

PANGBURN SCHOOL



ATHLETIC HANDBOOK

2023-2024

INTRODUCTION

The Pangburn School Athletics Handbook is a reference guide for coaches, student-athletes and parents concerning the policies that govern interscholastic athletics at Pangburn School.

Sound reasoning, good judgment, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated.

Athletics is a voluntary program. Students are not obligated to participate and participation is not required for graduation. Thus, competition in high school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the high school athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules.

Disclaimer: The rules and regulations in this Handbook are subject to change to be in accordance with the CDC and the Arkansas Activities Association. All parents and athletes will be notified of any necessary changes.

PHILOSOPHY

The Athletic Department is an integral part of the total educational process of The Pangburn School District. Being involved in athletics provides the student with opportunities to learn skills, good sportsmanship, develop leadership skills and learn the idea of fair play and ethical behavior that are necessary for competition and cooperation in our society. It should also provide our students with the unique opportunities for self-discipline, self-sacrifice, and loyalty to the students to participate in athletics by offering a well-rounded program of interscholastic athletics for young men and women.

SPORTSMANSHIP ADVANCEMENT POLICY

We, the Pangburn School Board of Education and Administration, believe that athletic competition with sportsmanship builds positive character traits in our student body, and establish the following policies and procedures to help promote and to encourage positive sportsmanship behavior. We establish these policies and procedures and expect strong support from our administration, coaches, students, school employees, parents and patrons of our school district and community. To promote positive sportsmanship behavior at all school sponsored activities, the Pangburn Board of Education established the following Policies and Procedures.

VERBAL ABUSE

In the event that a person or persons, in the course of a school sponsored event or on the school property, uses bad language (cursing or vulgarities), the School Board reserves the right to suspend said person or persons up to, but not limited to, one year from all school sponsored activities as well as from school property.

In the event that a person or persons direct bad language toward a referee or school official, then the suspension will be upheld and the person or persons will be prosecuted to the full extent of the law.

If a person or persons are ejected from the game for such activities, then additional time or punishments may be added at the School Board and Administration's discretion.

In the event that a person or persons makes a verbal threat toward a referee, school-official or other fan or guest, then that person or persons will be subject to a minimum of one year suspension for all school activities and said suspension can range in length up to and including a life-time suspension, depending on the severity of incident and the School Board's discretion.

PHYSICAL ABUSE

In the event that a person or persons enter the field of play, court area or any restricted area during a school activity, then the person or persons will be deemed guilty of physical misconduct and trespassing. The person or persons will be subject to, but not limited to a one year suspension, depending on severity of incident and the School Board's discretion.

In the event that a person or persons makes physical contact with a referee, umpire, school official, coach, student or other fan, they will be subject to no less than a one year suspension and said suspension can range to a life-time suspension, dependent on the severity of incident and the School Board's discretion. The person or persons will also be prosecuted to the full extent of the law in such matters.

In the event that a person or persons brings a weapon of any type on school grounds, that person or persons will be subject to a life-time ban from all school activities and school property. The person or persons will be prosecuted to the fullest extension of the law.

AUTHORITY

The Pangburn School Board and Administration reserve all rights of determination of activities, violations and suspensions.

Any person deemed guilty of verbal or physical abuse has the right of appeal. The accused person or persons will make arrangements to appear before the School Board at the School Board's convenience. The accused will contact the Superintendent and ask to be put on the upcoming agenda. The review will not be automatic and it will be the accused party's responsibility to make the appropriate arrangements.

Addendum from AAA Rules to Handbook (added July, 2020)

Any fan removed from a game for unsportsmanlike conduct will not be allowed to attend the next comparable event. If a fan gets removed for the 2nd time, he/she will not be allowed to attend the next two comparable events. If a fan gets removed from a game for the 3rd time, it will result in a suspension for the remainder of the year.

ATHLETIC DEPARTMENT INFORMATION, EXPECTATIONS, PRACTICES AND POLICIES

ACADEMIC ELIGIBILITY

As stated under the AAA (Arkansas Activities Association) handbook, the rules to be academically eligible are as follows:

Jr. High (Grades 7-9)

---A student has six semesters of opportunity for eligibility. A student repeating either the seventh or eighth grade for any reason shall not have the opportunity for eligibility during the complete year that is repeated. (Article III; Section 1; Rule 6:A)

---A student promoted from the sixth to the seventh grade automatically meets the academic eligibility requirements. A student promoted from the seventh to the eighth grade automatically meets the academic eligibility requirements for the first semester. The second semester eighth grade student and the first semester ninth grade student meet the academic eligibility requirements for junior high by successfully passing four (4) academic courses the previous semester. First semester ninth grade students must pass four academic classes to be eligible for the second semester of the ninth grade. (Article III; Section 1; Rule 10A).

