Dover Pirates



Athletics Handbook

2026 -2027

Dover School District

Department of Athletics

The following encompasses the following sports: Cross-Country, Golf, Football, Basketball, Wrestling, Track, Baseball, Softball, Volleyball, and Cheerleading.

Vision Statement: The Dover Athletic Department is designed to provide students with the opportunity to participate in a variety of sports. Our vision is that athletics will be considered an asset to the academic mission of the schools and will help enhance the school life experience. We envision an athletic department that all of its participants: student-athletes, coaches, administrators, and parents can be proud of and one that promotes lifelong personal and community wellness as well as positive and productive citizens.

Beliefs:

- We believe that athletics are an integral part of the total education program and a unique part of the junior high and senior high experience.
- We believe athletics teaches student-athletes many invaluable, intangible traits necessary to be productive in society such as: self-discipline, personal commitment, loyalty, sportsmanship, teamwork, work ethic, and the value of preparation.
- We believe athletics have a positive effect upon the student-athletes self-image, mental and social well-being, and ethical awareness.

Objectives:

- Understand that athletics is a privilege not a right. Each student-athlete is expected to not only follow school policy/guidelines, but also follow athletic department policy.
- To allow every individual the maximum opportunity to participate in an activity while recognizing that sports, like life, is a competitive situation in which some will excel, some will succeed, some will fail, but all will benefit by merely being participants.
- To provide our student-athletes with the best possible administration, coaching, and instruction available.
- To provide our student-athletes with quality facilities and equipment that is safe.
- To provide our student-athletes with safe, quality transportation to and from all competitions and events.
- To provide our student-athletes with proper funding to meet all of their needs in the athletic arenas.

Eligibility for Extracurricular Activities

The Dover Athletic Department requires that all student-athletes and potential student-athletes meet all Dover School District, ADE, and AAA requirements.

7th and 8th Grade requirements

Beginning of the first semester

- A student promoted from the 6th to 7th grade or 7th to 8th grade automatically meets AAA eligibility requirements for the first semester.

Beginning of the second semester

- Student meets AAA eligibility requirements by successfully passing four (4) academic courses the previous semester, three of which must be core curriculum areas.

9th Grade requirements

Beginning of the first semester

- Student meets AAA eligibility requirements by successfully passing four (4) academic courses the previous semester, three of which must be core curriculum areas.

Beginning of the second semester

- Student meets AAA eligibility requirements by successfully passing four (4) academic courses the previous semester.
- 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.

10th-12th Grade requirements

Beginning of the first semester

- Student meets AAA eligibility requirements by successfully passing four (4) academic courses the previous semester.
- Student meets AAA eligibility requirements with a minimum GAP of 2.0, based on the previous semester.
    - If a student is not meeting AAA requirements, he/she must enroll in SIP for the semester and complete 100 minutes a week in the program.

S.A.I.L.S.

Student Academic Intervention Learning System

S.A.I.L.S. is an academic program designed to assist our athletes in the classroom and prevent them from becoming academically ineligible. The S.A.I.L.S. program is a three level system that uses weekly updates on grades to monitor, address, and correct students' grades in real time.

Please refer to the 4.8 and 5.15 section of the Student Handbook for more detailed information regarding grading and make-up work.

Level 1-C

- Students with a C in a class will be placed in that class for RTI the following week.

Level 2-D

- Students will do four days of lunch study hall.
- Students will be placed in this class for RTI.
- At quarter, students will have a set punishment in whatever activity they are currently involved in.

Level 3-F

- Students with any F in a class will be placed in Tier 3 RTI
- Students will do four days of lunch study hall.
- Students will be placed in that class for RTI.
- Students will face a weekly set punishment in whatever activity they are currently involved in.
- At quarter students will have a set punishment in whatever activity they are currently involved in.

Coaches also reserve the right to assign additional conditioning as necessary to support and encourage academic progress toward maintaining a minimum 2.0 GPA.

