

# Lafourche Parish School Board

## Athletic Participation Handbook 2023 – 2024



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## High School General Information

The Athletic Office is open from 7:30 am to 2:30 pm and may be contacted at the following numbers:

- Central Lafourche High School.....985-532-2413
- South Lafourche High School.....985-632-5724
- Thibodaux High School..... 985-446-1940

The sports listed below are the only sports that the Lafourche Parish School District will recognize and become responsible for during the school year:

FALL	WINTER	SPRING	SUMMER
Cross Country (boys/girls) Football Swimming (boys/girls) Volleyball Weight Training (not a sport)	Basketball (boys/girls) Soccer (boys/girls)	Baseball Bowling Golf (boys/girls) Softball Tennis (boys/girls) Track (boys/girls) Weight Training (not a sport)	Weight Training (not a sport)

### Purpose

Through this athletic handbook, we hope to accomplish the following:

1. Develop the guidelines, which can be used to establish the foundation for an accredited athletic program which can be enjoyed by the athletes and supported by the administration, student body, and community.
2. Provide rules and regulations where the student will be able to clearly understand what will be expected of him/her and what the discipline will be for violations of those rules and regulations.

We believe that participating in high school and middle school athletic programs brings valuable life lessons. We think students can gain many positive characteristics as participants. Participation can be a rewarding experience. It can build confidence, increase discipline, and teach teamwork. It can also teach the participants the values of winning and losing. The participants can develop many positive characteristics, which will help in their future lives.

Along with those positive characteristics also comes responsibility on the part of the participant. The student should realize that certain guidelines and rules are expected of him/her from the Lafourche Parish School Board, the Louisiana High School Athletic Association, and the local schools. If the student expects to represent a school on the playing fields of competition, then he/she accepts this responsibility.

### Message to Parents

The purpose of this handbook is to provide student-athletes and their parents with a resource that will familiarize them with the athletic rules, policies, and procedures, which govern athletics. Keep in mind that participation in athletics is a privilege and not a right. As a privilege, often student-athletes are held to a higher standard of behavior.

We encourage you to support your child's decision to play a sport and attend their contests. You are the key! Help them understand and abide by the rules, regulations, and policies in this handbook. In a

world that is flooded with drugs, alcohol, and violence, we strongly feel that with the support of the education system, the coaching staff and you, we can make a difference.

As a parent, you have the right to set your own academic and behavior standards above and beyond the school and LHSAA. As a parent, you have the right to revoke your child's privilege in participating on an interscholastic team, if you so choose. Working together to develop responsible young people is a team effort and we need you on our team.

### **Introduction**

Athletics plays an important part in the lives of many high school and middle school students. The purpose of sponsoring athletic teams is to train our youth in the ideals of wholesome competition and true sportsmanship. We encourage you to take advantage of as many programs as your time and talent will permit. We do not encourage specialization in one sport; rather, we encourage you to experience a variety of sports, as well as, other school activities. Naturally, due to conflicts in sport seasons, practice times and schedules, you will have to make choices.

### **Philosophy**

The Lafourche Parish School Board believes athletics is an integral part of a student's life. Winning is of great importance, and the goal is to give your best and try to win. As important as winning is, it does not replace all other goals. The program should not sacrifice an ethical-like quality to win a physical victory at every practice and competition. The main purpose of sports in Lafourche Parish is to promote the physical, mental, moral, social, and emotional well-being of the student-athlete through aspects of athletic contests.

Athletics are an extension of the classroom; thus, athletes should work to successfully attain academic achievement. Athletics should also promote citizenship in both the school and the community. Student-athletes and coaches are constantly observed. Student athletes are to be role models both on and off the field and within the school and community. Athletics is an opportunity to practice principles of life, such as subjecting one's self to authority, working together as members of a team, and controlling the emotions that arise in competition. It is important in life to learn to live with both success and adversity.

The coaches, teachers, and administrators are role models for the student-athletes. The best way to lead is by example. The coach performs a critical role in the development of the student-athlete's desire to reach his/her fullest potential. Coaches should always be enthusiastic and prepared each day for practice and games and have a schedule of events to help all student-athletes reach their fullest potential. In situations when a student-athlete feels cheated by a coach or official, the coach should be in control and display leadership. The coach is in control of the team during all circumstances relating to competition and the school. The student-athletes are responsible each day to be prepared to work towards their fullest potential, respect others, and follow their coaches' directions.

### **Athletic Programs**

We believe each individual sport should be developed into a "program". The head coach should be responsible to provide a consistent structure and ensure that similar philosophies are implemented at all levels of the program. The program should build pride among the participants and support the

student body. Parents should be valued as partners in this process of athletic education. Off-season conditioning and camps should be promoted for athletes. College-bound athletes and their parents should receive sound counsel on their potential. All activities within an individual sports program should exemplify the school's commitment to excellence and reflect the school and athletic department's policies, procedures, and philosophy.

### **Eligibility**

To be eligible for high school athletic competition, a student must meet the standards set forth by LHSAA regarding enrollment, age, and scholastic requirements.

Eligibility to represent a school in interscholastic activities is a privilege that students may obtain by meeting the standards of eligibility established by the Lafourche Parish School Board and the Louisiana High School Athletic Association. Eligibility is not a student's right by law, and precedent setting legal cases have affirmed this.

- A student-athlete must be a full time student and eligibility will be checked twice a year. Prior to the start of the next school year, the final grades of the student earned in the previous school year will be evaluated for eligibility purposes. At that time, a student-athlete must have passed at least six subjects which count towards graduation and must have earned at least a "C" average in all subjects taken during the school year. This period of eligibility covers a student-athlete from August to December (1<sup>st</sup> Semester). To be eligible for the 2<sup>nd</sup> Semester (January – May), a student-athlete must be a full time student and have passed at least six subjects which count towards graduation and must have earned at least a "C" average in all subjects taken during the 1<sup>st</sup> Semester.
- A student-athlete must meet the requirements of the LHSAA transfer rule.
- A student-athlete must have passed (current year) a physical examination by a qualified physician.
- A student-athlete must not take part in any branch of athletics not sponsored by the school while a student-athlete is a member of a school team in that same sport. These eligibility requirements must be met by all student-athletes who compete in Interscholastic Games or Scrimmages on Varsity, Junior Varsity, or Freshman Teams.
- Seniors: Please refer to rule number 1.10.4 in the LHSAA Handbook for eligibility guidelines for seniors (12<sup>th</sup> grade).
- Virtual Academy of Lafourche (VAL) is under the Lafourche Parish School District. Please refer to rule number 1.10.15 in the LHSAA Handbook for all guidelines concerning eligibility for VAL students.

All of the students in the Louisiana High School Athletic Association must adopt themselves to the standards listed. Those standards listed are just a few of the requirements that are necessary to participate in athletics.

### **Team Selection/ Tryouts**

The athletic department is sensitive to the needs of the students during the tryout period. It is the school's desire to see that as many student-athletes as possible are involved during the athletic season. Unfortunately, due to facility space, time constraints, numbers of equipment, and additional factors, limitations are placed on sizes of some teams for each individual sport.

In taking on this difficult task, the coaches will follow the guidelines below:

- Announcements will be made over the PA system for a meeting of interested students wanting to tryout prior to the start of the season. The announcement of such meeting will be done for no less than three days. It becomes the student's responsibility to listen to the announcements during the course of the day.
- Choosing the members of the various athletic teams is the responsibility of the head coach. The assistant coach of each individual sport may assist in the selection.
- At the meeting, the student will be informed of the following:
  - Time and place of tryouts
  - Criteria on which the student will be evaluated
  - Number of students to be selected
- Coach will meet with the students to announce or post who made the team.