Sr. High (Grades 10-12)

---A student has six semesters of opportunity of eligibility from grades ten-twelve. (Article III; Section 1; Rule 6:B)

---Ninth grade students must meet senior high academic eligibility by the end of the second semester in order to be eligible to participate in the fall of their tenth grade year. Students who have finished two semesters of the ninth grade must follow all senior high academic requirements. (Article III; Section 1; Rule 10A)

---The requirements for senior high eligibility shall include: 1) passing four academic courses; AND 2) a minimum GPA of 2.0 based on the previous semester. (Article III; Section 1; Rule 10B)

FAILURE TO MEET ACADEMIC REQUIREMENTS

Jr. High

---Inability to compete/participate on a team.

---Inability to travel with a team.

---Inability to participate with a team in any activities outside of school day.

SR. High

Same as Jr. High

HEALTH ELIGIBILITY

All students must present a physical examination each school year from grades 7-12 in order to assure that they have been examined by a doctor or nurse practitioner. This is to clear the individual to practice, as well as for competition. Pangburn Schools has partnered with the Harding University Physician's Assistants Program to provide this service at the end of the school year so the student/athlete can be eligible for the next year. If your child did NOT get a physical through this at the end of the last school year, he/she will be required to get one. (A note signed by a physician or physician's assistant stating the athlete is cleared for practice/competition will be accepted.)

TRANSPORTATION

ALL members are expected to ride with the team to the games on the athletic bus. The bus will take all members to the game and back to the school after the contest. Parents or Grandparents may sign their child out to ride with them home from the game. To do so, the parent must see their child's coach or designated person and place his/her signature by the child's name on the Sign Out Sheet for that game. Any exception to these must go through a school administrator prior to the day of the game.

PROOF OF INSURANCE

Every participant must have a Proof of Insurance form filled out and signed by a parent. If you lose coverage, you must contact the coach to see what further action needs to take place. If you do not have insurance, you must check the opt out box on that form. Pangburn School and/or the location this occurred is not responsible for payment for any type of injury. **(Form A)**

SAFETY

ACCIDENTS/INJURY

All coaches have medical forms for all players. Coaches are trained in First Aid, CPR, and AED. AAA has developed a Sports Medicine Fact Sheet for Athletes and Parents. This is regarding Heat Strokes, MRSA, Concussions, and Cardiac Arrest. Every athlete and parent must sign to acknowledge they have seen the AAA Sports Medicine Fact Sheet which is enclosed in this packet. **(Form B)**.

If an accident or injury occurs, the coaches will call the parent. If the injury is serious the coach will also call 911.

There is a form in the back of the handbook **(Form C)** that states that you have read and understand this. This is mandatory to compete in all AAA events.

ILLEGAL AND PERFORMANCE ENHANCING SUBSTANCES

All participants are subject to a random drug test as stated and explained in the Student Handbook.

GENERAL INFORMATION AND GUIDELINES FOR STUDENT-ATHLETES

Athletes Responsibility to Academics

Academics must be a top priority! The athletic and administration staff of Pangburn School realizes that even though every effort to eliminate mission classes for athletic events is made, some events cannot be helped. Therefore, athletes should make an effort to be in attendance in all classes every day.

Absences should be valid and legitimate.

All work missed must be made-up according to the classroom teacher's policy. It is the athlete's responsibility to request work from the teacher and complete it within the specified time frame.

Attendance

Students are expected to be in daily attendance at school before being allowed to play in a contest on the same day. Exceptions will be made only for legitimate reasons with documentation (doctor or dental appointments, court appearances, death in the family, etc.) Students MUST attend at least ½ day on game days. If the student misses any classes on that school day, the coach must be notified PRIOR to the day missed. The principal must approve ALL exceptions.

Expectations of Behavior

Athletes are expected to show good sportsmanship, honesty, respect, and integrity toward fellow players, coaches, teachers, administrators, staff, opponents, and officials. Profanity and abusive language or behavior is not to be tolerated. Student-athletes are ambassadors of the school and should be positive role models for the younger athletes in the community. This is expected behavior of ALL athletes in the classroom, athletic facilities, and at our campus or visiting campuses.

In-School Suspension/Out-of-School Suspension

If any athlete is assigned ISS or OSS, that athlete cannot participate in practice and/or games during the suspension period.

Practices

Coaches will have regular practices for their sport. Coaches may set practice times before/after school and/or while school is not in session. All coaches will abide by and respect the AAA mandated "Dead Weeks". The Summer Dead Period occurs the week of July 4th and the week prior to that. The Christmas Dead period will be Christmas Eve, Christmas Day, and either the day before Christmas Eve or the day after Christmas. These Dead Periods are set by AAA. During this time, no practices will be held, nor will any facilities be used or open.

Team

Athletes are members of a team. As a member of a team, athletes have an obligation and commitment to the team. The choices and decisions of each athlete will reflect on the team as a whole.

Uniforms and Equipment

Athletes are issued uniforms and equipment for each team. All must be returned promptly to the head coach after the last game. A student can be charged for the replacement cost and grades will not be released until all obligations are met.

**Arkansas Activities Association
Sports Medicine Fact Sheet for Parents and Students
(Form B will need to be signed concerning this)**

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.

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 activity
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 a 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.