**If you do not have a 2.0 GPA at the end of a semester, you will not be eligible to participate in extracurricular activities.*

Complaints

The following order should be followed in reporting a complaint by conferring with:

1. The coach that has direct supervision of the athlete at the time.
2. The head coach of the sport
3. The athletic director
4. The principal
5. The superintendent

NOTE: Parents should always call to schedule a meeting with the coach. Never approach a coach before, during, or after a practice or a game. All complaints will be addressed during scheduled meetings with the coach.

Physicals

All student-athletes are required by the Arkansas Activities Association (AAA) to have a valid (current) physical on file through the Dragonfly app along with a signed handbook prior to being allowed to participate in any extracurricular activity in the Dover School District.

Sign Out Procedures

All athletes must travel to athletic contests in transportation provided by the athletic department unless prior arrangements are made through the proper channels due to emergency situations. Students will be required to ride home on the bus unless their parent/guardian has gone through the proper sign out procedures. The requirement to ride home on the bus is at the coach's discretion and may vary by sport. Coaches may establish sport-specific pick-up expectations and communicate them to athletes and families in advance. Siblings or other persons 18 years of age or older designated by the parent/guardian can sign out a student after an extracurricular activity if they are listed on the student's sign out list. In the instance of a parent/guardian wanting someone to sign out their child who is not listed on the sign out list must have prior approval and documentation to the head coach at least 30 minutes prior to the departure of the trip.

Holiday Practice and Games

Expect to have holiday games and practices through the course of each year. It is the responsibility of the student athlete and parent/guardian to communicate with the coach when he/she will be missing these practices and/or games.

Quitting a Sport

If a student chooses to quit a sport, they will need to make that decision prior to the first AAA Sanctioned event for that sports season. They will need to have a meeting with the head coach of that sport then the coach will inform the Athletic Director and any other coaches the student plays for.

A student who chooses to leave a team before the conclusion of the season may not participate in another sport until the dropped sport has completed its season. Exceptions can be made for extenuating circumstances falling under one or more of the following criteria.

1. It occurs because of a medical issues, dr. note required, and/or

2. it is by mutual consent of coaches or sponsors.

3. It occurs due to extreme circumstances. “Extreme circumstances” do not include the

following: Personality clash with the coach, insufficient playing time, or cramped social

life. The situation must be serious and must have consequences for the persons involved.

The coach must also give consent in cases of this type.

If a student is removed from a team by the head coach for disciplinary reasons, the student will not be allowed to participate in another sport until after the dropped sport has completed its season.

Awards and Recognition

The Dover Athletic Department will conduct a sports banquet in the spring for all senior high athletic activities.

Awards will be given to athletes who receive All-Conference, All-State, or other conference awards. The head coach and staff will determine how recipients are chosen for individual awards.

A digital banner will be awarded for junior high conference championships, junior high post-season tournament championships, senior high conference championships, and senior high post-season tournament championships.

A banner will be awarded for any senior high state championships

Off-Season

Off-season workouts are designed and required by the department of athletics to prepare and train a student athlete both mentally and physically for an upcoming sport. Each athlete will be expected to participate in the off season for all sports in order to participate in that sport for the next season.

Summer Work-outs

All athletes are expected to maintain their physical conditioning throughout the summer. Coaches will inform athletes of any and all special workout programs to be followed. Weight rooms and gyms will be open as scheduled through the summer. Workout schedules and requirements will be provided by the coaches. It is the responsibility of the student athlete to communicate with the coach of each sport if he/she is going to miss summer workouts/requirements.

ISS

Student athletes who receive In and/or Out of school suspension or office detention will NOT be able to participate in games or practices until the suspension is completed at 3:15 the last day of the suspension. That student will be subject to extra running for missed practices and possible missed games.

Disciplinary Referrals Outside of Athletics

A student receiving discipline referrals could be subject to extra running and possible dismissal at the discretion of the head coach of the sport they are in.