### Varsity Team

Membership on a high school varsity team generally requires several years of experience in the sport. This level is very competitive with the goal of winning a parish, district, or state championship. Varsity Team Members usually engage in a season of conditioning and strength training in addition to the comprehensive season. Some sports may require a "cut" process because of the limited number of who can play in any single game. Football and Volleyball require team members to begin practice prior to the beginning of school and will follow the LHSAA season dates. Players should also realize that they might be required to attend a prescribed strength-training program during the summer, which is an essential element in training for some sports.

### Junior Varsity Team

Participation at this level is for student-athletes who are not yet physically ready or experienced enough for varsity competition and usually includes student-athletes in grades 9, 10, and 11. (Not in all sports) While participation is a step in the skill development needed for varsity play, it also serves the student-athlete who enjoys competing at this level, but does not have varsity aspirations.

### Freshmen Team

Although the Lafourche Parish Schools 9–12 configuration has combined their freshmen with the varsity and JV teams, the Lafourche Parish School Board offers separate freshmen teams in football, baseball, basketball, soccer, softball, track, and volleyball. Often, this possibility is not known until the season has begun. A freshmen student-athlete will not compete or practice on the varsity football team without the consent of the athletic director, principal, and parent/guardian of the student-athlete.

### Student Managers/Trainers

The managers/trainers are the heart of the team, for they allow the practice to run effectively and efficiently. They also ensure that game days flow in a timely manner. Their duties are not desirable, but are essential in conducting and maintaining a successful program. The coach assigns their duties and responsibilities. All managers/trainers must have physical, insurance, and emergency forms on file.

## **Athletic Conditioning Class Scheduling**

A student must follow the LHSAA guidelines, as well as individual school policy, for their schedule in order for the student to participate in athletics. Students are encouraged to maintain a full schedule in their senior year of eligibility.

When a student participates in an athletic period, he/she has enrolled for the entire semester. At the end of the sport season, he/she must either participate in another conditioning class or go into an off-season program for the remainder of that semester. Off-season programs are designed to enhance and improve the individual and team skills necessary to excel in athletics and help prevent injuries.

Students who sign up for a conditioning class must be involved in a sport. The student-athlete should expect to experience strength training and conditioning, along with their sport.

## **Sportsmanship**

Although all schools will compete hard, we will compete fairly and respectfully with our opponents. Coaches, student-athletes, students, and spectators must recognize that their conduct plays an important role in establishing the reputation of our schools and that our positive actions can contribute directly to the success of our teams.

During home contests, we serve as hosts to the visiting team, its students, and spectators. They are our guests and they should be treated accordingly. As visitors, we are expected to act as invited guests. We will treat the home school's facilities with care and respect.

Qualified officials are assigned to all contests. They are the proper authorities to make decisions regarding the rules and their interpretations. These decisions should be accepted. Officials should be treated with respect at all times, on and off the court or playing field.

There will be no foul or profane language at any time – sportsmanship is a “must” for all student-athletes. At no time is a player to argue with an official or show disapproval of a call by throwing a bat, jumping up and down, slapping a chair, or so on. A player is never allowed to leave a bench and go on to the field or court to join a scuffle. Such offenses are serious and will be handled accordingly.

Sportsmanship includes being appreciative of all good plays by both your team and the opposing team. Cheer for your team, not against the opponent.

## **Participation**

All prospective student-athletes and their parents must attend the mandatory pre-season meeting where all necessary information about our athletic program, as well as, the necessary forms will be distributed. All paperwork must be complete and on file in the athletic director's office prior to trying out or practicing with a team.

Student-athletes are encouraged to participate in as many sports as possible. This effort will strengthen the entire athletic program and make the student-athlete well rounded.

If coaches agree, a student-athlete may participate in two sports during one season. A student-athlete, who is dismissed from a sport because of excessive absences from practice or quits a sport, may not go out for another sport until the end of the season for that sport which he/she quit.



The students who wish to become a candidate for an athletic team must be willing to accept the guidelines, rules, and regulations governing our sports programs. Additional regulations may be added by each coach for their respective sports.

### **Attendance**

The student-athlete should know when their workouts and games are scheduled and should make every effort to avoid conflicts with the understanding the student-athlete should have an opportunity for a broad range of experience. Coaches involved should be notified immediately when a conflict does arise. The student-athlete must understand the relative importance of each activity to themselves, as well as, the effect of missing would have on fellow team members.

Excused absences will be determined by each coach. Disciplinary action for violation of this rule will be determined by the coach, which could include missing game time. Coaches schedule practices and/or games during holidays and weekends; therefore, parents should take this into consideration before consenting to allow their son/daughter to participate.

Student-athletes who are absent from school, will not be allowed to practice or play in games. A student-athlete who arrives late to school has to be in attendance for half of the student-athlete's schedule in order to participate in practice or play in a game, unless approval has been received from the athletic director. The same attendance rule applies on Friday prior to a Saturday competition, or the day before a holiday begins. This is applicable to all traditional students at the traditional high schools with the Lafourche Parish School District.

In the case of injuries or doctor's excuses when a student-athlete is unable to participate, the student-athlete is still expected to attend practices and give assistance within their capabilities.

Student-athletes must have proper clothes for practicing outside and/or inside every day. This includes cleats, running shoes and indoor shoes, as well as, cool/warm/dry clothes.

Student-athletes cannot leave practice until dismissed by his/her coach.

### **General Conduct**

Student-athletes are representatives of the Lafourche Parish School System and their team, conducting themselves properly and courteously at all times. The student-athlete will be disciplined when breaking rules or policies. The discipline will depend on the severity or the recurrence of the violation. The coach will use fair and consistent judgement in selecting appropriate disciplinary measures.

Student-athletes may be issued a warning and may not be allowed to participate in the next contest.

A student-athlete could be dismissed from the squad if the infraction is severe, if the athlete fails to meet the standard requirements, or the coach believes the student-athlete's attitude is detrimental to the team.

Discipline is a prime factor in any student-athlete's success – off the field, on the field, in the locker room, on trips, and in school.

### **1<sup>st</sup> Offense**

Minimum Penalty: warning/probation

Maximum Penalty: game(s) suspension

### **2<sup>nd</sup> Offense**

Minimum Penalty: game(s) suspension

Maximum Penalty: ½ season suspension

### **3<sup>rd</sup> Offense**

Minimum Penalty: ½ season suspension

Maximum Penalty: dismissal from team

## **Suspended Students**

A student-athlete who is assigned to In School Suspension (ISS) may have consequences ranging from warning and probation to dismissal from the team. The consequences of a student-athlete's suspension will be determined by the school, the coaches, the infraction, and the number of infractions that the student-athlete possesses. In School Suspension (ISS) Hours will follow the regular school day.

A student-athlete who is assigned to Out of School Suspension (OSS) will not be allowed to participate in any athletic activities (practices, games, trips, etc.) for the duration of the suspension.

## **General Appearance**

The student-athlete will maintain an appearance that is acceptable under the guidelines of the Lafourche Parish Student Handbook.

- All student-athletes are expected to be neat, clean, and well-groomed while participating.
- All student-athletes are expected to take pride in their dress and appearance.
- No outlandish dress or attire will be permitted.
- All student-athletes will be required to follow not only the rules established by the Lafourche Parish School Board, but also the rules of each coach on personal appearance.

## **Equipment & Uniforms**

It is the responsibility of the student-athlete to maintain the equipment/uniform in the same condition in which it was received. Any damage to or loss of equipment/uniform will be considered the direct financial responsibility of the student-athlete who was responsible for its care.

