

2023-2024
Farmington
Athletic Department



#CARDINALNATION

Student-Athlete & Parent
Athletic Handbook

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Table of Contents

Section	Page
<i>Forward</i>	3
<i>Farmington School District Mission, Vision, and Values</i>	3
<i>Farmington Athletic Department Vision</i>	4
<i>Academic Requirements & Eligibility</i>	4
<i>Supplemental Instruction Program (SIP)</i>	4
<i>Farmington School District Student-Athlete Code of Conduct</i>	5
<i>Code of Conduct Violations</i>	5
<i>Parent Guardian Expectations</i>	5
<i>Procedures for Dismissal or Suspension of Athletes from a Team</i>	6
<i>Felony Violations</i>	6
<i>Social Media</i>	6
<i>Locker Room Policies</i>	6
<i>Student-Athletes Choosing to Quit a Sport</i>	7
<i>Sportsmanship of Players & Spectators</i>	7
<i>Cheer/Dance Policies</i>	8
<i>Extracurricular - Drug Testing Policy</i>	9
<i>Transportation</i>	11
<i>Certified Athletic Trainer/Student Trainers</i>	11
<i>Concussion Protocol</i>	12
<i>Training Room Policy</i>	12
<i>Physical Examinations</i>	12
<i>Insurance Claims</i>	13
<i>Tryout/Cut Policy</i>	13
<i>Dragonfly Max</i>	13
<i>Insurance Form</i>	15
<i>Consent to Treat Form</i>	16
<i>Notice of Dismissal/Suspension/Quit Form</i>	17
<i>Concussion Form</i>	18
<i>Drug Test Consent Form</i>	19
<i>Farmington Athletics Handbook Agreement Form</i>	20

Forward

The Farmington Athletic Department is presenting this information to you because your student has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit them to compete. Your family's interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences which assist students in personal growth.

We are devoted to the educational development of students through athletics and feel that a properly controlled, well-organized sports program meets the student's needs for self-expression, mental health, and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational and social development.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such stress on good training habits. Failure to comply with the rules of training and conduct could mean exclusion from the squad. This concept of self-discipline and self-denial is tempered by our responsibility and discipline. There is no place in school athletics for students who will not discipline their minds and bodies for vigorous competition. We are striving for excellence and do not want our athletes to compromise.

When your student joined one of our sports programs, he/she committed our staff to certain responsibilities and obligations. We will:

1. Provide safe equipment and facilities
2. Provide contests with skilled officials
3. Provide contests with skilled, caring coaches
4. Provide transportation adequately supervised
5. Communicate with parents/guardians about issues important to the safety, development, or discipline issues directly related to their athlete.
6. Provide a safe practice/playing environment at our facilities

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We are taking this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the Department of Athletics to make rules that govern the spirit of competition for our community. These rules need a broad basis of community support. That support is achieved only through communication and involvement with the parent or guardian and serving our community.

Farmington School District Mission, Vision, and Values

Mission: We are committed to positively impacting the educational experience. Our students are worth it!

Vision: We will equip students to be confident in their ability to pursue their dreams.

Values: Security/Safety
Relationships
Integrity
Excellence
Service

Farmington Athletic Department Vision

The Farmington Athletic Department will strive to build an athletic program that will allow Farmington Schools to compete with any school in Arkansas. To positively impact the educational experience of the students within our district and to build strong community leaders by teaching the values of relationships, integrity, excellence, and service.

Academic Requirements & Eligibility

Participants must meet all guidelines established by the Arkansas Activities Association (AAA) [Link to AAA Handbook](#), the Arkansas Department of Education (ADE), and the school district. As a minimum, students must maintain a "C" average (2.00 GPA) (or be enrolled in an approved Supplemental Instruction Program) and have passed four academic courses in the previous semester.

Junior High Academic Requirements as stated in the AAA Handbook: A student promoted from the sixth to the seventh grade automatically meets the academic eligibility (scholarship) 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 specified by the Arkansas Department of Education's Standards for Accreditation of Arkansas Public Schools. Ninth grade students must meet senior high academic eligibility by the end of the second semester in order to be eligible to participate during the fall of their tenth grade year.

