Lake Hamilton School District

Athletic Information Guide & Handbook (Student-Athlete & Parents)

Includes: Athlete Code of Conduct & Consent Forms

2026-2027

Revised: July 1, 2026

Athletic Department Mission Statement

"To develop young people of character through education-based athletics while pursuing competitive excellence, academic success, servant leadership, and lifelong growth. We strive to lead and serve with integrity, humility and credibility.

Informational Links

- District Website: https://www.lhwolves.net/
- District Athletic Website: https://www.lhwolves.net/o/lha
- Arkansas Activities Association Website: https://www.ahsaa.org/

Athletic Department Office Phone: 501-463-5446

Athletic Department Office Location: Wolf Arena (Concourse, Rooms 213 & 214)

Note: This athletic guidebook will be updated as rules, procedures, guidelines are changed or modified. The National Federation of High Schools, Arkansas Activities Association, Arkansas Department of Education, and Lake Hamilton School District may provide these modifications to the athletic director at any given time. The Athletic Guidelines and updates will be posted on the LHSD athletic website, as well as each athletic high school athletic website. A printed copy may be provided if requested in writing to the athletics office.

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Welcome to Lake Hamilton Athletics

Athletics is an extension of the classroom. Our coaches are educators, our teams are classrooms, and our competitions provide opportunities to develop character, leadership, discipline, and resilience.

Participation in Lake Hamilton Athletics is a privilege that carries responsibilities. This handbook outlines the expectations that help us create a safe, positive, and competitive experience for every student-athlete.

Thank you for partnering with us as we work together to develop outstanding young people.

The Lake Hamilton Athletic Experience:

What can parents expect?

- Safe environment
- Qualified coaches
- Positive communication
- Competitive opportunities
- Character development
- Academic support

What do we expect from parents?

- Encourage effort
- Respect officials
- Trust coaches
- Support teammates
- Model sportsmanship
- Communicate appropriately

Our district is committed to providing:

1. An opportunity to earn a roster position through a tryout process of at least **3 days**.
2. Up to date equipment and facilities.
3. Well trained coaches.
4. Access to a safe environment for competition and training.
5. Access to certified staff for medical related circumstances.
6. An atmosphere of strong competitive spirit and sportsmanship through competition.

Introduction:

The Lake Hamilton Athletic Information Guide is presented to you because you have indicated a desire to participate in the athletic program(s) within the Lake Hamilton School District. This guide also serves as a consent for parents who have expressed a willingness to permit your child to participate in interscholastic sports. Participation in interscholastic sports provides a wealth of opportunities and experiences which assist students in personal growth and maturation. Please remember participation in a competitive interscholastic activity as a part of a school's educational program is a privilege and not a right.

As educators, coaches, and administrators, our goal is to organize and administer a broad-based athletic program that will allow students with athletic interest an opportunity for safe participation in sports of their choice. Our programs will provide experiences that enhance each student's growth and maturity academically, socially, physically, and emotionally. The Lake Hamilton Athletics program strives to serve as a valuable resource to assist in establishing a sense of pride for participants, our school district, and our community.

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

Many other policies and procedures are covered in the Lake Hamiton School District Student Handbook and are applicable to all students.

WARNING ABOUT THE INHERENT DANGERS OF ATHLETIC PARTICIPATION

Student athletes and parents should be aware that any athletic participation will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in sports, and care should be taken by all concerned to minimize dangers through the use of appropriate equipment, proper training methods, and common sense. Each sport offers its own set of risk and risk minimization and may be discussed with coaches and school administrators.

ACCOUNTABILITY BEYOND ATHLETICS

Any conduct deemed detrimental to the reputation, integrity, or safety of the school district—whether occurring on school grounds, at athletic events, during school-sponsored activities, going to and from school or school activity, or in the community at large—may result in disciplinary consequences affecting both academic and athletic participation. These policies and guidelines within reinforce the district's commitment to cultivating responsible, respectful, and accountable student citizens at all times. Athletic involvement does not exempt students from district-wide expectations and policies, nor does it shield them from consequences beyond those contained within this document by the district when those expectations are not met. *The superintendent is authorized by the Lake Hamilton School Board to modify the penalties set forth in the Athletic Handbook on a case-by-case basis.*

ROLES WITHIN LAKE HAMILTON

SCHOOL DISTRICT & ATHLETIC DEPARTMENT

This athletic department organizational structure is only applied to athletic matters, and it is secondary to the academic building organizational structure.

1

SCHOOL BOARD OF THE LAKE HAMILTON SCHOOL DISTRICT

The elected governing body of the school district. Working directly with the Superintendent of Schools to adopt policies and procedures that are directly beneficial to developing excellence to the students, faculty and staff in the district and community at large – this is academically as well as for extracuriciular activities.

2

SUPERINTENDENT OF SCHOOLS

The executive function is the responsibility of the Superintendent of Schools, who establishes the ways and means of executing efficiently all policies adopted by the Board of Education. The Superintendent recommends to the Board of Education the appointment of all personnel who are given any responsibility for handling interscholastic athletics, and approves all policies and procedures recommended by staff; and is directly responsible to the School Board for the successful performance of the organization.

3

DEPUTY/ASSISTANT SUPERINTENDENT OF SCHOOLS

Assistants in the execution of day-to-day operations of the district with the Superintendent of Schools. Maintains and addresses, but not limited to, the needs of the school personnel (faculty and staff), maintenance, budgeting, policy development and along with the needs of specific areas of interscholastic athletics.

4

THE SCHOOL PRINCIPAL

The school principal is the administrative head of interscholastic athletic activities, as well as all other activities of his/her school. As administrative head of the school, he/she is directly responsible to the Superintendent of Schools, to the AAA. As defined by the AAA, supervision of athletic contests is a cooperative matter among principals, assistant principals, and/or designated supervisors. The District Athletic Director, along with other district administrators assist in supervision as needed/appropriate.

5

THE DISTRICT ATHLETIC DIRECTOR

In cooperation with the superintendent(s) and building principals, the district athletic director plans, coordinates, promotes, and supervises the total athletic program for the schools within the district, community, and state. The district athletic director also handles final appeals of athletic issues after they have run through the chain of communication via, coach, head coach, building level administration, etc. (for 7-12 program issues).

6

THE ASSISTANT ATHLETIC DIRECTOR/SPORT ADMINISTRATOR FOR ATHLETIC OPERATIONS

In conjunction with the Athletic Director, supports and executes the logistical and operational needs of the LHSD Athletic Department. This position(s) plays a key role in producing growth with our sports through mentorship and leadership development while assisting in organizing events, managing facilities, tracking inventory, public relations, fund raising, and assisting in developing systems that improve efficient day-to-day operations.