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 a 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

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 a 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

Observed by the Athlete

Headache or “pressure” in head	Nausea or vomiting
Balance problems or dizziness	Double or blurry vision
Bothered by light	Bothered by noise
Feeling sluggish, hazy, foggy, or groggy	Difficulty paying attention
Memory Problems	Confusion
Does not “feel right”	

Observed by the Parent / Guardian, Coach or Teammate

Is confused about assignment or position	Forgets an instruction
Is unsure of game, score, or opponent	Moves clumsily
Answers questions slowly	Loses consciousness (even briefly)
Shows behavior or personality changes	Can’t recall events after hit or fall
Appears dazed or stunned	

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

Athlete

TELL YOUR COACH IMMEDIATELY	Inform parents
Seek medical attention	Give yourself time to recover

Parent / Guardian

Seek medical attention	Keep your child out of play
Discuss play to return to play with coach	Address academic needs

WHERE CAN I FIND OUT MORE INFORMATION?

Center for Disease Control

www.cdc.gov/concussion/HeadUp/youth.html

NFHS Free Concussion Course

<http://nfhslearn.com/electiveDetail.aspx?courseID=15000>

RETURN TO PLAY GUIDELINES

Remove immediately from activity when signs/symptoms are present.

Release from medical professional required for return (Neuropsychologist, MD, DO, Nurse Practitioner, Certified Athletic Trainer, or Physician Assistant)

Follow school district’s return to play guidelines and protocol

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

1. Every coach and registered volunteer must receive training every three years on prevention of sudden cardiac death.
2. Every athlete and parent must read and sign the AAA Sports Medicine Fact Sheet containing information on sudden cardiac arrest.
3. 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).
4. The referred athlete must be medically cleared by an appropriate healthcare professional prior to return to play/practice.

CHECKLIST----FORMS TO BE TURNED IN TO THE COACH

_____Proof of Insurance Form (Form A)

_____Arkansas Activities Association Sports Medicine Fact Sheet
for Athletes & Parents (Form B)

_____Emergency Information (Form C)

_____Parental Permission Form (Form D)

_____Athletic Handbook-Acknowledgment Form (Form E)

Form A ---Proof of Insurance

Student/Athlete's Name: _____

Name of the Person who carries the policy:

Insurance Company Name: _____

Policy # _____ Group # _____

Insurance Company Address:

Insurance Company Phone # _____

This form verifies that the student/athlete whose name is above has insurance and that the information on this form is complete and accurate to the best of my knowledge.

Printed Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____

Date: _____

If you do not have insurance, you may check the box and sign in the space provided to recognize that Pangburn School, nor the school or place where injury could possibly occur will be held responsible in any way for the payment of services received due to any type of injury.

_____ I do not have insurance and do not hold Pangburn School, coaches, or staff reliable in any way.

Parent's Signature _____ Date _____

Form B

Sports Medicine Sports Fact Sheets

By signing below, I acknowledge that I have received and reviewed the attached AAA Sports Medicine Fact Sheet for athletes and parents. I also acknowledge and understand the risks and injuries associated with participation in school athletic activity.

Athlete's Signature _____

Athlete's Printed
Name _____

Date _____

Parent/Guardian
Signature _____

Parent/Guardian Printed
Name _____

Date _____

Form C

Pangburn School
Athletic Department
Emergency Information

Sport(s)_____ Date_____

Name_____DOB_____Gender_____

Address_____

Parent/Guardian_____

Home Phone #_____

Father's Work Phone_____CellPhone_____

Mother's Work Phone_____Cell Phone_____

Family Physician_____Phone #_____

Family Dentist_____Phone #_____

Medical Conditions_____

Allergies_____

Present Medications_____

Emergency Contact/Phone # (if parent/guardian can't be reached):

Permission to administer: Tylenol—Y or N; Ibuprofen---Y or N

Form D

PARENTAL PERMISSION

I hereby give permission for my son/daughter

_____ to participate in

_____ (sport/sports) for the 2023-2024 school

year. In the event of a medical emergency or illness, I hereby authorize Pangburn Schools to provide first aid and request, if necessary, emergency treatment and transportation to a hospital.

Signature of

Parent/Guardian _____

Form E

**Pangburn School
Athletic Handbook
Acknowledgment Form**

It is the responsibility of the parents and students to read the Pangburn Athletic Handbook prior to participating in our athletic program. The information contained in this handbook outlines the Policies, Rules, and Regulations that govern our program. The school district requires that the parents and student-athlete sign this Acknowledgment Form and return it to the coach as soon as possible. **By signing this form, it simply states that the parents and student-athletes have read and understand these rules. It, in no way, states whether either party agrees or disagrees with the policies, but that these are the rules that must be followed.**

No student-athlete will be allowed to participate until this form is returned.

We have read the Pangburn Athletic Handbook and understand the Policies, Rules, and Regulations that govern the program.

Printed Name of Athlete _____

Student-Athlete Signature _____

Date _____

Parent/Guardian Signature _____

Date _____