Academic eligibility must be verified by the coach for each athlete before the season starts. The high school registrar will then certify each student's grades for eligibility. Athletes must earn two credits toward graduation per semester and have a 2.0 GPA to be eligible. Parents and students alike should monitor their grades to ensure they do not fall into academic distress. We encourage all students to excel academically and do their best.

Supplemental Instruction Program (SIP)

To participate in interscholastic competition, students passing four academic courses but failing to meet the 2.0 GPA requirement must be enrolled in and attend 100 minutes per week a Supplemental Instruction Program meeting established criteria and approved by the AAA. The Farmington Athletic Department requires 25 min per day during the regularly scheduled ENCORE period (125 min per week). Students are not allowed to remain in the program if they do not meet the time requirements each week.

Only students who earn two credits and fail to attain a 2.0 will be eligible to participate, if they are enrolled and regularly attend the Supplemental Instruction Program.

To maintain eligibility under the Supplemental Instruction Program and be eligible to continue for a second semester, the student must show improvement of at least one tenth of one point in his/her GPA after the first semester of participation in the supplemental program. To continue to participate following the second semester in the SIP, SIP after the second semester, the student must have reached a GPA of 2.0 as well as passing four academic courses. The maximum length of involvement in SIP is two consecutive semesters. If a student earns a GPA of 2.0 and leaves the SIP, that student may later return to the SIP for a maximum of two semesters if the GPA drops below 2.0.

The AAA will be requesting that the GPA of each student involved in the SIP be submitted each semester until the student makes a 2.0 or completes the maximum semester allowed.

Farmington School District Student-Athlete Code of Conduct

1. I accept responsibility for my behavior on and off the field or court. I understand that what I do, say, and put on social media affects my teammates, school, and other people either positively or negatively.
2. I act with respect toward myself, school facilities, and the people around me including my parents, coaches, teammates, teachers, officials, opponents, and the spectators at all times.
3. I do not engage in behavior designed to taunt, degrade, or ridicule another person on the basis of race, ethnicity, national origin, sex, sexual orientation, gender identity, or disability.
4. I understand that as a member of Farmington Athletics I am held to a higher social standard at all times. I will not engage in any acts at or away from the school setting that are unethical or illegal.
5. I serve as a role model at all times by talking politely and acting courteously toward coaches, teammates, community members, opponents, officials, and spectators. I understand that it is a privilege to represent my family, school, and community as a student-athlete.
6. I display good sportsmanship. I acknowledge and applaud the efforts of others. I encourage my teammates with positive statements. I accept victory or defeat graciously by congratulating my opponents on a game well played.
7. Because I represent my family, school, and team, I abide by the policies, rules, and guidelines of the school, team, and coaches.

Code of Conduct Violations

Student-athletes committing code of conduct or school handbook violations will be handled on a case-by-case basis by the head coach and/or athletic director. Repeated offenses may result in additional consequences from the coach and/or building administration. Consequences may range from a minimum of a warning to a maximum of dismissal from the team and/or activities program in addition to any other consequences as defined in the Farmington High School or Junior High School Student Handbooks. Violations of Code of Conduct #3 (District Policy 4.18- *Prohibited Conduct*) will result in a minimum of a parent conference and team disciplinary action, to a maximum of dismissal from the team and athletics.

Removal of an athlete from a program for disciplinary reasons will be done so with direction from the athletic director and could also result in removal from the athletic department as a whole.

Student-athletes who are suspended or expelled from school cannot participate in extracurricular activities during the time of their suspension/expulsion and are not allowed to attend school activities during this time. A student-athlete who exhibits inappropriate behavior may be removed from extracurricular participation, including practices, at the discretion of the coach, athletic director or administrator.

Parent/Guardian Expectations

Parents/Guardians are an important part of making participation in athletics a worthwhile experience for their child. However, they have the most influence to take away from that value.

- Understand that academics and character are a priority over athletic performance. Athletics teaches high expectations for their behavior and the development of skills that will make them positive members of society. We need your partnership to teach athletes how to overcome failures and respond in a positive manner.
- Playing time, roles of athletes, or game strategy is **solely** the responsibility of the head coach and/or their assistant coaches. If you have concerns encourage your student-athlete to have a

conversation with their coach. If there is no resolution you may request a meeting with the coach and your child present.