7

COACHES FOR THE DISTRICT

Are entrusted to be empowering role models and developers of young people. They are directly and indirectly responsible and expected to invest in our district and community by the power of positive influence through sport while growing professionally and influencing a culture of competitive excellence.

8

ATHLETIC TRAINING AND SPORTS MEDICINE STAFF

The AT's and Sports Medicine staff (physicians, therapists, and other specialists) focus on the health and well-being of our student-athletes and environments associated. They work to prevent, diagnose, treat and rehabilitate injuries and assist in to return to play protocols and develop LHSD Athletic Emergency Action Plans (EAP).

9

PARENTS/FAMILY MEMBERS/FANS/SPECTATORS/BOOSTERS

The support system for the district. Role is to be ultra supportive and positive advocate toward the success of each student or student-athlete in the district. Extremely important to be present, positive, and professional. Critical that these individuals are searching for ways to help when the opportunity arises regardless of age or circumstance.

ONE PACK. ONE PURPOSE. | CHARACTER. COMPETITION. COMMUNITY.

LAKE HAMILTON ATHLETICS

REQUIREMENTS FOR PARTICIPATION

ONE PACK. ONE PURPOSE.

1. Physical examination and all required forms completed, on file in the athlete's Dragonfly account and/or LHSD platform.
2. Proof of Insurance on file in the athlete's Dragonfly account and/or LHSD platform.
3. All eligibility requirements have been satisfied as established by the Arkansas Activities Association.
4. Off-season participation may be required to participate in specific sports.
5. Signed confirmation and consent forms housed on Dragonfly and/or LHSD platforms.

BE PREPARED.
BE ELIGIBLE.
BE A WOLF.

a. Lake Hamilton Athletic Department Athletic Consent form
b. Lake Hamilton Student & Parent Acknowledgment
c. Consent to Lake Hamilton School District Athlete Code of Conduct form
d. Drug Testing Consent form
e. Arkansas Activities Association Sudden Cardiac Facts form (Sports Medicine Fact Sheet)

SPORT/ACTIVITIES OFFERINGS WITHIN THE LAKE HAMILTON SCHOOL DISTRICT

FALL SPORT OFFERINGS

SPORT	GRADE LEVEL
Boys & Girls Cross Country	7-12
Boys & Girls Golf	9-12
Boys & Girls Tennis	9-12
Football	7-12
Volleyball	7-12
Cheer & Dance	8-12
eSports	7-12

WINTER SPORT OFFERINGS

SPORT	GRADE LEVEL
Boys & Girls Basketball	7-12
Boys & Girls Bowling	9-12
Boys & Girls Swim & Dive	9-12
Boys & Girls Wrestling	9-12
eSports	7-12

SPRING SPORT OFFERINGS

SPORT	GRADE LEVEL
Baseball	9-12
Softball	9-12
Boys & Girls Soccer	7-12
Boys & Girls Track & Field	7-12
eSports	7-12

CLUB SPORTS – NOT OFFICIALLY SPORT/ACTIVITIES UNDER ATHLETICS UMBRELLA OFFERINGS BY LHSD

7TH & 8TH GRADE BOYS WRESTLING

7TH & 8TH GRADE GIRLS WRESTLING

7TH-12TH FISHING

ONE PACK. ONE PURPOSE. | CHARACTER. COMPETITION. COMMUNITY.

COMPLIANCE

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

VIOLATIONS

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

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

All student-athletes are subject to LHSD School Board policy and disciplinary actions established for ALL students and are subject to ANY and ALL student disciplines regardless if they are or are not athletically related violations.

LAKE HAMILTON SCHOOL DISTRICT

ATHLETE CODE OF CONDUCT

ONE PACK. ONE PURPOSE. ONE STANDARD.

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

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

The mission of the Lake Hamilton School District Athlete Code of Conduct is to set expectations for student athlete conduct (365 days a year) that encourages behaviors that bring honor to the athlete, the team, the athletic program, the school and the community. Being a member of the Lake Hamilton School District Athletic Program is a privilege and not a right. Coaches, under the supervision of the Athletic Director, set rules, regulations, and expectations in which athletes that participate are expected to comply. The Lake Hamilton School District Athletic Department will use a discipline process that implements different levels of consequences determined by the incident and circumstances. While some infractions fall under Lake Hamilton School District Student Handbook policies, there may be consequences in addition to student handbook consequences.

CHARACTER. COMMITMENT. ACCOUNTABILITY. CHAMPIONSHIP.

LAKE HAMILTON SCHOOL DISTRICT

ATHLETE CODE OF CONDUCT

ONE PACK. ONE PURPOSE. ONE STANDARD.

THE RANGE OF CONSEQUENCES ARE AS FOLLOWS: MINIMUM – CONFERENCE WITH STUDENT | MAXIMUM – REMOVAL FROM ATHLETIC PROGRAM

LEVEL 1 INFRACTIONS

Result in a conference between the coach and athlete.

COACHES WILL DETERMINE CONSEQUENCES FOR LEVEL 1 INFRACTIONS.

EXAMPLES OF LEVEL 1 INFRACTIONS (BUT NOT LIMITED TO)

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

EXAMPLES INCLUDE BUT ARE NOT LIMITED TO

*Social Media AUP violations include posts or messages that are inappropriate, disrespectful, harmful, or bring discredit to the athlete, team, school, or community.

LEVEL 2 INFRACTIONS

Result in a conference with parent, athlete, and coach.

COACHES WILL DETERMINE CONSEQUENCES OR LEVEL 2 INFRACTIONS.

EXAMPLES OF LEVEL 2 INFRACTIONS (BUT NOT LIMITED TO)

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

REPEATED LEVEL 1-2 VIOLATIONS

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

LEVEL 3 INFRACTIONS

Result in a conference between parent, athlete, coach, and athletic director (if the student is a junior high student, the head coach of the high school program may also be involved).

CONSEQUENCES OF LEVEL 3 INFRACTIONS MAY INCLUDE TEMPORARY REMOVAL FROM THE TEAM, AS DETERMINED BY THE ATHLETIC DIRECTOR.

BEFORE AN ATHLETE CAN BE REINSTATED, THEY MAY BE REQUIRED TO COMPLETE ONE OR MORE OF THE FOLLOWING:

1. A minimum of 2 hours or up to 24 hours of community service
2. Participate in a conference with a school counselor, administrator, or with the coach and athletic director
3. Complete additional team/athletic consequences, such as extra-conditioning, as determined by the coach.