Any student-athlete withholding property from one sport is suspended from participating in any other sport until the equipment is returned. He/she is ineligible for any sports awards until that equipment is returned.

Student-athletes will be charged for the replacement cost of any equipment or uniform not returned. This cost must be paid prior to participating in any other sport. All school financial obligations must be settled with the coach or athletic director before a student can try out for a team or play in a contest.

### **Drug Testing of Student-Athletes**

Drugs are not tolerated on any campus of Lafourche Parish School Board. If a student-athlete is caught possessing, using, or distributing any type of drug, he/she will be dealt with according to policy set forth by the school board.

All student-athletes will be required to fill out a Drug Screening Consent Form and participate in drug screenings throughout the sports season(s). If a student-athlete tests positive for drugs within his/her athletic season, he/she will be required to adhere to procedures outlined within Policy IDFAA: Drug Screening of Student-Athletes. LHSAA supports the random testing of drugs among our student-athletes and will support this parish's policy on the use of drugs in athletics.

### **Locker Room/ Weight Room Expectations**

Coaches are responsible for supervision of locker rooms.

Student-athletes are responsible for their behavior in the locker room area, as well as, on the field or court. We strongly disapprove of rough play and expect the student-athlete to demonstrate responsible actions in the locker room area. The following are general guidelines of the locker room:

- Do not leave valuables in the locker room.
- Keep your locker secured at all times; the school is NOT responsible for personal property.

The weight room is available for all student-athletes. Student-athletes must wear appropriate clothing and follow all safety guidelines set forth by the coach.

### **Initiation/ Hazing**

No student participating in athletics may take part in any type of initiation or hazing activity. Students do not have the right to impose their will on other students, nor should they feel compelled to be initiated by others. Lafourche Parish School Board offers a wide variety of sport teams, which should be welcoming, comfortable, and inclusive for all participants.

Student-athletes found guilty of initiation or hazing by means of horseplay, practical jokes, etc., will be disciplined by the athletic department.

### **Resolving Conflict**

As in any competitive program with high expectations, conflicts are inevitable. The athletic director and coaches are committed to facilitating the following process to provide parameters for successful resolution of issues.

- First attempt: conflicts should be resolved between student-athlete and coach. Parents are welcome to provide support for the student-athlete through conversations with the coach after the initial player-coach discussion.
- Meetings should be held during school/professional time, in a professional school setting.
- Calls should be directed to school phones and will be answered or returned in a timely manner.
- If emotions rise to an unreasonable level during the meeting, it will be concluded and rescheduled.

- It is inappropriate to approach a coach immediately prior to or at the conclusion of a contest.
- If an attempt is made in good faith to discuss a situation or resolve an issue but is not resolved with reasonable satisfaction, the conflict will be referred to the Athletic Council.

### **Athletic Council & Procedures**

A student-athlete and his/her parents may appeal a decision by writing a letter to the athletic director, including a copy to the principal, within three days following the meeting. This letter should request a hearing with the Athletic Council at the school.

Within five school days after the letter is received, the athletic director will notify the parents and the participants of the time and place of the appeal hearing. The school's Athletic Council will hear both sides of the case and will take the action considered to be in the best interest of the student-athlete and the school.

The Athletic Council shall be composed of the Principal, Parish Athletic Director, School Athletic Director, one Teacher, and one Head Coach not associated with the conflict.

Participation in athletics is a privilege, not a right. The student-athlete must earn this privilege through dedication, desire, and discipline. The decision of the Athletic Council shall be final and any decision made must be accepted by the parents, student-athlete, and coach.

### **Parent Expectations**

To accompany my child to as many orientation and informational meetings offered by the athletic department as my schedule will permit.

To work closely with all school personnel to ensure an appropriate academic, as well as, athletic experience for my child while he or she is in school.

To ensure that my child will attend all scheduled practices and athletic contests.

To require my child to abide by the athletic departments' training rules.

To acknowledge the ultimate authority of the coach to determine strategy and player selection.

To promote mature behavior from students and parents during athletic contests.

To work cooperatively with other parents and school personnel to ensure a wholesome and successful athletic program for our school.

### **Student-Athlete Expectations**

Assumptions (definition) - that which is taken for granted

It is important that you understand that we are making three assumptions. The programs are developed with these assumptions in mind. If you are not in complete agreement with all three of these assumptions, it is best for you not to even begin the program, because there will be constant problems. The assumptions explain where the coaches are trying to go with their program. If you are trying to go in a different direction, then you and the coaches will never be able to work together.

1. We assume you want to be the best athlete you can be. This is important because, when your coaches look at you, they see what you could and should be and will push you to achieve your maximum. Our coaches understand that “permissiveness is neglect of duty”. You will never be allowed to settle for less than your best.
2. We assume that you want to work on trying to win a championship. Our practices, our off-season conditioning, and our summer programs are designed to help produce champions. You understand that the decisions that are made, are made with the priority being the team and the individual must come second. Players must understand the position that he/she plays is where he/she will help the team the most, and not where they or their parents want them to play.
3. We assume that you expect to graduate with the highest grades that you are capable of making. You must work hard to keep yourself eligible; you should push yourself to make the highest grades that you are capable of making. You will be responsible to the team to turn in all assigned work on time.

Individual and team success in sports results from commitment. The extent to which young athletes are able to make such commitments reflects their maturity, as well as their dedication to family, friends, school, and team. Your coach has already made similar kinds of commitments. For these reasons, we ask that you read and agree to the following:

The foundation of respect is a critical focus for all athletes. Students involved in our programs are expected to be positive leaders within the community. With the involvement in our programs, also comes a commitment to team, to quality academics focus, to school attendance, and to behavior. In addition to the above, a commitment to the Lafourche Parish School Board and the Louisiana High School Athletic Association policies and guidelines in reference to drug, alcohol, tobacco, and harassment will be observed. It is the responsibility of the student-athlete to contact the coach any time he/she may be absent or late for a practice session or contest. All student-athletes must use school transportation to and from all contests (when available) unless a prior process for transportation has been given by your coach. Student-athletes may not be able to participate if they are not picked up promptly after practice or contest.

### **Spectator Expectations**

The spectator at an athletic contest has an extremely important role in displaying good sportsmanship. As a group, your actions may have the biggest impact on how others see the reputation of your school and community. Athletes, coaches, and parents have worked hard to prepare our athletes for playing the game. On game day, our athletes are in the spotlight. Any spectator who continually displays poor sportsmanship will be requested not to attend future contests.

Remember that you are at a contest to support and yell for your team and to enjoy the skill and competition, not to intimidate or ridicule the other team and its fans.

Realize that a ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.

Remember that school athletics are learning experiences for students and that sometimes mistakes are made. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.

Show respect for the opposing players, coaches, spectators, and support groups. Treat them as you would treat a guest in your own home.

Refrain from making any kind of gestures or derogatory remarks to your opponent during the game, especially comments of ethnic, racial, or sexual nature. Vulgar, unsportsmanlike, or rude language or cheers will not be tolerated.

Respect the integrity and judgement of game officials. Understand that they are doing their best to help promote the student-athlete and admire their willingness to participate in full view of the public.

Law Enforcement Officers and Administrators have the authority to remove, and/or arrest, any spectator whose conduct is detrimental to the activity taking place.

Refrain from the use of any controlled substances, (alcohol, drugs, etc.) before and during games, and afterwards on or near the site of the event. (i.e. tailgating)

Be a positive behavior role model through your own actions and by censuring those around you at events whose behavior is unbecoming.