- If you have concerns related to your child's welfare or health please contact the coach to set up a meeting. If you can not get in contact with the coach, contact the athletic director via email to set up the meeting.
- Do not approach or confront a coach or official during or after an athletic contest under any circumstances. If you feel that resolution is needed, contact the coach during the next school day and set up a meeting.
- As a Farmington Athletics spectator, you are a guest of the school and also a representative of the values of our school district both at home and on the road. Public degradation of coaches, players, or officials will not be tolerated.

Failure to comply with these expectations may result in:

- Immediate removal from premises.
- Suspension from future Farmington athletic events, both at home and on the road.

Procedures for Dismissal or Suspension of Athletes from a Team

Athletics is a privilege, not a right. In the event an athlete is suspended or dismissed from a team, parents will be contacted by the coach for an explanation, or to set up a meeting if needed using the form on page 17. The coach will document, in writing, the date and time of the notification and give a brief statement as to why the athlete was put on suspension. The written notification will be given to the athlete to take home. The coach and athletic department reserves the right to punish behavior that is subversive to good order and discipline in athletics.

Felony Violations

The community, school administrators, and coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. It is our intent to preserve rules that reasonably pertain to the health and safety of students.

If an athlete is convicted of a criminal act that is a felony, the following action will be taken:

- 1st Offense: The athlete is released from athletics for one calendar year.
- 2nd Offense: The athlete will be dismissed from athletics for the remainder of his scholastic career.

Social Media

All stakeholders in the athletic program (coaches, student-athletes, and parents) recognize that different forms of social media may be used to communicate program information. These may include, but not be limited to Facebook, Twitter, Snapchat, Instagram, personal websites, etc.

Student-athletes, coaches, and families must understand that these platforms are public and can be monitored by anyone, including current and future employers, colleges and universities, and prospective coaches who may be recruiting. Student-athletes should refrain from posting comments or pictures that are not conducive to positive team chemistry. A legitimate post or visual of an athlete performing an illegal act will constitute a violation of the code of conduct. If you have a question about appropriateness you may visit with your coach or consult the FSD Student Discipline Guidelines.

Locker Room Policies

A locker room is a place for student-athletes to change, use the restroom facilities, and gather as a team with a coach present to receive instructions. Locker rooms will be locked at all times except for a reasonable amount of time before and after practice and/or games to accommodate any of the above. Coaches will be present as supervisory figures in the locker rooms to assist student-athletes in preparation.

Students are responsible for conducting themselves in a manner that respects the rights of others. Using a device to record audio or video or to take photographs in areas where a general expectation

of personal privacy exists is prohibited, including but not limited to locker rooms and bathrooms (District Policy - 4.47 *Possession and Use of Cell Phones and Other Electronic Devices*). An electronic device is constituted as anything that can be used to record, capture, or retransmit data.

If any athlete is found to be distributing, or depicted in any sort of media form to be hazing or having inappropriate contact with other students in the locker room will be suspended from athletics indefinitely. At that point, the athletic director, coach, and building administrator will collaborate to determine the disciplinary action.

Student-Athletes Choosing to Quit a Sport

Any athlete who quits an in-season sport will not be allowed to move to off-season sports until the regular season of the sport they quit ends, except with the following conditions:

The athlete quits prior to the start of games, or:

- The in-season coach meets with the athlete and parent to understand the full nature of the circumstances leading to the athlete quitting, and
- The in-season coach, off-season coach, and athletic director must mutually agree it will be in the best interest of the student-athlete to begin off-season; therefore, releasing them from the in-season sport.

If a player is dismissed for team or school violations, he/she may not participate in off-season programs until that team's season ends. Anytime a player is dismissed from a team, the head coach will contact the parent or guardian. (See form on pg 13)

A player may be denied moving on to another off-season sport by the coach, athletic director, or principal if a student has quit in a negative or disrespectful way or if the student has displayed negative behavior or actions directed at the coach, program, or school.

A player must turn in all equipment and pay any associated costs due before being allowed to move to another sport.

All outstanding financial obligations shall be paid by the student-athlete to the team prior to being approved to move on to the next sport. Failure to meet these obligations will result in the student being placed on the fines list and withholding report cards until paid.

