- Hot and wet or dry skin

- Increased heart rate, decreased blood pressure or fast breathing
- Dehydration
- Combativeness

### **TREATMENT**

- Locate medical personnel immediately. Remove extra clothing or equipment. Begin aggressively whole-body cooling by immersing in tub of cold water. If a tub is not available, use alternative cooling methods such as cold water fans, ice or cold towels (replaced frequently), placed over as much of the body as possible
- Call emergency medical services for transport to nearest emergency medical facility.

### **WHEN SHOULD I PLAY AGAIN?**

No one who has suffered heat stroke should be allowed to return until appropriate healthcare personnel approves and gives specific return to play instructions. Parents should work with medical professionals to rule out or treat any other conditions or illnesses that may cause continued problems with heat stroke. Return to physical activity should be done slowly, under the supervision of appropriate healthcare professionals.

## **Arkansas Activities Association MRSA Facts**

### **WHAT IS MRSA**

MRSA is methicillin-resistant Staphylococcus aureus, a potentially dangerous type of staph bacteria that is resistant to certain antibiotics and may cause skin and other infections. As with all regular staph infections, recognizing the signs and receiving treatment for MRSA skin infections in the early stages reduces the chances of the infection becoming severe. MRSA is spread by: having contact with another person's infections, sharing personal items such as towels or razors, that have touched infected skin, touching surfaces or items, such as used bandages, contaminated with MRSA.

### **WHAT ARE THE SIGNS AND SYMPTOMS MRSA**

Most staph skin infections, including MRSA, appear as a bump or infected area on the skin that may be:

- Red
- Swollen
- Painful
- Warm to the touch
- Full of pus or other drainage
- Accompanied by fever

### **WHAT IF I SUSPECT MRSA SKIN INFECTION**

Cover the area with a bandage and contact your healthcare professional. It is especially important to contact your healthcare professional if signs and symptoms of an MRSA skin infections are accompanied by fever.

### **HOW ARE MRSA SKIN INFECTIONS TREATED**

Treatment may include having a healthcare professional drain the infection and, in some cases, prescribe an antibiotic. Do not attempt to drain the infection yourself— doing so could worsen or spread it to others.

If you are given an antibiotic, be sure to take all of the doses (even if the infection is getting better), unless your healthcare professional tells you to stop taking it.

**HOW CAN I PROTECT MY FAMILY FROM MRSA SKIN INFECTIONS**

- Know the signs and symptoms
- Get treated early
- Keep cuts and scrapes clean
- Encourage good hygiene
- Clean hands regularly
- Discourage sharing personal items such as towels and razors

**FOR MORE INFORMATION, PLEASE CALL**

1-800-CDC-INFO OR visit [www.cdc.gov/MRSA](http://www.cdc.gov/MRSA)

**Arkansas Activities Association Concussion Facts**

**WHAT IS A CONCUSSION**

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding”, “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

**WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION**

<u>Observed by the Athlete</u>	<u>Observed by the Parent / Guardian, Coach or Teammate</u>
Headache or “pressure” in head	Is confused about assignment or position
Nausea or vomiting	Forgets an instruction
Balance problems or dizziness	Is unsure of game, score, or opponent
Double or blurry vision	Moves clumsily
Bothered by light	Answers questions slowly
Bothered by noise	Loses consciousness (even briefly)
Feeling sluggish, hazy, foggy, or groggy	Shows behavior or personality changes
Difficulty paying attention	Can’t recall events after hit or fall
Memory Problems	Confusion
Appears dazed or stunned	Does not “feel right”

**WHAT TO DO IF SIGNS/SYMPTOMS OF A CONCUSSION ARE PRESENT**

<u>Athlete</u>	<u>Parent/Guardian</u>
TELL YOUR COACH IMMEDIATELY	Seek medical attention
Inform parents	Keep your child out of play
Seek medical attention	Discuss play to return with coach
yourself time to recover	Give Address academic needs



## **WHERE CAN I FIND OUT MORE INFORMATION?**

- Center for Disease Control
  - [www.cdc.gov/concussion/HeadUp/youth.html](http://www.cdc.gov/concussion/HeadUp/youth.html) ●
- NFHS Free Concussion Course
  - <http://nfhslearn.com/electiveDetail.aspx?courseID=15000>

## **RETURN TO PLAY GUIDELINES**

1. Remove immediately from activity when signs/symptoms are present.
2. Release from medical professional required for return (Neuropsychologist, MD, DO, Nurse Practitioner, Certified Athletic Trainer, or Physician Assistant)
3. Follow school district's return to play guidelines and protocol



## **Arkansas Activities Association Sudden Cardiac Facts**

### WHAT IS SUDDEN CARDIAC ARREST

Sudden cardiac arrest (SCA) is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain and other vital organs. The information presented below is to provide you with the knowledge you need to help the coach keep your child safe at practices and games.

### WHAT ARE THE SIGNS AND SYMPTOMS OF SUDDEN CARDIAC ARREST

- Fainting or seizures during exercise
- Unexplained shortness of breath
- Chest pain
- Dizziness
- Racing heart beat
- Extreme fatigue

### GUIDELINES FOR REMOVAL OF A STUDENT FROM ACTIVITY

- Every coach and registered volunteer must receive training on prevention of sudden cardiac death every three years
- Every athlete and parent must read and sign the AAA Sports Medicine Fact Sheet containing information on sudden cardiac arrest
- Any athlete experiencing syncope (fainting), chest pains, shortness of breath that is out of proportion to their level of activity or an irregular heart rate should not return to practice or play until evaluated by an appropriate healthcare professional (MD, DO, APN, Certified Athletic Trainer)
- The referred athlete must be medically cleared by an appropriate healthcare professional prior to return to play/practice.