Cheerleaders and their mascot are the only ones allowed to dress-up in school-approved outfits. Under no circumstances are students, parents, fans, spectators, etc. to dress up in costumes, masks, etc.

### **NCAA Rules & Regulations**

We believe that participation in collegiate athletics can be a rewarding experience for those student-athletes who have the desire and ability to do so. While preparation for intercollegiate athletics is not the main focus of our high school athletics program, we would like to do what we can to help any of our students who aspire to compete at this next level. While our athletics program is not measured by the number of student-athletes who compete at the college and university level, we would like to do what we can to assist these students in connecting with the program that will be the best "fit" for that student-athlete.

All Division I or II student-athletes must be registered with and certified as eligible by the NCAA and the Eligibility Center. It is the responsibility of the parent/student-athlete to ensure that the Eligibility Center has the necessary documents on file that are needed to certify the student-athlete. These documents are the student-athlete's completed and signed Student Release Form and fee, his/her official high school transcript, and his/her ACT or SAT Scores. We encourage student-athletes to register with the Eligibility Center in their junior year because he/she cannot receive an expense paid recruiting visit until he/she has registered with the Eligibility Center.

If further clarification or more information is needed, please contact the guidance office.

### **Release of Information**

Coaches can release any and all information relating to the athletic participation of the student-athlete to the media, college scouts, and recruiters, including any medical information concerning injury, illness, biographical information, and/or any other information relating to athletic participation, including ability, attitude, and conduct. Most college recruiters want copies of ACT scores and updated transcripts. Parents who do not want information released, must submit their intentions in writing prior to the first day of practice.

## Team Travel Guidelines

In as much as the administration and coaching staff assumes supervisory responsibility for your son or daughter on athletic trips away from school, we feel it is important that students and parents fully understand the rules that govern such trips. A trip is a continuation of the school day, and as such, student-athletes participating on these trips are subject to the rules and regulations that govern our school while they are on campus. Because the student-athletes will be representing Lafourche Parish Schools and because their conduct, behavior, and safety are our responsibility, we have established the following guidelines. Conduct of the student-athletes on the bus is the responsibility of the coach.

- **UNDER NO CIRCUMSTANCES ARE STUDENT-ATHLETES ALLOWED TO DRIVE THEMSELVES TO AND FROM AN ATHLETIC CONTEST.**
- Just because a student-athlete makes a team, does not mean that he/she will automatically travel with the team. The head coach will determine which team members will make the travel squad.
- Student-athletes must travel to and from contests in school-provided transportation, when available.
  - Only participants are to ride the bus. Any exception to this will need approval of the Athletic Director.
  - The aisle must be clear at all times.
  - All persons riding the bus must remain sitting upright in their seats.
  - Whenever boys and girls will be riding the same bus, they will be placed in separate seats.
  - Nothing is to be thrown out or extended out the windows.
  - All students/student-athletes shall submit to the authority of the driver and conduct themselves in a courteous manner.
  - Provided the parent/legal guardian has permission from the administration prior to the event, the parent/legal guardian can take their student-athlete, and only their student-athlete, to and from an athletic event.
  - If transportation is unavailable, a parent/legal guardian can take their student-athlete to and from an event and/or another student-athlete to and from an event if, and only if, the parent has the correct insurance coverage, has ALL paperwork complete prior to event, and the coach, athletic director, and administration have copies of paperwork.
- The student-athlete is responsible and accountable for all work that is missed due to early dismissal for any interscholastic sporting event. Student-athletes should notify their teachers well in advance of the competition that requires early dismissal.

## Insurance

A student accident insurance program is available to all students through an insurance company determined by the Lafourche Parish School Board. School accident insurance will cover student-athletes in all sports and activities, with the exception of varsity and junior varsity football.

A separate policy for football is available for purchase. Details of this insurance are available at the beginning of each school year. Please read the information on the insurance application.

Many families already have insurance coverage through their place of employment or private source and do not wish to buy additional insurance; however, if you do not have personal insurance, you will be required to purchase the insurance provided by the Lafourche Parish School Board. Parents cannot refuse to have their child covered by insurance. This insurance policy provided by the school board is a secondary type of policy. The Lafourche Parish School System is not responsible for medical bills

resulting from injury. The parent understands that they are fully and personally responsible for all medical bills. (Refer to the Parent or Guardian Consent, Indemnity, and Insurance Election Form)

### **Awards**

Award ceremonies may be held twice a year (fall/ spring sports) or once at the end of the school year. Each school will decide on the location of their ceremony.

Individual and team accomplishments are recognized at this time. Each school has established criteria for receiving individual and team awards. The criteria for varsity letters, receiving jackets, individual awards are established by the athletic department for each sports team.

Any student-athlete who has not cleared his/her obligation of returning equipment, uniforms, owed money, etc. to the athletic department, will not be recognized or receive any awards.

### **Prohibited Advertisement**

All Lafourche Parish Schools reserve the right to refuse any advertisement of alcohol or tobacco at any athletic event.

### **Injury**

It is important that student-athletes and their parents know that it is very possible for a student-athlete to become injured while participating in athletics. Proper training will help prevent some injuries, but of course, some injuries are unavoidable. The catastrophic injury can happen in athletics. Paralysis and death have occurred as a result of participation in athletics, but are rare occurrences. Most injuries that occur are only minor. All injuries should be reported to the coach and/or trainer as soon as possible.

Any injury requiring a medical follow-up and/or continued medical or chiropractic treatment, will require a written medical clearance from the physician/chiropractor before the student-athlete will be allowed to return to interscholastic sports.

### **Athletic Training Room**

No one will be in the athletic training room without permission from a member of the athletic training staff. The athletic training room is a medical facility and should be treated as such. The athletic training room is made available by the Lafourche Parish School Board for the care, prevention, and rehabilitation of all student-athletes.

Occasionally there will be a difference of opinion of the proper treatment of an injury and when the student-athlete will return to competition. The Lafourche Parish School Board has adopted the following guidelines:

- The health and welfare of the student-athlete should be the primary concern of all those involved in this decision.
- The final decision on whether a student-athlete may return to competition is up to the trainer, unless a licensed physician has seen and releases the student-athlete to participate. If a physician releases the student-athlete with no restrictions to play, a copy of that release must be given to the trainer and head coach of that sport in which the student-athlete is returning.



## Inclement Weather

Lafourche Parish School Board Policy states that in the event schools are closed due to inclement weather conditions, all after school activities are automatically cancelled. These after school activities include practices, contests, or other events. Team members should make certain to contact their coach regarding interim or adjusted practice schedules.

## Risk Acknowledgement

Providing a safe environment for practice and competition is a priority of everyone in the athletic program. Every step is taken to ensure the safety and well-being of all participants; however, student-athletes and their parents must be aware that certain risks of injury are inherent in athletic participation. Accidents, ranging from minor to severe, may occur. It is mandatory that parents/guardians and student-athletes attend a sports meeting prior to trying out or participating in practice. Parents and student-athletes will be required to complete a participation packet. By signing these forms, parents and student-athletes acknowledge the risks associated with playing sports.