Sportsmanship of Players & Spectators

The Farmington School District, in conjunction with the National Federation of High Schools, Arkansas Activities Association, and the 4A-1, and 5A-West expects all players and spectators to practice good sportsmanship in all aspects of competition. Expectations for each group are:

Student-Athletes

- Applaud along with spectators during the introduction of players, coaches, and officials
- Shake hands with opponents before/after the game
- Accept the decisions of officials
- Avoid offensive gestures or language
- Display modesty in victory and graciousness in defeat
- Follow the rules of the game
- Exercise self-control
- Show respect for public property and equipment
- At no time engage in any type of activity that would interfere with an opposing team's warm-up or demean their mascot/logo

If a student-athlete receives any type of unsportsmanlike conduct penalty (technical fouls, yellow card, etc.), then the student-athlete must meet with the coach. The coach will submit documentation of the meeting to the athletic director. If a student-athlete is ejected or suspended from an interscholastic competition for reasons of conduct, then the student-athlete must meet with the athletic director and coach prior to being reinstated for interscholastic competition. This meeting will be documented, and parents will be contacted.

Spectators (AAA Guidelines)

- Encourage and support own team without being rude, negative, or derogatory to opponents
- Do not wear extreme or unusual clothing to the game
- No full-face painting is permitted. Partial face painting is permitted such as small markings on the cheeks.
- No derogatory or suggestive slogans on apparel
- No bare chests are permitted; shirts must be worn
- Do not throw trash on the playing surface or throw objects at other spectators
- Refrain from negative, demeaning, or obscene yells before, during, or after the contest
- Do not turn one's back or hold up newspapers while teams are being introduced or when teams, cheerleaders, or dance teams are performing
- Avoid criticism of game officials and sideline coaching
- Stay off the playing surface

Cheer/Dance Policies

Squads - The 7th-9th cheer team will cheer at all home 7th, 8th, and 9th grade football/basketball games; The makeup of those squads for each particular contest will be at the cheer coach's discretion; the senior high cheer team will be 10th-12th grade students and cheer at ALL football games and all conference basketball games. Attendance of non-conference home and road basketball games will be at the athletic director and cheer coach's discretion. 7th-9th dance team will perform at selected home contests: Senior high dance team will perform at selected home contests.

Eligibility– Cheerleaders/Dancers must maintain a 2.0 throughout the entire year (per AAA eligibility rules).

Code of Conduct - All cheer/dance athletes are considered athletes, and as such must adhere to the Farmington School District Student-Athlete Code of Conduct.

Practices – All practices are scheduled by the coaching staff and are mandatory for cheer/dance athletes. Cheer/dance squads may practice up to three times a week or more as deemed necessary by the coach, practice attire will be directed by the team coach. All coaches retain the right to use outside instruction and outside instructional facilities. **All practices are closed to the public.**

Attendance – All participants must attend and participate at all home and away football and basketball games (unless an authorized absence is permitted). Camp is mandatory and **MUST** be attended by all squad members for cheer. In the event of games being postponed/ rescheduled due to weather or other circumstances, it will be considered mandatory for ALL cheerleaders to attend make-up games. Dancers are required to attend all home games as assigned by their coaches.

Tryouts - Tryouts will be held in late spring/early summer for students currently attending Farmington Public Schools. Students that come in during the summer via school choice or change in domicile will be given a comparable tryout by request assuming it is completed before August 1st of that school year and there is room on the particular spirit team. ****Notice- uniform stock and size availability could be limited and pricing could change for cheer/dance students added after the original tryouts. Farmington Athletics reserves the right to not allow school choice/transfer students to try out for a particular spirit team if it is already full, or move them to another spirit squad depending on squad size or uniform availability.

Uniforms – Uniforms will be ordered in the spring so that they will be ready for the football season. Uniforms are owned by Farmington Schools and fundraiser activities are conducted to help relieve uniform costs. Uniforms are to be returned by the end of the season. The squad member will be

responsible for paying for any uniforms or accessories that are damaged or lost. Squad members are to wear their complete uniform to school on the day of a game and to the games. Proper under-garments should be worn with the uniform and should not be visible. No part of the uniform is to be loaned out to anyone. All students should maintain hair color that is natural and not colored for games or performances (this does not include natural color highlights or coloring). No jewelry should be worn in piercings on any part of the body during practices or performances for safety reasons. Athletes are asked to not get new piercings during the cheer season (tryouts-to the end of basketball). No colored nail polish for pep rallies or games (ONLY French tips or clear). For safety reasons, nails should be kept to fingertip length.