EXAMPLES OF LEVEL 3 INFRACTIONS (BUT NOT LIMITED TO)

- (ISS) In-school suspension.
- (OSS) Out of school suspension. Athletes who are placed in OSS will not be allowed to practice, dress out, or play in any contest during the suspension. After the athlete returns from suspension, he/she may practice and dress out for the following two weeks but may not play in any contest during that time.
- Violation of tobacco/vaping policy* (Athletes that self-report will receive a reduction of community service.)
- Serious violation of the social media acceptable use practice*
- Bullying/harassment/slander of teammates or coaching staff
- Physical altercations with student body, community, teammates, or coaching staff

*Tobacco/Vaping Policy includes use, possession, or being under the influence of tobacco, nicotine products, or vaping devices.

LEVEL 4 INFRACTIONS

Result in a conference between parent, athlete, coach, and athletic director (if the student is a junior high student, the head coach of the high school program may also be involved).

ATHLETES WILL BE REMOVED FROM THE LAKE HAMILTON SCHOOL DISTRICT ATHLETIC PROGRAM FOR UP TO 365 DAYS AT THE ATHLETIC DIRECTOR'S DISCRETION.

EXAMPLES OF LEVEL 4 INFRACTIONS

- Repeated violations of Level 3 Infractions
- Use, distribution, or possession of drugs or alcohol at AAA sanctioned events including school, any school event, practice, and games. This infraction falls under the student handbook Drugs and Alcohol (4.24) and will be directly referred to the building administrator for additional discipline according to the student handbook.
- Arrested, Criminal Charges, and/or Convicted of a Crime.

CHARACTER. COMMITMENT. ACCOUNTABILITY. CHAMPIONSHIP.

APPEALS PROCESS

The Lake Hamilton School District Athlete Code of Conduct is a School Board adopted policy. **A letter must be filed with the athletic director within (5) school days of the offense stating his/her reason for appeal.** The procedural order for student/parent/guardian addressing appeal shall be in the following order:

1. Coach
2. Athletic Director
3. Principal
4. Assistant Superintendent and/or Superintendent

***SOCIAL MEDIA ACCEPTABLE USE PRACTICE**

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

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

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

- **A level 3 or 4 INFRACTION:** Members of the athletic program should not be associated with posts involving tobacco/vaping, drugs, alcohol, or sexual content.

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

****TOBACCO / VAPING / DRUGS / ALCOHOL**

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

*****ARREST / CRIMINAL CHARGES / CONVICTION OF A CRIME**

Disciplinary action may be taken for **any conduct—on or off school grounds—that negatively impacts school discipline, student or staff safety, or the educational environment**. This includes, but is not limited to, arrests, criminal charges, or serious behavioral incidents. Consequences may affect both school and athletic participation and could include **suspension, removal from a team, or expulsion**, depending on the severity of the situation. All actions will follow proper due process, and the Superintendent may adjust penalties as needed.

When the District receives official notification that a student-athlete has been arrested and/or charged with a felony, regardless of whether the alleged offense occurred on or off school grounds, the student-athlete will be indefinitely suspended from all athletic activities pending disposition of the charge(s). In order to be reinstated to athletic activities, the athlete's parent or guardian (or the athlete if the athlete is over eighteen (18) years of age) must provide an official, final disposition of the charge(s) to the athletic director. If an athlete is convicted of a criminal act that is a felony, the athlete will, at a minimum, be dismissed from athletics for one calendar year. **(Violations within Policy 4.17 Student Discipline & 4.18 Prohibited Conduct)**

When the District receives official notification that an athlete has been arrested and/or charged with a misdemeanor, or is convicted of a misdemeanor, regardless of whether the offense occurred on or off school grounds, the athletic director may suspend the athlete from any or all athletic activities indefinitely or for a definite period of time. In order to be reinstated to athletic activities, the athlete's parent or guardian (or the athlete if the athlete is over eighteen (18) years of age) must provide an official, final disposition of the charge(s) to the athletic director. Depending on the nature of the conviction and its related circumstances, the athlete will have a minimum of a Level 3 Infraction. **(Violations within Policy 4.17 Student Discipline & 4.18 Prohibited Conduct)**

TRAINING RULES AND REGULATIONS

DRUGS, ALCOHOL, AND TOBACCO / VAPING

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

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

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

The Lake Hamilton Athletic Department supports the position statement from the NFHS Sports Medicine Advisory Committee regarding the use of supplements: *The NFHS SMAC strongly opposes the use of supplements by high school athletes for performance enhancement, due to the lack of published, reproducible scientific research documenting the benefits of their use and confirming no potential long-term adverse health effects with their use, particularly in the adolescent age group. Dietary supplements should be used only upon the advice of one's health care provider for health-related reasons – not for the purpose of gaining a possible competitive advantage. School personnel and coaches should never recommend, endorse or encourage the use of any dietary supplement, drug, or medication for performance enhancement. As a reminder, energy drinks are appropriate hydration or as a dietary supplement. (*https://www.nfhs.org/media/1015652/dietary-supplements-position-statement-2015.pdf)

As stated in the LHHS Student Handbook, the Lake Hamilton School District conducts a mandatory drug testing program for student participants in certain specified extracurricular programs (grades 7-12). In order to participate in these programs and activities, students must comply with this Board policy. A complete copy of the Student Drug Testing Policy for Extracurricular Activities will be provided and the Authorization Form must be signed by the student and parent, and returned to the designated school official. (https://core-docs.s3.us-east1.amazonaws.com/documents/asset/uploaded_file/1425/LHSD/4668042/HS_Copy_of_24-25_Handbook.pdf

DRUG TESTING

The Lake Hamilton BOE adopted a drug testing requirement for all students who participate in school athletics. The district requires students in grades 7-12 who wish to participate in extracurricular activities that require physicals (those where interscholastic competition and/or public performances are part of the program) and the parent(s) of such students to agree that the student may be tested, at school district expense, for controlled substances. A violation is considered a Level 4 Infraction in the Athletic Code of Conduct. The drug-testing program is intended to:

- Assist students who desire to resist peer pressure to (not) use drugs.
- Establish a **high** standard of conduct for students who represent the school and the community.
- Provide educational and learning opportunities that support laws relative to the use or abuse of illegal or controlled substances.