Dismissal Policies

The athletic department may deem it necessary to disassociate an athlete from the sport for inappropriate behavior or actions. This decision will be made by the head coach of that sport and the athletic director. Dismissal from the team of an in-season sport does not necessarily mean dismissal from the program. Dismissal from a team and the entire athletic program may become necessary if the offense is deemed detrimental to the overall athletic program by the athletic director, head coach, and principal.

Social Media

Social media is not to be used to criticize or critique players, coaches, administrators, or teachers of the Dover Public Schools or any of its athletic teams. Any negative social media postings will fall under the scope of conduct detrimental to the team and could result in disciplinary action or dismissal from the team.

Attendance

All students who participate in school activities must be in regular half-day attendance the day the activity is scheduled. Half-day attendance is four full periods of class. To participate in practice, a student must attend school a half-day. Any absence must be documented by the parent, a doctor’s note, and/or with the office as stated in the student handbook. All doctor appointments, etc. should be scheduled so they do not interfere with team activities.

Parent/Support Code of Conduct

The larger school-community has an interest and investment in the success of Dover athletic programs. Parents and other supporters play a key role in reinforcing the educational goals of our program. Therefore, we expect these important supporters of our program to do the following:

1. Remember that a ticket to a school athletic event is a privilege to observe the contest.

2. Be a positive role model through their behavior at athletic contests.

3. Show respect for the opposing players, coaches, spectators, and support groups.

4. Be respectful of all official's decisions

5. Recognize and show appreciation for an outstanding play by either team.

6. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people.

7. Gain an understanding and appreciation for the rules of the sport.

8. Reinforce our alcohol, tobacco and other drug-free policies by refraining from the use of any such substances before and during athletic contests.

9. Be respectful of all coaching decisions and never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.

10. Avoid the use of social media to criticize or critique players, coaches, administrators, or teachers of the Dover Public Schools or any of its athletic teams.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning
- Written warning
- Game suspension with written documentation of incident kept on file
- Season suspension
- Permanent dismissal

Ejections

As stated in the AAA Handbook, A participant/coach/administrator/spectator is prohibited

from participation and/or attendance from the point of ejection plus:

First Offense in same season:

- Football — next four (4) consecutive full quarters of comparable events.
- All other sports — next comparable event

Second offense in same season:

- Football – next eight consecutive full quarters of comparable events.
- All other sports – next two comparable events.

Third offense in same season:

- Prohibited from participation for the remainder of same sport

  season. If there are fewer than 3 comparable games remaining in the season, the prohibition of

  participation carries over to the next same sport season to total at least 3 games.

- Comparable event is defined as an event in the same sport that has already been scheduled and

  is at the same level of competition. If ejected from a varsity event, penalty shall be served at the

  next scheduled varsity event in that sport. If ejected from a JV event, penalty shall be served at

  the next scheduled JV event in that sport. If ejected from a benefit game, penalty shall be served

  at the next scheduled benefit game in that sport.

Insurance

The Dover School District does provide accident insurance for students who participate in athletics, AAA activities, or any school sponsored event. This is a supplemental insurance plan that will be secondary to your primary insurance. It is the parent or guardians responsibility to maintain insurance for their child. In the event of an injury please have your coach fill out the necessary forms for you to attain the supplemental insurance.

Athletic Passes

Each athlete listed on an official roster for a Dover athletic team will be given a student all sports pass. The pass will allow the athlete to be admitted into all Dover athletic contests. This pass is a privilege of being a member of the Dover Athletic Department and should not be abused.

Drug Testing Policy

The Dover School Board has adopted a drug screening policy for all athletic/spirit groups in grade 7-12, who represent the Dover School District. The Board believes this policy is necessary for the health and safety of the individuals involved in these activities.

Procedures for Testing:

1. Each student must have a signed parental/guardian consent form (athletic handbook/band/choir handbook) as a requirement for participation in any athletic/spirit group activity and the drug-testing policy. This signed form enlists the student in drug testing for 365 days. Failure to produce the signed consent form will result in the student being prohibited from participating until a form is signed and submitted to the school via Dragonfly.