Absences – The coach must be notified by a **parent** in advance of all absences before any practices/games/functions. Please notify your coach as soon as possible so that changes may be made. Lack of knowledge of material during practice prior to the game may result in members not performing at halftime, pep rally, or game.

Dismissal or Resignation – Any cheerleader team member that quits or receives an expulsion during the year will not be allowed to try out for Cheer or Dance the following spring. If a squad member is removed from the squad for an academic issue, (less than a 2.0 grade point average) the student will be allowed to try out the following year if the academic issue has improved to the satisfaction of the parent and coach. A cheer/dance member that resigns because of special circumstances may be considered for continued participation after the situation is reviewed by Athletic Director, coach, member, and parent/guardian(s).

Community Service - Cheerleaders/Dancers will be expected to participate in school and community projects and/or services. Failure to participate in these duties could result in demerits at the coach's discretion.

The fees for each squad member for cheer/dance are *approximately*:

\$650 for returners

\$900-\$1000 for new members

Mascot fees will be approximately \$300-\$500

- All fees are to be paid in full by September 1st. If there is a personal problem with paying by this date, see your coach. You will receive an itemized list at the beginning of each year as to what needs to be paid.

Extracurricular - Drug Testing Policy

Philosophy

It is the philosophy of the Farmington School Board and the Farmington School District that all students in grades 8–12, who are governed by the Arkansas Activities Association Guidelines for Participation, should be encouraged and supported in their efforts to develop and maintain a chemical-free lifestyle.

The School Board and the Farmington School District recognize the use of illegal drugs as a potential health problem for some students, resulting in negative effects on the behavior, the physical well-being, the learning and the total development of the student governed by the Arkansas Activities Association Guidelines for Participation.

Testing Guidelines

- Signed parental consent is required for participating in AAA sanctioned extracurricular events and for testing. (See form on pg 17)
- All student participants will be subject to take a random drug test. Drug testing will be conducted on a random basis coinciding with the academic school year.
- Drug testing will be conducted by random selection of all students, herein termed student participants, involved in activities which are sanctioned by the Arkansas Activities Association.
- Administrators and the athletic director will be responsible for providing current information (names and numbers) to the consultant.

- The consultant will provide randomly selected names and numbers of students to the athletic director as requested and according to this policy.
- For each test, student participants from the Farmington School District will be randomly selected to provide urine samples.
- Students will not be informed ahead of time of their selection but will be notified on the day of the test.
- School officials will be responsible for the facilitation of samples.
- Conditions of the collection site will be such that students will not be able to provide counterfeit or altered samples.
- Student participants will be given privacy while providing the sample via a closed door or curtain. To the extent reasonably possible, testing will be done in a manner to protect both the integrity of the procedure and the privacy of the individual. The collector shall ensure that the chain of custody of any sample taken shall be appropriately maintained, that samples shall not be tampered with, and that the results shall be kept confidential.
- The athletic director will inform the principals and coaches of the results of the test.
- In the event that a student athlete tests positive, the principal and/or the athletic director will confer with the student and their parents as soon as reasonably possible to provide details of the positive test.
- Drugs of Abuse include but are not limited to:
 - Amphetamines
 - Cannabinoids
 - Cocaine
 - Opiates
 - Phencyclidine (PCP)
 - Benzodiazepines
 - Methaqualone
 - Barbiturates
 - Alcohol
 - K-2 and other synthetic drugs
- Refusal to participate in random drug testing or if an altered sample has been provided, in compliance with this policy will be considered as a positive result and the student will be subject to the consequences listed in Section 5C of this document.

Consequences of a Positive Test Result

A confidential notification to the parent and student shall be given.

- First Offense:
 - Notify Parent/Conference
 - Suspension from extracurricular program for a minimum of 30 school days. This will include practice and games.
 - After the suspension period if a student desires to re-enter the athletic program the student must:
 - Pass a drug test administered by a certified collector at student's expense.
 - Have a conference with the principal/sponsor/head coach and/or athletic director.
 - Enter and complete counseling as determined by school officials.
 - Once the participant has tested positive, they will be expected to participate in all drug tests administered by the school.