The following procedures will be in effect:

- The district's Athletic Department will coordinate testing.
- The student-athlete and at least one parent/guardian must sign a consent form, which will allow the school to conduct the testing.
- Students will be subject to urinalysis testing at any time during the school year.
- Students may be selected randomly (from all students participating in extracurricular activities) **OR specifically**, if school officials have reason to believe that a student may be using illegal substances.
- The urinalysis testing will be done on school campus by a nurse. Complete privacy for the student will be upheld.
- Transfer student athletes are subject to an immediate drug test.

Positive Test Results:

A. will be reported confidentially to parents.
B. in which the student is under a doctor's care and taking prescription medicine will be looked at on a case-by-case basis. A copy of the prescription must be turned in to the athletic director to void out the positive drug test.
C. will automatically trigger a repeated test
D. will result in the student's suspension from extracurricular activities for the period of time outlined below:

First Offense - A five (5) calendar day suspension from participation in the activities program will be assessed, notification and conference with parent/guardian, referral to counselor and completion of an approved drug/alcohol assessment. The student will also be subject to a future test to check for a clean drug test.

Second Offense – A ten (10) calendar day suspension from participation in the activities program will be assessed, notification and conference with parent/guardian, referral to counselor and participation in an approved drug/alcohol program. A clean drug test must also be provided by the student before engaging in any games, practices, or tryouts.

Third Offense – Removal from participating activities program for 60 school student interaction days, notification and conference with parent/guardian, referral to counselor and completion of an approved drug/alcohol program. A clean drug test must also be provided by the student before engaging in any games, practices, or tryouts.

Fourth Offense – Removal from participating activities program for the remainder of the student's Lake Hamilton athletic career with the option of the student petitioning the school board for reinstatement in athletics after a mandatory one (1) calendar year suspension.

ATHLETIC DEPARTMENT POLICIES

ATHLETIC PARTICIPATION

- The philosophy of the Lake Hamilton Athletic Program is to provide a broad-based program that will allow students with athletic interest an opportunity to participate in the sports of their choice.
- ***The head coach in each sport has complete discretion as to who plays, how long they play, and under what circumstances they play or do not play.***
- ***Head coaches have complete discretion as to setting the tryout period (a minimum of 3 days of tryouts is required) and the parameters in which the team selection is made.*** **This includes:**
  - the number of players selected and the evaluation criteria
  - coaches of certain sports, may require players to complete the previous off-season period in order to qualify for a tryout opportunity.
  - coaches SHALL set closed tryout sessions in which only students who are trying out, coaches, and administrators are permitted entry into the venue.
  - coaches are not required to grant additional tryout opportunities for missed dates.
  - coaches may consider extenuating circumstances and allow a tryout make-up opportunity. If a tryout make-up opportunity is granted, the coach will use the same evaluation criteria as other athletes; however, the coach **is not** required to grant 3 days of evaluation.
- Students will be encouraged by the coaching staff to participate in any sport they desire.
- Multi-sport athletes may begin attending practice in the upcoming sport season upon the completion of the previous sport final event of the season.

ACADEMIC (SCHOLARSHIP) REQUIREMENTS & ELIGIBILITY

Participants must meet all guidelines established by the Arkansas Activities Association, the Arkansas Department of Education, and the school district. As a minimum, *for high school level (9-12) eligibility* academically students must:

1. Pass four academic courses the previous semester
2. AND maintain a "C" average (2.00 GPA) the previous semester
3. OR be enrolled in and attending an approved Supplemental Instruction Program (SIP) if GPA below 2.0.

Academic Course Defined: An academic course is one for which class time is scheduled, which can be credited to meet minimum requirements for graduation, which is taught by a teacher required to have state certification in the course, and which has a course content guide approved by the Arkansas Department of Education.

NOTE: Each semester, P.E./Athletics in grades 9-12 can be used to satisfy AAA eligibility with passing the four academic courses and maintaining a 2.0 GPA.

ACADEMIC REQUIREMENTS: 7th, 8th and 9th Grade

- A student promoted from the sixth to the seventh grade automatically meets academic eligibility (scholarship) requirements all year.
- A student promoted from the seventh to the eighth grade automatically meets academic eligibility (scholarship) requirements for the first semester.
- The second semester eighth-grade student and the first semester ninth grade student meet the academic eligibility (scholarship) requirements for junior high if he/she has successfully passed four (4) academic courses the previous semester.
- The first semester ninth-grade student must pass four (4) academic classes to be eligible for second semester of the ninth grade.
- The second semester ninth-grade student meets the academic eligibility (scholarship) requirements for junior high if he/she has successfully passed (4) academic courses the previous semester which count toward his/her high school graduation requirements.
- **Ninth-grade students must meet the requirements of the senior high academic (scholarship) eligibility by the end of the second semester in order to be eligible to participate in the fall semester of their tenth-grade year. Students who have finished two semesters of the ninth grade must follow all senior high (10-12) academic requirements.**

PARTICIPATION GUIDELINES

The Lake Hamilton Athletics program strives to serve as a valuable resource to assist in establishing a sense of pride for participants, our school district, and our community while keeping the best interest of each student entrusted, in our care, at the forefront. Participation in interscholastic sports provides a wealth of opportunities and experiences which assist students in personal growth and maturation, regardless of grade level. Please remember as part of participation within our sports we strive to be competitive in all our interscholastic activities. As educators, coaches, and administrators, our goal is to organize and administer a broad-based athletic program that will allow students with athletic interest an opportunity for safe participation in sports of their choice. Our programs will provide experiences that enhance each student's growth and maturity academically, physically, emotionally.

In certain cases, this is not equitable to keep student-athletes at their grade level to help them reach their maximum potential regardless of sport activity. For these reasons, it is critical and mandatory that proper communication with the parent(s)/guardian(s), student-athlete, coach(es), and athletic director has occurred before any student-athlete moves to compete at any grade level above their current academic classification (i.e. a 9th grade student moving up to play at the high school level – 10th-12th). The following are guidelines utilized for our district:

- 7th grade athletes may be moved up to the 8th **OR** 9th grade teams only after the parent(s)/guardian(s), student-athlete, junior high coach, high school coach and athletic director are consulted, meet, and discuss the move is best for the family, athlete, and the program. The final decision will be made by the Athletic Director. In conjunction, 7th grade athletes which are moved up to compete on the 9th grade team are still eligible to compete on the 7th grade team **OR** 8th grade team, but **WILL NOT** be allowed to play at all three grade levels (7th, 8th, and 9th). *Upon move, he/she will only be eligible for two grade levels of participation (i.e. 7th/9th, 7th/8th, 8th/9th).*

- 8th grade athletes may be moved up to the 9th grade teams only after the parent(s)/guardian(s), student-athlete, junior high coach, high school coach and athletic director are consulted, meet, and discuss the move is best for the family, athlete, and the program. The final decision will be made by the Athletic Director. In conjunction, 8th grade athletes which are moved up to compete on the 9th grade team are still eligible to compete on the 8th grade team. 8th grade athletes are not allowed to move up to the high school team(s).