2. All student test results and test correspondence will be completely confidential between the school district, the testing company, and the student and their parents/guardians.

3. Students will be subject to urinalysis and/or saliva testing for participation in athletic/spirit groups. Furthermore, 5% of the total number of students involved in those activities will be randomly selected for testing every Month.

4. Any student who decides to participate after the random testing begins will automatically be tested and then placed in the random group.

5. Any student selected who refuses to submit to random drug testing and/or re-testing or submits a cold test will be subject to the provisions of a positive test. In addition any student that signs out or leaves the testing site prior to submitting to a random drug test without approval from the Athletic Director will be subject to provisions of a positive test.

6. If the lab reports the specimen as dilute, contaminated, adulterated, or a quantity too low for testing, you have the right to insist on another test within a time frame, and if the student doesn't comply, the outcome will be the same as a positive test.

Consequences for a positive student test will proceed as follows:

First Positive Test: If a student tests positive for the first time, the student will be immediately suspended from participating in or attending any athletic/spirit activity for thirty (30) days. Upon verification of a positive test result for any donor, the custodial parent/legal guardian will be notified and a meeting will be scheduled with the athletic director, the student, the custodial parent/legal guardian, the student's principal, and the student's head coach or sponsor. Counseling and/or rehabilitation will be strongly recommended for the student who tests positive. A referral/resource list will be made available to the student and custodial parent/legal guardian. Any counseling/rehabilitation service costs will be the responsibility of the student and/or custodial parent/legal guardian. The student will be allowed to participate after the thirty-calendar day suspension period pending the student providing a negative test result from the district's test vendor. It will be the responsibility of the student and/or custodial parent/legal guardians to schedule and pay for the retest through the district's testing vendor and provide a written copy of the results to the athletic director.

Follow Up Program

After a positive test, the school district feels an obligation to continue to support that student by monitoring for additional drug use/misuse. Any student who has a verified positive test will be subject to drug testing at any scheduled screening. A positive test during one of these screenings will be considered an additional positive test and that student will be subject to the provisions of this policy.

Second Positive Test: Upon verification of a second positive test, the student will not be allowed to participate in or attend extra-curricular activities or park on campus for one calendar year. Following the calendar year, It will be the responsibility of the student and/or custodial parent/legal guardians to schedule and pay for the retest through the district's testing vendor and provide a written copy of the results to the athletic director. As a function of the follow up program, a student may be tested at any scheduled screening during the calendar year suspension from activities.

Third Positive Test: Upon verification of a third positive test, the student will not be allowed to participate in or attend extra-curricular activities or park on campus for the remainder of their enrollment in the Dover School District.

Welcome to the Hydration Campaign Parent Meeting

Review the following information and complete the quiz at the end by circling the correct answer.

KENDRICK FINCHER

HYDRATION FOUNDATION

Did you know…?

- 75% of the body is made up of water
- 92% of blood is made of water
- Water carries nutrients and oxygen to all the cells in your body
- Water helps turn food into energy
- Water regulates your body temperature
- You have a 10% decrease in your mental performance when you feel thirsty
- If you are dehydrated you are more likely to have trouble concentrating
- If you are well hydrated, exercise feels easier and more enjoyable

So drink more water!

How much do I need to drink?

Take your weight and divide it by two. Everybody needs at least 50 ounces or water a day and if you weigh over 100 pounds, then divide your weight by two to determine how much to drink (for example, if you are 150 pounds you should drink 75 ounces per day). And if you are sweating, you should drink even more!

When and what do I need to drink?

You should drink water and other healthy liquids throughout the day. Sports drinks are great if you have been working out or playing sports. Soft drinks are not a healthy choice for hydration and will actually make you dehydrate faster. Milk and juice are a great part of your diet, but they contain calories which you may need to keep an eye on for maintaining healthy weight.