- **Baseball/Softball**

Risks	Prevention
<b>Head Injury</b> Skull fracture, brain contusion, concussion, second impact by ball or bat	Proper Helmet Selection Fit/ Maintenance of Helmet Compliance with rules of wearing of helmet during practice sessions Report minor head injury & follow medical advice regarding the return to activity
<b>Spinal Cord Injury</b> Contusion, temporary paralysis, permanent paralysis from head-first slides and other head-down maneuvers	Limit head-first sliding Instruction of proper techniques Compliance with rules No unnecessary aggressiveness
<b>Severe Orthopedic Injury</b> Fractures, ligament damage & muscle trauma	Compliance with rules Instruction of proper techniques Avoid unnecessary aggressiveness Avoid horseplay Proper conditioning & strength training Report all symptoms & follow medical advice
<b>Cardiac Arrest</b> Due to ball impact to chest	Proper protective equipment Instruction of proper techniques Competition between athletes of equivalent skill

- **Basketball (Boys & Girls)**

Risks	Prevention
<b>Cardiac Arrest</b>	Proper participation screening Report any symptoms Proper conditioning Proper nutrition & hydration
<b>Eye Injury</b> Impacts from ball or fingers of others	Protective air
<b>Head Injury</b> Impacts with floor, walls, or other off-court obstacles	Compliance with rules Avoid overly aggressive play Pad walls & other obstacles Report minor head injuries

<b>Severe Orthopedic Injury</b> Fractures, ligament damage, chronic muscle strains	Compliance with rules Avoid overly aggressive play Proper strength training & conditioning Medical advice regarding rehabilitation/return to play
<b>Overuse Injury</b> Lower back, lower legs & feet	Proper conditioning & strength development Proper footwear Report all symptoms & follow medical advice

- **Cross Country (Boys & Girls)**

Risks	Prevention
<b>Heat Illness</b>	Adequate hydration before & during season Proper acclimatization Proper nutrition Progressive training Monitor weight loss
<b>Environmental Hazards</b> Lightning, flash floods, poisonous reptiles, insects/vegetation, irregular terrain, etc.	Check weather report Survey running course Runner Buddy System Course Spotters Teach Student-Athletes First Aid & CPR
<b>Human Hazards</b> Motor vehicles, criminal elements, etc.	Runner Education Runner Buddy System Coordination with Law Enforcement
<b>Isolation at the time injury or illness occurs</b>	Course Spotters Runner Buddy System Teach Student-Athletes First Aid & CPR
<b>Eating Disorders</b> Common in distance runners and aggravated by high calorie burn or runner workouts	Sound nutritional practices as a lifestyle Daily monitoring of weight loss Family, Coach, and Teammates alert to symptoms

- **Football**

Risks	Prevention
<b>Head Injury</b> Concussion, second impact syndrome, skull fracture, subdural hematoma, death	Proper selection, fit, and maintenance of helmet Compliance w/rules regarding use of head Report Incidents of minor head injuries Follow medical guidelines regarding return to play after injury
<b>Spinal Cord Injury</b> Contusion, temporary paralysis, permanent paralysis, death	Compliance with rules regarding use of head Report incidents of numbness or tingling Follow medical guidelines regarding return to play after injury
<b>Heat Illness</b> Cramps, exhaustion, stroke, dehydration, death	Adequate hydration before and during Proper acclimatization Proper nutrition Progressive conditioning Lightweight clothing Monitor weight loss daily

<b>Injury to Vital Organs</b>	Compliance with rules Avoid overly aggressive play Proper strength training & conditioning Medical advice regarding rehabilitation/return to play
<b>Severe Orthopedic Injury</b> Fractures, ligament damage, muscle trauma	Proper strength training Proper flexibility and conditioning Report minor injury Follow medical guidelines regarding return to play after injury Use recommended protective equipment

- **Golf**

<b>Risks</b>	<b>Prevention</b>
<b>Heat/Face/Eye Injury</b> Skull fracture, concussion, epidural hematoma, subdural hematoma, death or loss of vision due to impact from club or ball	Student-athlete education Proper supervision Alertness for inexperienced golfers not on team
<b>Environmental Hazards</b> Lightning, heavy rains, poisonous reptiles and insects	Check weather report Student-athlete education Proper supervision on golf course
<b>Human Hazards</b> Inexperienced golfers on course, criminal elements, motor vehicles	Student-athlete education Proper supervision Proper clothing Coordination with Law Enforcement

- **Tennis**

<b>Risks</b>	<b>Prevention</b>
<b>Eye Injury</b> Impacts from high speed balls or from opponent's racquet can produce loss of sight	Protective Air
<b>Heat Illness</b> On outdoor courts	Proper ventilation Proper acclimatization Adequate hydration Monitor weight loss

- **Swimming & Diving**

<b>Risks</b>	<b>Prevention</b>
<b>Spinal Cord Injury</b> Entering water head first with improper technique or where too shallow	Student-athlete education Instruction of proper techniques Properly marked pools depths
<b>Head Injury</b> Falling on deck	Student-athlete education Eliminate horseplay
<b>Drowning</b> Sudden onset of illness or injury disabling student-athlete	Student-athlete education Proper supervision Buddy System Eliminate horseplay Proper screening of student-athletes for medical conditions

<b>Eating Disorders</b> Usually due to comments or concerns about physical appearance in swimsuit	Student-athlete/Parent/Coach education Sound nutritional practices Parents/Coaches/Teammates alert to symptoms
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- **Track & Field**

<b>Risks</b>	<b>Prevention</b>
<b>Head Injury</b> Impacts from shot or disc, falls against rigid surfaces adjacent to competition area	Student-athlete education and attentiveness Proper supervision of activities Survey facilities for hazards Spotters
<b>Spinal Cord Injury</b> Head first landing in high jump/pole vault	Instruction of proper techniques Confine activity to skill level Spotters
<b>Impalement</b> Javelin, broken vault pole, misplaced high jump/pole vault bar	Student-athlete education Proper supervision Survey for hazards
<b>Heat Illness</b> Cramps, exhaustion, dehydration, stroke, death	Adequate hydration Proper acclimatization Progressive training Monitoring weight loss
<b>Eating Disorders</b> Particularly in distance runners	Sound nutritional practices Monitor weight loss Family/Coach/Teammates alert to symptoms

- **Volleyball**

<b>Risks</b>	<b>Prevention</b>
<b>Heat Illness</b> In poorly air conditioned gyms during late summer	Proper ventilation Proper acclimatization Adequate hydration Monitor weight loss
<b>Head/Face Injury</b> Impacts from spiked balls, impacts with standards, floor, or off-court obstacles	Proper defensive techniques Play against opponents of equivalent skill
<b>Eye Injury</b> Impacts from spiked balls or fingers	Protective eye wear
<b>Overuse Injury</b> Shoulder, low back, lower leg	Proper technique Proper conditioning Proper footwear Report minor injury and follow medical advice

- **Weightlifting/Power Lifting (For Strength Development or Competition)**

<b>Risks</b>	<b>Prevention</b>
<b>Severe Orthopedic Injury</b> Low back, ligaments, muscles due to over lifting or improper techniques	Student-athlete education Instruction of proper techniques Coach prescribed & progressive training Proper use of spotters, collars, belts, and other protective devices
<b>Crushing Injury to Face/Throat/Chest/Extremities</b> From heavily weighted bar or weights falling off bar or racks	Student-athlete education Instruction of proper techniques Coach prescribed & progressive training Proper use of spotters, collars, belts, and other protective devices

## Baseball/ Softball Risk Acknowledgement

I am aware that trying out, practicing, playing, or any form of participation in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**.

I understand that there are risks of injuries in any sport, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of the body, health, and well-being.

I also understand that the dangers and risks of engaging in any sport may result not only in serious injury, but in a serious impairment of future abilities of my child/ward to earn a living, and to engage in business, social, and recreational activities and generally enjoy life.

Because of the risks described above, I recognize the importance of my child/ward listening to and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of my child/ward reading and adhering to all written instructions, written warnings regarding playing techniques, training methods, rules of the sport and other team rules. I therefore expressly agree to direct and to encourage my child/ward to obey all of the coach's instructions and warnings.