- 9th grade athletes may be moved up to the high school team(s) only after the parent(s)/guardian(s), student-athlete, junior high coach, high school coach and athletic director are consulted, meet, and discuss the move is best for the family, athlete, and the program. The final decision will be made by the Athletic Director.

  **Unless a situation does not warrant, it is strongly encouraged to provide the 9th grade athlete an opportunity to compete against his/ her grade level (peers) initially before bypassing completely the 9th grade level.*

  ***Please note, once an athlete plays at the high school level, they may not go back down to the 9th grade level to play. **(AAA Rule 6, B1)*

- 9th grade athletes may be moved up to high school teams immediately in those sports that are not offered in junior high or compete for a junior high conference championship such as baseball, bowling, cross country, golf, soccer, softball, swim and dive, tennis and wrestling.

(*) for Lake Hamilton Schools, the term "junior high" means 9th grade, or "freshman" teams.

"Junior High Teams" applies to sports of football, volleyball, basketball, cross country & track. These are scheduled through the Junior High Conference and are governed by the AAA by-law.

ABSENCES

- Athletes should not participate in athletics (game or practice) on a day they have been absent from school without prior approval from the head coach and building principal. A student-athlete who knowingly participates in a practice or game for violation of this policy will be subject to suspension from participating in the next scheduled game or practice, or both.

DROPPING AND TRANSFERRING SPORTS

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

MISSING PRACTICE

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

INJURIES/ILLNESS/NOTIFICATIONS

- In effort to provide safe participation in all athletic activities, it is of the utmost importance that our coaches and athletic training staff be informed of all injuries or illnesses, no matter how minor. Participants are specifically required to report when they are taking any physician-prescribed or over-the-counter medication. Please provide timely notices of any doctor's orders or recommendations pertaining to participation.

SPORT EXPENSES INFORMATION AND UNPAID BALANCES

- As with any extracurricular participation, there will be costs associated with membership of those teams. The Lake Hamilton School District in conjunction with the Athletic Department regard fiscal responsibility as a top priority to provide the foundational needs of each sponsored interscholastic sport while meeting as many wants as possible. It is the goal of the District and Athletic Department to absorb as much cost while deterring costs for our student-athletes and our community. However, certain funding models with our sports must give a conscientious effort to raise additional funds to help offset costs. Parents and students should expect these costs and be willing to bear the expense.

- Any unpaid balances should be paid by the conclusion of the season for which they are associated.

- In situations where the outstanding bill has not been paid, or no arrangements have been made by the family, the district may send information to collections. Additionally, students may not be allowed to try out for teams for the following year until the account is cleared by payment, or alternate payment plans put in place.

CONFLICTS IN EXTRACURRICULAR ACTIVITIES

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

The Lake Hamilton School District Athletic Department firmly believes that opportunities to participate in {sport} outside of the school sponsored team can be extremely beneficial to the development of the individual and our scholastic programs. However, our Athletic Department strongly encourages a single sport or multiple sport student-athlete to make our scholastic sport at Lake Hamilton the priority while in season. *

TRAVEL

- All athletes must travel to and from athletic contests in transportation provided by the athletic department/school. *If a parent/guardian would like to provide transportation from an athletic contest for his/her athlete, he/she may sign out the athlete with the coach at the event. Students will be released to their parents or guardians.*
- If an athlete needs to ride home with another family, a **STUDENT ATHLETE TRAVEL RELEASE FORM** must be signed by the athlete's parent/guardian and witnessed by the head coach, a building administrator, or their designee. Preferably, this form should be completed a minimum of 24 hours in advance of the departure time for travel to the contest. However, in extenuating circumstances, a parent/guardian may contact the head coach to explain the situation and the head coach may sign the form on behalf of the athlete's parent/guardian after receiving verbal authorization.
- Athletes will remain with their squad and under the supervision by their coach when attending away games and events.
- All regular school bus rules will be followed, including those pertaining to food, noise, remaining in seats, and care and respect for equipment.

EXTENDED TRAVEL & OVERNIGHT TRIPS

- The guidelines provided below govern all extended trips, including athletics. This encompasses school year trips, as well as those over times school is not in session including summer camps, leagues, team building activities, etc. Student extended travel is defined as a trip lasting more than 24 hours from the time of departure, and requiring an overnight stay of one or more nights away from Lake Hamilton School District campus.

- **Expectations:**
  - Coaches will provide to the parents an itinerary for the trip; name, address, phone number for place of lodging; coach's cell phone number in case of emergency.
  - Parents should be expected to provide their cell and emergency contact information to the coaches as well.
  - Students will be expected to know and observe the time and location of all departures. The group will not be delayed by the tardiness of individuals.
  - *If these trips are during the academic terms, they are considered a continuation of the school day and therefore students participating in these trips are subject to rules and regulations that govern our school while they are on campus.*
  - The luggage and personal effects of the students may be inspected prior to departing and at any time during the trip.
  - Any student found to be in possession of, or under the influence of alcohol or substances will be left home if this determination is made prior to departure of the group. Students found in possession of controlled substances or alcohol or under the influence after departure are subject to arrest and being sent home at their parent's expense.
  - Students must observe all civil laws and regulations. Apprehension by law enforcement agencies leading to a substantiated charge will not be the responsibility of the Lake Hamilton School District.
  - If the trip requires overnight lodging, students will not disturb other guests at the lodging and will abide by rules and directives issued by the group supervisor, chaperones, or coaches.
  - In the event you are injured or become ill while on the trip, the coach will immediately seek medical attention and contact your parents/guardians as soon as possible.
  - *Any student caught in an infraction of the above listed rules may be sent home at the parent's expense and will be subject to further disciplinary action by the school.*