After the suspension period has ended, eligibility may be reinstated if steps 1, 2, and 3 have been met in a satisfactory manner. These two steps must be satisfied regardless of the length of time since the offense.

- Second Offense:
 - Notify Parent/Conference
 - Removal from extracurricular program for 89 school days.
 - After the suspension period if a student desires to re-enter the extracurricular program the student must:
 - Pass a drug test administered by a certified collector at student's expense.
 - Have a conference with the principal/sponsor/head coach and/or athletic director.
 - Go through counseling as determined by school officials.

Eligibility may be reinstated if those requirements have been met in a satisfactory manner. These three steps must be satisfied regardless of the length of time since the offense.

- Third Offense:
 - Notify Parent/Conference
 - Removal from extracurricular program permanently.

Just Cause

In the event that a student athlete is reasonably suspected to be under the influence of drugs or alcohol by direct observation from a school official or by notification from law enforcement, or if the student is found to be in the possession of drugs or drug paraphernalia by a school official, this will be considered just cause for immediate drug testing.

In the event that a district official views the student athlete under the influence of drugs or in the possession of drugs or drug paraphernalia in any media form (pictures, social media posts, etc.), this will be considered just cause for immediate drug testing.

Transportation

A student-athlete must ride in school-provided transportation to and from all interscholastic contests unless he/she is checked out by his/her parent/guardian after such contest to ride home with his/her parent/guardian.

A student-athlete may ride to an interscholastic contest with his/her parent/guardian or another parent/guardian with written permission and prior approval by the athletic director or coach if an extenuating circumstance exists.

Certified Athletic Trainer/Student Trainers

The Farmington School District has a certified athletic trainer (ATC) employed by Arkansas Children's Hospital/UAMS to review competitive athletic practices and procedures from the standpoint of student safety and fitness. The athletic trainer has the ability to participate in annual parent meetings and provide specific suggestions for off-season conditioning programs, definitions of and recommendations for acclimatization, risk factors, nutritional and fluid concepts, and specifics regarding physical exams.

The Farmington School District supports a Student Athletic Trainer program through the University of Arkansas that is under the direction of the certified Athletic Trainer (ATC). The responsibilities of student athletic trainers are to assist certified athletic trainers (ATCs) in providing the highest care possible to the student-athletes of the Farmington School District. (See consent to treat on pg 16)

Concussion Protocol

Concussion Guidelines for AAA Member Schools (Adopted 8/4/10 by AAA Board of Directors) (See form attached on pg 18)

- No athlete should return to play or practice on the same day of a concussion.
- Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day (MD, DO, Nurse Practitioner, Certified Athletic Trainer, or Physician Assistant).
- Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
- After medical clearance, return to play should follow our step by step concussion return to play protocol with provisions for delayed return to play based upon the return of any signs or symptoms.

Training Room Policy

- If injured, the student-athlete must notify their coach.
- The coach will then refer the athlete to the trainer and notify the parent.
- The coach will fill out an injury report and send a copy to the athletic director's office.
- The trainer then will diagnose the athlete and do any of the following- administer treatment, refer to a medical professional, or send the athlete back to practice.
- It is required for the athlete to be doing physical rehabilitation with the training staff or be with their respective team observing practice. Athletes are not to sit and wait in the training room for treatment. They should be with their team and the training staff will come get them when they are available to administer treatment.
- If an athlete is seen by a medical professional, they must provide documentation of medical release by that professional before being cleared to play by the athletic trainer.

Physical Examinations

Participants in all interscholastic athletic activities including cheer are required to undergo an approved pre-participation physical examination. These examinations are valid for 15 months past the examination date, after this time the student-athlete must undergo another physical examination to be eligible to participate in athletics.

- Prior to participation (including tryouts) all students must submit the results of a pre-participation physical examination to the appropriate coach/sponsor. Results must be submitted on a standard form, provided by the school district.
- The Farmington School District will work with local healthcare clinics to provide an annual physical that is available to all student-athletes. The date and location will be announced prior to the scheduled day.
- If any student-athlete misses the annual physical opportunity or chooses to get a physical on their own, then the student/parent should obtain the physical form from Dragonfly Max and take it to the medical doctor (MD) or doctor of osteopathy (DO) when the physical examination is conducted. Parents/guardians will be responsible for the cost of the physical examination.