In consideration of the Lafourche Parish School Board permitting my child/ward to tryout, practice, play or in any other way to participate for a Lafourche Parish School Athletic Team, and to engage in all the activities related to the team, including practice, conditioning, playing, and traveling, **I hereby acknowledge that my child/ward assumes all the risks associated with such participation by my child/ward and I agree to waive all claims of whatever nature**, fully and finally, now and forever, for my child/ward, for myself, my estate, my heirs, my administrators, my executors, my assignees, and for all members of my family, and to release exonerate, discharge and hold harmless the above named school board, school, their trustees, officers, agents, servants, employees, successors, and assigns, their athletic staff, all coaches, assistant coaches, athletic trainers, physicians, and other practitioners of the healing arts from any liability, claims, causes of action or demands arising out of any injuries to my child/ward or to his/her property or losses of any kind which may result in or connection with his/her participation in any activity related to the Lafourche Parish Sports Program.

## Baseball/ Softball Cautionary Statement

Baseball and softball are sports enjoyed by large numbers of interscholastic and recreational players annually. Because of their popularity and the high-speed components of the game, it is important to observe and practice a number of procedures designed to enhance the safety and enjoyment of all participants.

The school has purchased protective helmets that are certified by the National Operating Commission for Safety of Athletic Equipment (NOCSAE). This certification indicates that research has been conducted to verify the protectiveness and shock absorption capabilities of the helmet. Each player will receive a demonstration of the proper wearing of a batting helmet. Proper wearing of these helmets is the responsibility of the player after the orientation has been completed.

### **PREPARATION FOR ACTIVITY**

- Wear all protective equipment, pads, braces and supportive undergarments to every practice or contest unless otherwise indicated by the daily practice plan.
- Be sure that all stabilizing straps and laces are properly worn and tightened and that all fasteners are secured so equipment is properly positioned.
- Wear outer and under garments that are appropriate for humidity and temperature.
- Players should ingest the equivalent of 4 – 6 glasses of water each day.

- Players with visual impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgement or perception.
- Players needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
- Remove all jewelry and metal hair fasteners.
- Players with seizure, neuromuscular, renal, cardiac, insulin: diabetic, or chronic skeletal problems, disorders, or diseases must present a physician's approval prior to participation in any practice session.
- No horseplay, roughhousing, hazing, or initiations.

### **IN THE LOCKER ROOM**

- Be alert to slippery floors.
- Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
- Keep floors free of debris. Place all belongings in assigned lockers.
- Close and lock locker doors when away from your assigned locker.
- Keep soap and shampoo in the shower room.
- Use foot powder in designated areas.
- Refrain from rapid movements, horseplay, and roughhousing in the locker/shower areas.
- Identify incidents of foot or other skin infections to coaches immediately.
- Be especially careful not to injure a teammate with cleated shoes and do not wear cleated shoes in the building or locker room at any time.
- No horseplay, roughhousing, hazing, or initiations.

### **APPROACH TO THE COMPETITIVE/PRACTICE SITE OR TRAVEL TO CONTEST**

- Be alert to the following:
  - Variable surface textures (concrete, matting, turf)
  - Steps, ramps, dugout locations
  - Locations of bulk equipment or specific drills: ball throwing machines, hitting practice and "on deck circle", pitching practice

### **HAZARDS SPECIFIC TO BASEBALL/SOFTBALL**

- All protective equipment required by rule must be worn at practices and competition during those situations that require it.
- Helmets are to be worn by batters, base runners, catchers, and base coaches.
- "On Deck" hitters are to take practice swings in a designated circle, but with complete attention directed to the pitcher and batter. If no circle is designated, stand behind the backstop. Keep hands off the backstop.
- Swing only one bat when taking practice swings. Use a bat ring that will not slide off the thick end of the bat.
- Batting practice, infield drills, outfield drills, and pitching practice is to be done in designated areas and at designated times. DO NOT begin these practices without direction of the coach.
- Sliding techniques are to be performed as a progression and approved by the coach before it is tried. Lower extremity injuries may still occur when players are experienced in sliding techniques.
- Offensive and defensive players involved in sliding or other close plays must recognize the possibility of being hit by a thrown ball, being accidentally bumped, or injured due to friction, burn, being stepped on, or a skeletal injury. Be alert to the location of the ball and opponents. Assume protected position when on the ground and do not leave limbs extended.
- Burns, sprains, strains, and contusions must be reported to the coaches.
- Dugout and Team Bench - Players in the dugout/ team bench area must be alert to foul balls, overthrows, or defensive players moving toward the area at high speed.
- Indoors – Always look before taking practice swings during drills. If you are chasing balls into a hitter's area, get his/her attention before going near him/her.
- Pitchers in batting cages will always wear protective helmets.

- On a pitched ball, which appears to be headed towards a hitter, all hitters will be instructed to turn their front shoulder towards the catcher and tuck their chin to avoid being hit in the facial area.
- Never catch without protective equipment.
- Never slide head first into a catcher at home plate.
- No horseplay, roughhousing, hazing or initiations.

### **EMERGENCIES**

Because of the nature of baseball and softball, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid; however, some may need more intense management and may also require squad members to:

- Stop all practices, scrimmages, or drills. **DO NOT move the victim.**
- Call the coach to manage the situation if not already at the site.
- Sit or kneel in close proximity. Assist by:
  - Helping with the injured person if asked by the coach.
  - Call for additional assistance if asked by the coach.
  - Bring first aid equipment or supplies to the site if asked by the coach.
  - Keeping onlookers away if asked by the coach.
  - Directing the rescue squad to the accident site if asked by the coach.

### **Basketball Risk Acknowledgement**

I am aware that trying out, practicing, playing or any form of participation in any sport can be a dangerous activity involving **MANY RISKS OF INJURY.**

I understand that there are risks of injuries in any sport, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of the body, health, and well-being.

I also understand that the dangers and risks of engaging in any sport may result not only in serious injury, but also in a serious impairment of future abilities of my child/ward to earn a living, and to engage in business, social, and recreational activities and generally enjoy life.

Because of the risks described above, I recognize the importance of my child/ward listening to and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of my child/ward reading and adhering to all written instructions, written warnings regarding playing techniques, training methods, rules of the sport and other team rules. I therefore expressly agree to direct and to encourage my child/ward to obey all of the coach's instructions and warnings.

In consideration of the Lafourche Parish School Board permitting my child/ward to tryout, practice, play or in any other way to participate for a Lafourche Parish School Athletic Team, and to engage in all the activities related to the team, including practice, conditioning, playing, and traveling, **I hereby acknowledge that my child/ward assumes all the risks associated with such participation by my child/ward and I agree to waive all claims of whatever nature,** fully and finally, now and forever, for my child/ward, for myself, my estate, my heirs, my administrators, my executors, my assignees, and for all members of my family, and to release, exonerate, discharge and hold harmless the above named school board, school, their trustees, officers, agents, servants, employees, successors, and assigns, their athletic staff, all coaches, assistant coaches, athletic trainers, physicians, and other practitioners of the healing arts from any liability, claims, causes of action or demands arising out of any injuries to my child/ward or to his/her property or losses of any kind which may result in or connection with his/her participation in any activity related to the Lafourche Parish Sports Program.

## **Basketball Cautionary Statement**

Basketball is a highly competitive, fast-action game that places demands on the individual players. For this reason, coaches will implement regimens that are based on scientific principles, and designed to enhance player endurance, quickness and playing skills. While contact and rough play are prohibited by rule, a certain amount of inadvertent physical contact is predictable. To enhance stability and strength, certain weight room workouts may also be prescribed along with a regular practice activity. In addition, the following considerations and cautions will enhance player enjoyment and safety.