EQUIPMENT

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

LOCKERS, LOCKER ROOMS

- LHSD is not responsible for lost, damaged, or stolen items.
- Damaged lockers will be the responsibility of the athlete they are assigned. Damage to lockers should be reported to your coach upon notice.
- Many sports provide lockers and locks for their team members in locker rooms. Some lockers are open lockers and simply provide a place for storing clothes and personal belongings. When practice is being conducted, many of these locker rooms are locked for safekeeping. Student-athletes are expected to lock their belongings in their lockers before, during, and after use.
- Locker room conduct should be civil and respectful. There should be no horseplay, rough-housing, hazing, or initiations. Locker rooms should be kept neat, free of litter, and personal items locked in assigned lockers. Coaches are expected to assist in the expectation with accountability.
- ***Cell phone, smart phones with cameras and recording devices should not be used while in the locker rooms. Students who violate this will be in consideration of a Level 3-4 violation in the Athletic Code of Conduct which may be subject to immediate suspension or dismissal from the athletic program.***

SPORTSMANSHIP

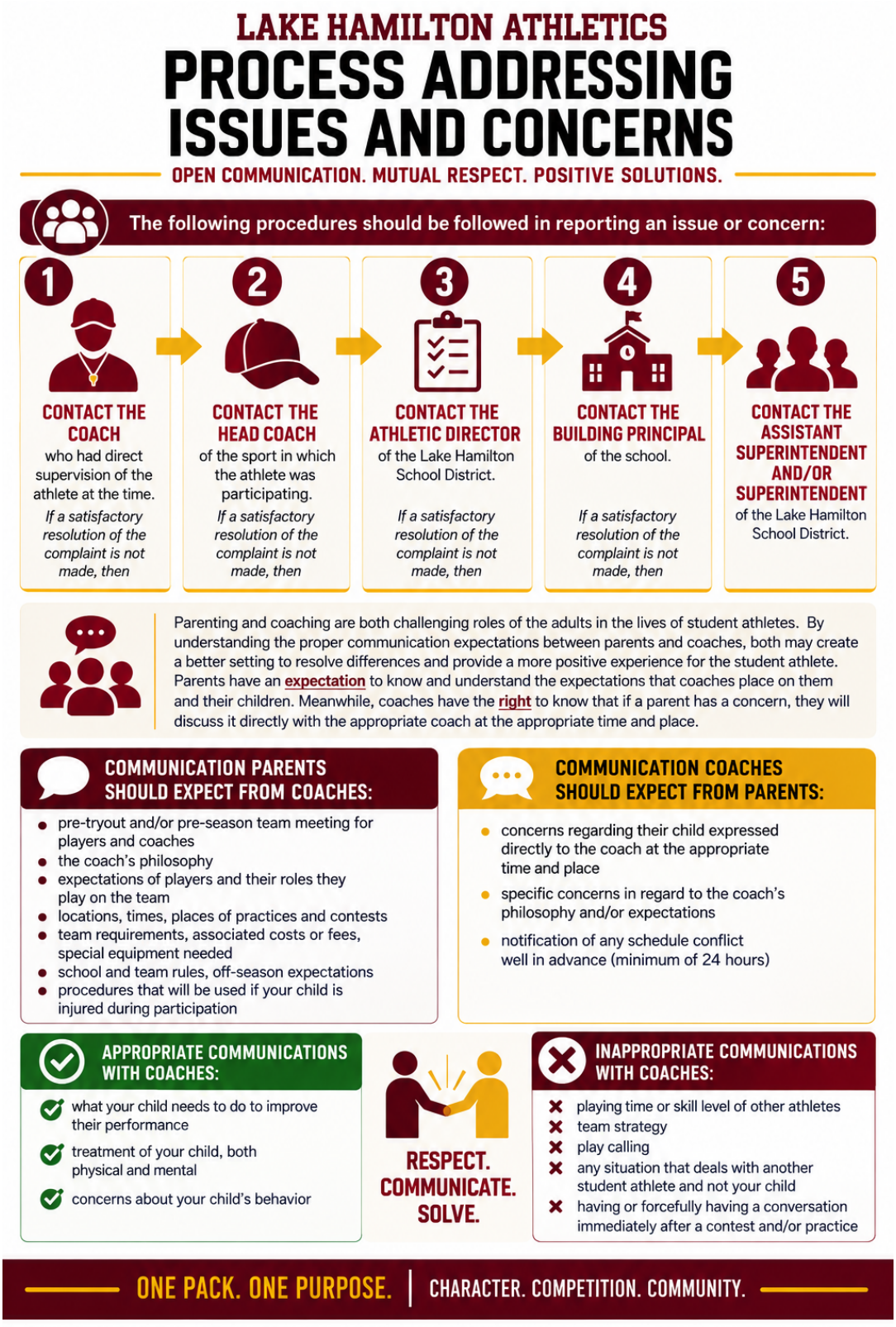
- Sportsmanship is a conduct exhibited toward opponents, officials, coaches, and fans that shows fairness, courteousness and graceful acceptance of results. It is characterized by a genuine concern for others. Sportsmanship is a cornerstone for the continuation of school-based sports. It is our goal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

COLLEGE RECRUITMENT POLICY

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

COLLEGE SIGNINGS

- College signings are a proud moment for the Lake Hamilton Athletic Department, the Lake Hamilton School District, and the community. If your child is committing to playing sports for a college, please refer to the information on our webpage (dates will adjust so please confirm): https://core-docs.s3.us-east1.amazonaws.com/documents/asset/uploaded_file/1425/LHA/4665672/College_Athletic_Signing_Day_Information_24-25.pdf or you may contact the Athletic Department Office at (501) 463-5446.



***Parents may often try to go to the final step first bypassing steps of first speaking to the coach. The most common reason cited is a fear the coach will punish a player if confronted by the player and/or the parents. There is little evidence to support this claim, yet the impact of this belief is strained relations for all involved. Stakeholders who fail to first meet with the coach will be sent back to that step before the District Athletic Director will meet. Anonymous "tips" and "information" will not be considered nor addressed by any level of school channels.*

LAKE HAMILTON ATHLETIC EVENTS 2026-2027

ADMISSION PRICING:

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

- High School Varsity Events $6.00
- JV/B Events $6.00
- Junior High Events $6.00
- 7th Grade **ONLY** Events $5.00

LEADER OF THE PACK PASS (All Sports) $125.00

FAMILY PACK ATHLETIC PASS (All Sports) $300.00

*This pass is a family of 4 (school age and up). Immediate family only, living in the same household. Any additional student passes will be $25.00 and MUST be ordered at the same time. Separate passes will be used for each family member.