What's the big deal?

Dehydration is a common problem for many young athletes playing in heat. These conditions are not onl dangerous, but are also fatal in some cases. You can die from these illnesses. Don't take it lightly. It's not cool to see how long you can practice without drinkir water. It's deadly.

Three Degrees of Heat Illness:

The three types of heat illness are Heat Cramps, Heat Exhaustion and the most serious and deadly form: He Stroke. All three of these types of dehydration are dangerous, and that is why it is so important to know the warning signs.

Warning Signs!

Dehydration is a very common problem, and young athletes can experience consequences of dehydratio even if they are as little as 2% dehydrated. Here are some warning signs:

- Noticeable Thirst
- Nausea
- Headache
- Weakness
- Difficulty Paying Attention
- Decreased Performance
- Muscle Cramps
- Fatigue
- Lightheaded or Dizzy

Then what?

If you experience any of the previous symptoms, you need to take the following action:

1. Rest in a cool place
2. Drink a sports drink that contains the adequate amount of electrolytes.
3. Prevent dehydration in the future by consuming fluids before, during and after exercise.
4. Allow lots of time to rehydrate.

Heat Exhaustion

Symptoms of heat exhaustion include dizziness and fatigue, chills and rapid pulse.
If you experience these symptoms, immediately:
1. Rest in a cool place.
2. Drink a sports drink.
3. Lie down with legs elevated to promote circulation
4. You should begin to feel better soon. If not, you may have heat stroke.

Heat Stroke

Heat Stroke is a medical emergency! If not treated fast and appropriately, it can result in death!
Symptoms include:
Very High Body Temperature (rectal temperature over 104 degrees)
Altered central nervous system function (confusion or unconsciousness)
Healthy athlete collapses during intense exercise in the heat

Cool-Out Heat Stroke

Immediate cool-down procedure is very important for someone suffering exertional Heat Stroke. Quickly get the person into an ice bath to get temperature down as quickly as possible. If an ice bath is not available, put ice packs all over the body, take a cool shower, use wet towels or spray water. Remember that heat exhaustion gets better, but heat stroke just gets worse. Call 911, cool first and then transport.

Ok, you know the facts, now what are you going to do about it?

Know Your Sweat Rate

Athletes need to know how much they sweat and how much to drink to replace it:
Weigh in before and after practice and competition.
Keep track of how much fluid you drink during workout.
Combine the amount of weight lost with the amount of fluid consumed to know how much to drink to stay hydrated.

Check your Urine

If your urine is colored dark yellow like apple juice, you probably aren't staying hydrated. It should be clear or light yellow--such as lemonade to know that you are drinking enough fluids.

Hydrate, hydrate, hydrate

- You should always drink before, during and after practice.
- BEFORE gives you a head start.
- DURING gives you the energy to keep going.
- AFTER helps replace the lost fluids and electrolytes.

Know WHAT to drink

Water is always a good choice, but research has shown that sports drinks are best while working out. This is because sports drinks contain electrolytes, flavor to encourage you to drink and carbohydrates to send energy to your muscles. Avoid fruit juice, carbonated drinks, caffeine and energy drinks before or after activity.

Speak Up!

If you are feeling ill or need to rest, **TELL YOUR COACH!** Do not let these symptoms go by without saying something about it! Don't worry your coach won't think less of you and your teammates will respect you for protecting yourself. It is nothing short of dangerous and stupid to be quiet when you aren't feeling well. So speak up!

Heat Illness Prevention

There are a lot of factors that can cause heat illness, but here are some simple tips to keep you safe.
1. Acclimation – an athlete needs two weeks to get acclimated to work-out routines. Drink lots of liquids, stay hydrated and take some time to get used to the sport you will be participating in.
2. Proper Rest – Parents and coaches should encourage breaks in shaded areas, practice during cooler times of the day, such as the evening or early morning. Practices must be modified based on the conditions of weather and time of year.
3. Dress Code – Wear light-colored and lightweight clothing that does not constrict your body.