### **PREPARATION FOR ACTIVITY**

- Wear all pads, braces and supportive undergarments to all practices and competitions.
- Clothing and shoes should fit properly, be comfortable, and allow for maximal physical efforts.
- Clothing should be kept clean and sanitary.
- Clothing should prevent heat dissipation and not restrict movement.
- Players should ingest the equivalent of 4–6 glasses of water each day.
- Feet should be covered with a thin cotton sock followed by a heavier wool sock. If blisters are a chronic problem or begin to appear, coaches should be consulted for appropriate responses or preventive actions.
- Players who require corrected vision must wear shatterproof glasses or lenses. Glasses must be mounted in break resistant frames and be held in place by an elastic strap.
- Players requiring preventive taping, padding, or bracing, should arrive early enough to receive treatment and be able to participate in specialty work.
- Remove all jewelry, metal hair clips, and hats.
- No horseplay, roughhousing, hazing, or initiations.
- Players with seizures, neuromuscular, renal cardiac, insulin: diabetic, chronic skeletal disorders/diseases, must present a physician's approval prior to participation in any practice session or contest.
- High top basketball shoes are suggested and should be properly laced up.
- The use of braces is recommended.
- Mouth guards are highly recommended.

### **IN THE LOCKER ROOM**

- Be alert to slippery floors.
- Be alert to changes in floor textures and elevated thresholds between lockers and shower rooms.
- Keep floors free of debris. Place all personal belongings in assigned lockers.
- Close and lock doors when away from your assigned locker.
- Keep soap and shampoo in the shower area.
- Use foot powder in designated areas.
- Refrain from rapid movements, roughhousing, or horseplay in locker/shower areas.
- Identify incidents of foot or skin infection to coaches immediately.
- No horse playing, roughhousing, hazing, or initiations.

### **APPROACH TO THE COMPETITIVE/PRACTICE SITE OR TRAVEL TO CONTEST**

- Be alert to ramps leading to practice/contest area.
- Be alert to variations in surfaces of locker rooms, ramps, stairways, or playing floors.
- Be alert to the following:
  - Ball carts
  - Basketballs in flight, rolling, rebounding, or bouncing
  - Wind sprints or fast break drills
  - Proximity of bleachers and walls to playing surface
- Stretch thoroughly when warming up.
- Be alert for possible hazards when conditioning in the halls.
- Be aware of and avoid contact with bleachers, curtains, and any other miscellaneous peripheral equipment.
- No horseplay, roughhousing, hazing, or initiations.



## **HAZARDS SPECIFIC TO BASKETBALL**

- Be alert to dehydration symptoms: dry mouth, inability cool down, dizziness/light headed. Ingest 4–6 glasses of water during the school day and additional amounts at practice.
- Frequent drink breaks will be built into the practice plan and players should make use of each one.
- Foot Problems – Refer to Coaches
  - Blisters
  - Calluses
  - Ingrown toe nails
  - Fungus infections or plantar warts
- Other Skin Problems – Refer to Coaches
  - Boils
  - Rashes
  - Floor Burns/Cuts
- Ankle and other orthopedic problems
  - New Sprains: ice, compression, elevation, rest
  - Old Sprains: taping, easy workouts, rehabilitative exercise
- Weight training regimens will have separate standards and progressions designed to enhance safety and physical conditioning.
- Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress, contribute to maintenance of good health. Notify coaches about use and location of inhalants.
- Check your weight. Sudden or large losses over a month should be brought to the coaches' attention, especially if you are feeling tired or ill, or if you demonstrate cold symptoms and swollen throat/neck glands.
- DO NOT hang on the rims or nets.
- DO NOT engage in rough, thoughtless play.
- DO NOT run under a player who is in the air to shoot or receive a pass.
- DO NOT swing elbows excessively when clearing a rebound.
- Tall players may need to be alert to their proximity to the lower surface of the backboard.
- DO NOT take an intentional foul that might cause an injury to an opponent.
- When taking a charge or screening an opponent, assume a weight-balanced, protected position.
- If a backboard shatters, notify the coach and keep people away from the broken glass.  
**BROKEN BACKBOARDS ARE THE FINANCIAL RESPONSIBILITY OF THOSE WHO BREAK THEM.**
- Notify the coach or trainer of an injury, no matter how slight it may seem.
- DO NOT share water bottles, towels, or anything else that might transmit body fluids or pathogens.

## **EMERGENCIES**

Because of the nature of basketball, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and managed with basic first aid; however, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

- Be alert to any injury that the coach may not see. He/she will manage the person in trouble.  
**DO NOT move the victim!** Assist by:
  - Stop all practices, scrimmages.
  - After calling the coach to manage the situation, help with the injured person if asked by the coach.
  - Telephone for additional assistance and obtain first aid supplies or equipment if asked by the coach.
  - Keep onlookers away if asked by the coach.
  - Sit or kneel in close proximity if asked by the coach.
  - Direct rescue squad members to the site if asked by the coach.

## Cross Country Risk Acknowledgement

I am aware that trying out, practicing, playing or any form of participation in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**.

I understand that there are risks of injuries in any sport, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of the body, health, and well-being.

I also understand that the dangers and risks of engaging in any sport may result not only in serious injury, but in a serious impairment of future abilities of my child/ward to earn a living, and to engage in business, social, and recreational activities and generally enjoy life.

Because of the risks described above, I recognize the importance of my child/ward listening to and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of my child/ward reading and adhering to all written instructions, written warnings regarding playing techniques, training methods, rules of the sport and other team rules. I therefore expressly agree to direct and to encourage my child/ward to obey all of the coach's instructions and warnings.

In consideration of the Lafourche Parish School Board permitting my child/ward to tryout, practice, play or in any other way to participate for a Lafourche Parish School Athletic Team, and to engage in all the activities related to the team, including practice, conditioning, playing, and traveling, **I hereby acknowledge that my child/ward assumes all the risks associated with such participation by my child/ward and I agree to waive all claims of whatever nature**, fully and finally, now and forever, for my child/ward, for myself, my estate, my heirs, my administrators, my executors, my assignees, and for all members of my family, and to release exonerate, discharge and hold harmless the above named school board, school, their trustees, officers, agents, servants, employees, successors, and assigns, their athletic staff, all coaches, assistant coaches, athletic trainers, physicians, and other practitioners of the healing arts from any liability, claims, causes of action or demands arising out of any injuries to my child/ward or to his/her property or losses of any kind which may result in or connection with his/her participation in any activity related to the Lafourche Parish Sports Program.

## Cross Country Cautionary Statement

The following recommendations have been made for Lafourche Parish Cross Country Teams. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

### **PREPARATION FOR ACTIVITY**

- Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly.
- A proper warm-up and warm-down is very important before and after all competition and practices.
- Select and change shoes/spikes for various surfaces to help reduce shock and stress.
- Student-athletes who are ill, dizzy, or lightheaded should contact their coach. Do not practice.
- Student-athletes with seizure, neuromuscular, renal, cardiac, insulin: diabetic or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
- Participants should ingest the equivalent of 4–6 glasses of water each day.

- Student-athletes needing preventive taping or bracing should arrive early to receive treatment. Any injury, problem, or concern should be discussed with the coach. Wear all pads, braces, and supportive undergarments to all practices and competitions.
- Student-athletes with visual impairments must wear shatterproof glasses or lenses where judgement or safety is a problem. Glasses must be mounted in break resistant frames and secure with an elastic strap.
- No horseplay, roughhousing, hazing, or initiations.