STUDENT PASS (All Sports) $50.00

STUDENT-ATHLETE PASS (All Sports) $25.00

**Any student enrolled in a SPORT, ROTC, or BAND (7th-12th grades)*

**Deadline for purchase will be September 19th, then after that date will be a regular cost Student Pass*

****UNABLE TO PURCHASE ONLINE***

GOLDEN WOLF PASS (All Sports) $FREE

**65 and older*

WOLF PACK PASS (All Sports) $FREE

**For Faculty and Staff of Lake Hamilton School District ONLY*

****Admits Faculty/Staff Member +1 (MAX 2)***

*****ALL PASSES ARE GOOD FOR HOME EVENTS ONLY AND MAY NOT BE USED FOR BENEFIT OF AAA EVENTS.***

*****ALL PASSES WILL REQUIRE A DIGITAL PHOTO ID & MUST PRESENTED AT TIME OF ENTRY***

PURCHASE OPTIONS:

A) Personal Pick-up B) Online C) Phone Purchase D) LH Home Events

- *Please call the Athletic Department Office: (501)-463-5446*
- *Advance home tickets may be purchased online at* www.lhwolves.net/o/lha
- *Athletic Department Office on the concourse level of Wolf Arena – Room 213. Exterior Doors of Wolf Arena are typically locked due to safety reasons. Call Athletic Department Office for Access.*

SPORTSMANSHIP WITH EVENT RULES & REGULATIONS FOR SPECTATORS

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

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

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

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

A spectator (parent, fan, student, student-athlete etc.) who is ejected or removed from a Lake Hamilton School District Extracurricular Sporting Event will be subject to denial of re-entry to this specific LHSD sport or all events associated with Lake Hamilton Athletics, if circumstances warrant, from the time of the incident to the conclusion of the season(s) up to 365 calendar days. Appeals can be made in writing to the Athletic Director for an exception to special events associated with the event/sport and must be approved by the Superintendent of LHSD for the exception to be granted.

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

- **All Venues:**
  - No re-entry into events
  - Outside FOOD or BEVERAGES (including water) may **NOT** be brought into event venues.
  - No pets inside event venues. Service animals specifically trained to aid a person with a disability are permitted.
  - All spectators must remain in the designated home/visitor areas. Non participants will not be allowed on the playing surface/area/court/field.
  - Face paint that inhibits the ability to identify a person.
  - The use of tobacco/vaping/alcohol products on any district campus is prohibited. This includes all district parking lot areas.
- **Outdoor Venues:**
  - Bands are not to be used to disrupt an opponent's play. At football games, bands and any component thereof, shall not play when either team is inside the twenty-yard line.
  - The use of school-controlled sound systems and school-controlled noisemakers shall be restricted to pregame, halftime, postgame, after a score and timeouts.
  - The use of individual handheld noisemakers that do not require an external power source is allowed.
  - No handheld signs or balloons are allowed.

- **Indoor Venues:**
  - Bands, school-controlled sound systems and school-controlled noisemakers shall be restricted to pregame, between quarters or sets, halftime, postgame and timeouts.
  - The use of artificial noisemakers is not allowed.
  - No handheld signs, balloons, poms, towels, megaphones, etc. are allowed.
  - Poms properly used by school spirit squads are allowed.

EVENTS SUSPENDED/CANCELED DUE TO INCLEMENT WEATHER

The Arkansas Activities Association sets specific guidelines and procedures for inclement weather. The purpose of these guidelines/procedures are for the safety of all participants, officials, and spectators. Game officials, the athletic training staff, and the administrator on duty MUST follow these guidelines for suspension of and resumption of play.

- **Save your ticket stub.**

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

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

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

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

Arkansas Activities Association
Sports Medicine Fact Sheet for Parents and Students

This document has been created by the Arkansas Activities Association Sports Medicine Advisory Committee. The committee's mission is to ensure Arkansas Activities Association member schools provide sound and consistent medical information to enhance the safety of their athletic programs. The AAA Sports Medicine Committee is committed to offering information and guidance to member schools on topics which impact the welfare of all those involved in interscholastic competition. The topics included in this fact sheet are: Exertional Heat Stroke, Communicable Diseases, 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 life-threatening condition that occurs when the boy's temperature regulation system is overwhelmed during physical activity in hot weather. It is characterized by a core body temperature of 104 degrees Fahrenheit (40 degrees Celsius) and central nervous system dysfunction.

WHAT ARE THE SIGNS AND SYMPTOMS OF HEAT STROKE

- Increase in core body temperature, usually above 104*F/40*C (rectal temperature)
- Altered mental status
- Coma
- Seizures
- Sweating
- Nausea, vomiting, diarrhea
- Headache, dizziness or weakness
- 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. Delay transport to nearest emergency medical facility until core temperature is below 102 degrees Fahrenheit. Continue aggressive body cooling while being transported.

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.

FOR MORE INFORMATION

https://www.cdc.gov/heat-health/risk-factors/heat-and-athletes.html

https://www.nfhs.org/media/1014745/nfhs-heat-acclimatization-final-april 2018.pdf

Arkansas Activities Association
COMMUNICABLE DISEASE FACTS

WHAT IS COMMUNICABLE DISEASE

A communicable disease, also known as an infectious disease or transmissible disease, is an illness or infection that can be spread from person to another through direct or indirect contact.

Transmission Routes:

- Direct contact with and infected person (touch, bodily fluids)
- Airborne transmission (coughing, sneezing)
- Contact with contaminated surfaces or objects (towels, razors, shared equipment)
- Skin abrasions, cuts, open wounds, insect bites.
- Consumption of shared food or drink.

Examples of Communicable Diseases:

- Viral Infections: influenza, measles, COVID, chickenpox, herpes, staph infections (MRSA)
- Bacterial Infections: pneumonia, strep throat, pertussis
- Fungal Infections: ringworm, athlete's foot

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 A COMMUNICABLE DISEASE

It is important to see your healthcare professional quickly to identify the issue and start proper medical treatment. It is especially important to limit the spread of the communicable disease to other individuals.