Temperature Awareness

Keep track of the heat index and the risk during activities. The 'heat index' is a measurement of air temperature and humidity.

Congratulations!

You've finished The Hydration Campaign review. Now you are ready to take the quiz. After you have answered all the questions, sign the signature page give your results to your coach.
Thanks for taking the time to make sure you can beat the heat!

QUIZ

Circle the correct response:

1. When conditioning for sports, the process of Acclimation takes:
A. 1 Day
B. 2 Days
C. 1 Week
D. 2 Weeks

2. Proper hydration is most important:
A. Before practice or games
B. During practice or games
C. After practice or games
D. They are all equally important

3. Unless discolored from medications, you know you are pretty well hydrated if your urine color is clear or looks like:
A. Apple Juice
B. Prune Juice
C. Lemonade
D. Limeade

4. Which of the following are signs of dehydration:
A. Nausea
B. Thirst
C. Weakness
D. All of the above

5. One treatment for dehydration is:
A. Drink enough liquids
B. Get used to it
C. Vomit
D. Work harder

6. Which of the following is a sign of heat stroke:
A. Confusion
B. Healthy athlete collapses during intense exercise
C. High core body temperature
D. All of the above

7. What is the most important treatment for a heat stroke victim:
A. Resting in a cool place
B. Re-hydrating before the next practice
C. Rapid cooling and transport to a medical facility
D. Eating a snack

8. Rapid cooling can be done by:
A. Ice bath in a "cool place"
B. Ice packs or cold, wet towels over the body
C. Taking a cool shower
D. All of the above

9. The heat index is a measure of:
A. Humidity
B. Air Temperature and humidity
C. Air Temperature
D. Barometric Pressure

10. In addition to water, the best drink to consume when you are working out is:
A. An energy drink
B. 100% juice
C. You really should only drink water
D. A sports drink

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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 bee 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 methicilliin-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 hygene
- 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

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

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

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 every three years on prevention of sudden cardiac death.
- 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.

SIGNATURES

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 I understand the risks of injuries associated with participation in school athletic activity.

Athlete's Signature	Print Name	Date
Parent / Guardian Signature	Print Name	Date

Dover School District

Student/Athlete Parent/Guardian Signature Form

_____Acknowledgment of Injury Risk – Preparation for and participation in athletics involves the risk of injuries ranging from minor to severe. By signing this form, parents acknowledge their understanding of these risks and indicate continued interest in participation. Initial this statement.

_____Athletic Insurance Information – The student's individual or family primary insurance will be responsible for medical coverage. Initial this statement.

_____Emergency Consent for Treatment of Injury – I give my consent for school officials, emergency personnel, trainers, etc. to treat my child in the event of injury or illness during the periods of time the child is away from his/her legal residence. Initial this statement.

_____Random Drug Screening - In accordance with the Dover School District drug testing policy, each student will be subject to random drug testing in order to be eligible for any team. Initial this statement.

_____Handbook Form – I have read and understand the requirements and guidelines of the Dover Athletic Department and will abide by its rules and policies. Initial this statement.

_____Hydration and Heat Illness Review- I have read and reviewed the hydration and heat illness form and completed the quiz. Initial this statement.

_____Sports Medicine Fact Sheet- I have read and reviewed the AAA Sports Medicine Fact Sheet for Students and Parents including Exertional Heat Stroke, MRSA, Concussion, and Sudden Cardiac Arrest and understand it. I also acknowledge and I understand the risks of brain injuries associated with participation in school athletic activity. Initial this statement.

Extra-Curricular Activities Sign out List – Please include the names of up to four (4) people whom you approve to sign out your child from a school sponsored event.

1. _____

2. _____

3. _____

4. _____

Our signatures indicate that we have read and understand the information provided on this form and in the handbook:

_____ _____

Signature of the Parent/Guardian Signature of the Student

_____ Date_____ _____Date_____