Prior to participation in athletics at any grade, students will be required to complete a health and injury questionnaire and a pre-participation physical examination as specified above. A review of that questionnaire by the athletic trainer or the school nurse will be done to ensure that all components of the physical and information are accurate and complete.

Any findings within the medical exam and/or family history shall require clearance from the student-athletes primary care physician.

The pre-participation physical examinations and the annual health reviews should not be used as a substitute for routine health checkups performed by the student's primary physician.

Insurance Claims

Farmington School District carries secondary insurance which may cover injuries that athletes receive in the course of practice or interscholastic competition. However, It should be noted that this insurance is secondary insurance which is applied after the parent's primary insurance policy has been applied. Farmington School District has upgraded our student insurance coverage and athletic insurance package, but this insurance does not pay 100% of the athlete's medical costs. It is strongly suggested that parents/guardians carry their own medical insurance on the child in case he/she is injured. It is up to the parent/guardian to follow instructions given to them by the school's supplemental insurance carrier to receive benefits in the event of an injury. Those instructions will typically be given in the form of an email from the insurance carrier directly to the parent. The Farmington School District will not be responsible for the payment of medical bills. (See page 15)

Educational Benefits (EBi) underwritten by Monarch Management Corp is the company that Farmington Public Schools has contracted to provide student accident coverage. Again this policy is supplemental to the athlete's primary insurance. It has a maximum benefit of \$25,000 per injury. There are also extended student coverage options available through them. More information can be found at <https://www.mmc-ins.com/>.

Tryout/Cut Policy

Farmington Athletics reserves the right to hold tryouts and have limited numbers of athletes on any team due to one or more of any of these factors:

- Student/Coach Ratio
- Transportation Issues
- Facility Issues
- AAA Limits

If a coach deems it necessary to cut numbers on a team they will:

- Announce the tryout through school announcements at least 2 weeks prior to the tryout.
- Hold the tryout during a time prospective players can attend, either during the regular athletic period or right after school.

If a student moves in after the tryout or can't make the tryout due to unforeseen circumstances such as injury or death in the family, the coach will hold a separate tryout for them as soon as possible. If a season has already started when the student moves in, and a tryout is required, the student must wait until after the season is over to try out.

The number of players kept in a respective sport is at the coaches discretion and is subject to change on a yearly basis. If a team is already full, the coach reserves the right not to take any more participants.

If a participant moves in after the try-out date and makes the squad, but equipment/uniforms have already been ordered. The new participant may have to incur extra costs to acquire that equipment/uniforms.

Dragonfly Max

Dragonfly Max is an online platform that allows the school to keep all forms of consent, physical examinations, and other various paperwork that must be kept on each athlete. Dragonfly Max allows coaches, parents, and administrators immediate access to consent when time can be a critical issue. Each parent must either go to <https://max.dragonflyathletics.com/>, or download the Dragonfly Max app on their smartphone, and register each student-athlete. Consent and questionnaire forms to either be signed electronically, or printed, signed, and then uploaded in Dragonfly Max. An athlete's

current physical, either by scanner or by smartphone picture then uploaded into Dragonfly Max by the parent.

It is the parent's responsibility to register each athlete, provide proper documentation, and upload a current physical. If this is not completed, the student will not be eligible to participate in athletics.

Insurance Form

To: Parents or Guardians of All Students Who Participate in Athletics and/or AAA Sponsored Activities.
From: Farmington Athletic Department
RE: Accident Insurance for Students in AAA Activities

The following facts should be fully understood by the parents and guardians of all Farmington School District athletes and students who participate in school sponsored activities in grades PK through 12.

1. The Farmington School District has entered into a contractual agreement with Monarch Management Corp, for athletic and extracurricular insurance. This coverage is for AAA sponsored activities, including all AAA athletic events. Your child will be covered while participating in, practicing for, and traveling to and from such an activity.
2. Farmington School District assumes no responsibility as a result of injuries that occur during an athletic or AAA event; however, this insurance is provided at school expense. This is a SECONDARY INSURANCE to whatever health insurance the parent or guardian has for their children, and all claims should be filed with the primary health insurance company and with Monarch Management Corp., Inc.