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 AND OTHERS FROM COMMUNICABLE DISEASES

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

FOR MORE INFORMATION

1-800-CDC-INFO OR visit www.cdc.gov/MRSA
https://www.nfhs.org/media/5546438/2022-nfhs-general-guidelines-for-sports-hygiene-skin- infections-and-communicable-diseases-final-3-8-22.pdf

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

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

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

RETURN TO PLAY GUIDELINES

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

(SEE ACKNOWLEDGEMENT PARAGRAPH ON CODE OF CONDUCT SIGNATURE PAGE FOR COMPLIANCE WITH THIS PAGE)

FORMS

I. Lake Hamilton School District Athletic Consent Form

II. Acknowledgement & Consent

- Student Acknowledgment and Consent to, Lake Hamilton School District Athlete Code of Conduct Student
- Parent Acknowledge and Consent

III. Consent to Lake Hamilton Athletic Department Mandatory Drug Testing (grades 7-12)

IV. Acknowledgement AAA Sports Medicine Fact Sheet for Athletes & Parents

V. Infraction Form

LAKE HAMILTON SCHOOL DISTRICT - ATHLETIC CONSENT FORM

I hereby give my consent for _____(student name) to compete in interscholastic sports, participate in related practice sessions and to travel with the team/coach for such functions. I acknowledge that even with proper instruction and supervision, proper use of equipment and strict observance of the rules, injuries and accidents are still a possibility. I understand that the Lake Hamilton School District or its employees will not be liable if an injury or accident occurs. I also acknowledge and I understand the inherent risks of injuries, impairment, and/or death associated with participation in school athletic activity.

I give my consent for treatment at the best medical facility available in case of injury, accident or illness. I understand that I am required to have Primary Insurance coverage. The Lake Hamilton School District has purchased Blanket Interscholastic Coverage for all participants. This policy provides secondary or supplemental coverage to students actively engaged in the play or practice of activities sponsored by the Arkansas Activities Association. Claims must be made within 30 days of the accident. I understand that the Lake Hamilton School District will not be responsible for payment of any medical bill that the family's personal policy or the district's athletic insurance does not pay. I also agree to be responsible for the return of any athletic equipment issued to the above-named student in quality condition.

Did the student/athlete attend Lake Hamilton School District for the entire previous school year?
_____YES OR _____ NO

Does the student currently reside in the Lake Hamilton School District with the parent(s) that has/have legal primary custody of the student? _____YES OR _____ NO

Address of parent(s) that has legal primary custody of the student:

Name:_____ Address:_____

I have read the Lake Hamilton School District Athletic Information Guidebook and do hereby agree to comply and follow the guidelines set forth in order to participate in Lake Hamilton School District Athletics.

I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND THE ABOVE STATEMENTS AND HAVE ANSWERED THE ABOVE QUESTIONS TRUTHFULLY.

_____

Signature of Parent/Guardian_____ Date. _____

_____

Signature of Student Athlete _____ Date _____

This form must be signed and completed on the student-athlete's Dragonfly account or LHSD platform before an athlete may participate in any athletic activity (including practice).

STUDENT ACKNOWLEDGMENT OF, AND CONSENT TO, THE LAKE HAMILTON SCHOOL DISTRICT ATHLETE CODE OF CONDUCT

I_____(student-athlete), on the date of_____have read the Lake Hamilton School District Athlete Code of Conduct, including the Social Media AUP statement and the AAA Concussion Fact Sheet for Athletes and Parents. I understand that my participation in Lake Hamilton Athletics is contingent upon fulfilling the expectations set forth by my coach and this Code of Conduct. I also understand that violations of any of the Level 1-4 Infractions of the Code of Conduct or any violation of the Social Media AUP may result in consequences that could be detrimental to my participation in athletics.

Minimum consequence: Conference with coach
Maximum consequence: Removal from athletic program for 365 days

_____
Student signature

PARENT/GUARDIAN ACKNOWLEDGMENT OF, AND CONSENT TO, THE LAKE HAMILTON SCHOOL DISTRICT ATHLETE CODE OF CONDUCT

I_____(parent/guardian), on the date of_____have read the Lake Hamilton School District Athlete Code of Conduct, including the Social Media AUP statement and the AAA Concussion Fact Sheet for Athletes and Parents. I understand that my child's participation in Lake Hamilton Athletics is contingent upon fulfilling the expectations set forth by his/her coach and this Code of Conduct. I also understand that violations of any of the Level 1-4 Infractions of the Code of Conduct, or any violation of the Social Media AUP may result in consequences that could be detrimental to my child's participation in athletics.

Minimum consequence: Student conference with coach
Maximum consequence: Removal from athletic program for 365 days

_____
Parent/Guardian signature

This form must be signed and completed on the student-athlete's Dragonfly account or LHSD platform before an athlete may participate in any athletic activity (including practice).

DRUG TESTING FOR EXTRACURRICULAR ACTIVITIES

I understand that my performance as a participant and the reputation of my school are dependent, in part, on my conduct as an individual. I have read and understood the contents of the Lake Hamilton Schools Drug Testing Policy. I hereby agree to accept and abide by the policies, standards, rules, and regulations set forth by the Lake Hamilton. School Board and the sponsors for the activity in which I participate.

I also authorized Lake Hamilton School District to conduct a breath scan or urinalysis to test for drugs and/or alcohol use. I also authorize Lake Hamilton School District to conduct random tests during the current school year. I authorize the release of information concerning the results of such a test to Lake Hamilton School District and to the parents and/or guardians of the student.

Permission to participate in Random Drug Testing. This shall be deemed consent pursuant to the Family Education Right to Privacy Act for the release of above information to the parties named above.

Student Printed Name	**Signature**	**Grade**
Legal Parent/Guardian Printed Name	**Signature**	**Date**

This form must be signed and completed on the student-athlete's Dragonfly account or LHSD platform before an athlete may participate in any athletic activity (including practice).

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

1. Every student must have a current pre-participation physical exam and have updated the cardiac questions per the approved AAA Athletic Physical Form.
2. Every coach and registered volunteer must receive training every three years on prevention of sudden cardiac death.
3. Every athlete and parent must read and sign the AAA Sports Medicine Fact Sheet containing information on sudden cardiac arrest.
4. 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).
5. The referred athlete must be medically cleared by an appropriate healthcare professional prior to return to play/practice.

FOR MORE INFORMATION

https://www.nfhs.org/articles/is-your-school-prepared-to-handle-sudden-cardiac-arrest/

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

*Updated January 2025

INFRACTION FORM

This form must be completed by the staff member responsible for addressing every Level 2, Level 3, or Level 4 Infraction and submitted to the Athletic Director's office as soon as possible.

Date: _____

Printed Name of Staff Member Completing Form: _____

Printed Name of Athlete: _____

Infraction Level (circle one): 2 3 4

Description of behavior/infraction:

_____

_____

_____

_____

Consequence(s) given:

_____

_____

_____

_____ _____

Signature of Coach / Athletic Director **Signature of Athlete**

Method Used to Communicate with Parent/Guardian (in person, email, phone):

_____

Date received in Athletic Director's Office: _____