If you have any questions, feel free to call 266-1806 or visit the Monarch Management Corp., website at www.mmc-ins.com. You may also email bthomp@farmcards.org for information.

I have read and understand that the coverage provided by the Farmington School District has certain limitations and is considered primary coverage only if I have no other coverage for my child(ren). I further understand that Farmington School District is not responsible for payment or any medical expenses not paid by Monarch Management Corp..

Student's Name: _____

School: _____

Parent/Guardian Signature: _____

Date: _____

Consent to Treat Form

CONSENT TO OPERATION, ANESTHETICS AND OTHER MEDICAL SERVICES

This is to certify that I, the parent of _____ age, _____, birth date ____/____/____, consent to the performance of any emergency surgical operations and other medical procedures which may be considered necessary by the medical doctors as a result of injury or other emergency during the school year of ____ to _____. In the event of an emergency involving my child during this period, I may be reached at: _____ or _____.

Full Legal Name: _____

Address: _____

Phone Number () _____ Emergency Phone Number () _____

_____, ____/____/____ _____, ____/____/____
Student's signature Date Parent's signature Date

Notice of Dismissal/Suspension/Quit Form



Farmington Schools



Athletic Department

Beau Thompson- Athletic Director

Farmington High School, 12329 N. Hwy. 170 Farmington, AR 72730 Phone: (479) 266-1806 Fax: (479) 267-6010

Note of Dismissal, Suspension or Quitting (circle)

Date & Name of Parent/Guardian contact _____

Date athlete quit: _____

Date of dismissal: _____

Suspension: Date Suspension will start _____

Date Suspension will end _____

Coach's Signature _____ Date _____

Athletic Director Signature _____ Date _____

Concussion Form



Arkansas Activities Association Concussion Fact Sheet for Athletes and Parents

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

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 your self 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

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

SIGNATURES

By signing below, I acknowledge that I have received and reviewed the attached AAA Concussion in Sports Fact Sheet for Athletes and Parents. I also acknowledge and I understand the risks of brain injuries associated with participation in school athletic activity.

Athlete’s Signature

Print Name

Date

Parent / Guardian Signature

Print Name

Date

Drug Test Consent Form

Dear Parent:

The Farmington School District has made a strong statement to all of our students who participate in extracurricular activities sponsored by the Arkansas Activities Association* that they should be positive role models for our school and all others they may influence. Therefore, it is necessary that each student participant make a commitment to remain drug free.

Random drug screening is a way for us to eliminate rumors regarding our student participants and to give students a weapon to use against negative peer pressure in regard to the use of illegal drugs.

In accordance with the Farmington School Board Policy, we require each student participant in AAA sponsored extracurricular activities to make a commitment and sign this document as a pledge to abstain from the use of illegal drugs prior to their involvement in the extracurricular programs.

Sincerely,

Beau Thompson
Athletic Director

My signature attests to my personal pledge to abstain from the use of illegal drugs.

Signature of Student Participant

Date

My signature indicates consent for my child, whose name appears above, to be tested under the guidelines of the Farmington School Board Drug Testing Policy as required for participation in AAA sponsored extracurricular activities.

Signature of Parent

Date

The rights provided to parents under this policy transfer to the student when he/she turns 18 years old.

*AAA sponsored extracurricular activities: athletics, band competitions, drama/speech competitions, FFA competitions, FCCLA competitions, choir competitions, cheerleading/pom/dance (including competitions), quiz bowl competitions, are club competitions, journalism competitions, FBLA competitions, National Honor Society competitions, and Student Council competitions.

Farmington Athletics Handbook Agreement Form

I, (athlete) _____ have read the Student-Athlete & Parent Athletic Handbook and agree to participate as written in the handbook.

I, (parent/guardian) _____ have read the Student-Athlete & Parent Athletic Handbook and understand and agree to follow the policy information in the handbook. I give my permission for my son/daughter to participate in athletics at Farmington Public Schools.

To access the athletics handbook, please go to:

<https://www.farmcardsathletics.org/documents>