### **IN THE LOCKER ROOM**

- Be alert to slippery floors and use caution.
- Keep floors free of liter. Place all personal belongings in assigned locker.
- Close and lock locker door when away from your assigned locker.
- Keep soap and shampoo in the shower room.
- No horseplay, roughhousing, hazing, or initiations.

### **APPROACH TO THE COMPETITIVE/PRACTICE SITE OR TRAVEL TO CONTEST**

- Be aware of variations in the surface of ramps, locker rooms, or artificial surfaces.
- Stretch thoroughly and start your workout with easy running.
- No horseplay, roughhousing, hazing, or initiations.

### **HAZARDS SPECIFIC TO CROSS COUNTRY**

- Student-athletes should be alert to activity going on around them to prevent collision and/or sudden stopping of others.
- Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Do not wear radio or tape player headphones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.
- Never cut across neighborhood lawns or through private property.
- Avoid sudden stops on hard surfaces while sprinting. A gradual slowdown will help prevent unnecessary leg stress.
- Weight training may also be part of your conditioning. Observe all weight room safety rules carefully.
- Dehydration can be dangerous. Water will be available at all practices and contests. Student-athletes should ingest water frequently.

### **EMERGENCIES**

Because of the physical demands of Cross Country, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed through basic first aid techniques; however, some injuries may need more intense management, and may require squad members to:

- Stop all activities, practice, or competition. **DO NOT move the victim!**
- Call a coach to manage the situation if not already at the site.
- Sit or kneel in close proximity. Assist by:
  - Helping with the injured person if asked by the coach.
  - Calling for additional assistance if asked by the coach.
  - Bringing first aid equipment or supplies to the site if asked by the coach.
  - Keeping onlookers back if asked by the coach.
  - Directing rescue squad to the accident site.

## Football Risk Acknowledgement

I am aware that trying out, practicing, playing or any form of participation in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**.

I understand that there are risks of injuries in any sport, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of the body, health, and well-being.

I also understand that the dangers and risks of engaging in any sport may result not only in serious injury, but in a serious impairment of future abilities of my child/ward to earn a living, and to engage in business, social, and recreational activities and generally enjoy life.

Because of the risks described above, I recognize the importance of my child/ward listening to and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of my child/ward reading and adhering to all written instructions, written warnings regarding playing techniques, training methods, rules of the sport and other team rules. I therefore expressly agree to direct and to encourage my child/ward to obey all of the coach's instructions and warnings.

In consideration of the Lafourche Parish School Board permitting my child/ward to tryout, practice, play or in any other way to participate for a Lafourche Parish School Athletic Team, and to engage in all the activities related to the team, including practice, conditioning, playing, and traveling, **I hereby acknowledge that my child/ward assumes all the risks associated with such participation by my child/ward and I agree to waive all claims of whatever nature**, fully and finally, now and forever, for my child/ward, for myself, my estate, my heirs, my administrators, my executors, my assignees, and for all members of my family, and to release exonerate, discharge and hold harmless the above named school board, school, their trustees, officers, agents, servants, employees, successors, and assigns, their athletic staff, all coaches, assistant coaches, athletic trainers, physicians, and other practitioners of the healing arts from any liability, claims, causes of action or demands arising out of any injuries to my child/ward or to his/her property or losses of any kind which may result in or connection with his/her participation in any activity related to the Lafourche Parish Sports Program.

## Football Cautionary Statement

Football is a contact sport and injuries will occur. The coaches working in our program are well-qualified, professional people. Fundamentals related to playing football will continually and repeatedly be emphasized on/off the field. The information obtained within this list of rules and procedures is to inform the young men in our football program of the proper techniques to practice for maximum safety in the contact phase of the game.

### **PRE-SEASON PREPARATION**

Because football is a contact sport, student-athletes must condition to prepare themselves for the season. This includes both strength training, as well as aerobic training. It is also important that student-athletes continue to strength train during their season to help prevent injuries.

### **TRACKLING, BLOCKING, AND RUNNING THE BALL**

By rule, the helmet is not to be used as a "ram". Initial contact is not to be made with the helmet. It is not possible to play the game safely or correctly without making contact to the helmet when properly blocking and tackling an opponent; therefore, technique is most important to the prevention of injuries.

Tackling and blocking techniques are basically the same. Contact is to be made above the waist, but not initially with the helmet. The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, head up, assume a striking position or near to the opponent as possible with the main contact being with the shoulder.

Blocking and tackling by not putting the helmet as close to the body as possible could result in shoulder injury such as a separation or a pinched nerve in the neck area. The dangers of not following the proper techniques can be from minor, to disabling, to even death. The reason for following the safety rules in making contact to the upper body and helmet is that improper body alignment can put the spinal column in a vulnerable position for injury.

If the head is bent downward, the cervical (neck) vertebrae are vulnerable and contact on the TOP OF THE HELMET could result in dislocation, nerve damage, paralysis or death. If the back is not straight, the thoracic (mid-back) and lumbar vertebrae are also vulnerable to serious injury if contact is again made to the TOP OF THE HELMET. Lafourche Parish High Schools' daily workout includes isometric type exercises; the development of strength in the neck muscles is one of the best methods of preventing head injury and enabling an individual to hold his head up even after getting tired during a workout or contest.

### **BASIC HITTING (CONTACT) POSITION AND FUNDAMENTAL TECHNIQUES**

If the knees are not bent, the chance of injury is greatly increased. Fundamentally, a player should be in the proper hitting position at all times during the live ball and this point will be repeated continually during practice. The danger is anything from strained muscles, to ankle injuries, to serious knee injuries requiring surgery. The rules have made blocking below the waist (outside a two-yard by four-yard area next to the football) illegal.

The length of cleats has been restricted to no more than ½ inch to further help in preventing knee injuries. In tackling, the rules prohibit initial contact with the helmet or grabbing the facemask or edge of the helmet. These restrictions were implemented because of serious injuries resulting from grasping the facemask. Initial helmet contact could result in a bruise, dislocation, broken bone, head injury, internal injury such as kidneys, spleen, bladder, etc. Grabbing the facemask or helmet edge could result in a neck injury, which could range from a muscle strain, to a dislocation, nerve injury, or spinal column damage causing paralysis or death.

Illegal and dangerous play by participating student-athletes will not be tolerated and all players are repeatedly reminded of the dangers of these acts.

### **FITTING AND USE OF THE EQUIPMENT**

Shoulder pads, helmets, hip pads, pants (including thigh pads and knee pads), should be properly fitted and worn. Wear all protective pads, braces, and supportive undergarments to all practices and competitions. Shoulder pads, which are too small, will leave the shoulder joint vulnerable to bruises or separations and could also be too tight in the neck area resulting in a possible pinched nerve. Shoulder pads, which are too large, will leave the neck area poorly protected and will slide on the shoulders making them vulnerable to bruises or separations.

Helmets must fit snugly at the contact points: front, back, and top of head. The helmet must be "NOCSAE" banded; the chin straps must be fastened, and the cheek pads must be of the proper thickness. On contact, a helmet that is too tight could result in a headache. Too loose of a fit could result in headaches, concussion, and face injury, such as a broken nose or cheekbone. A blow to the back of the neck could cause a neck injury, and quite possibly paralysis or even death.

## **PREPARATION FOR ACTIVITY**

- Wear all protective equipment and supportive equipment, including mouth guards (not altered), to every practice or contest.
- Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners are secured so equipment is properly positioned.
- Wear outer and under garments that are appropriate for humidity and temperature.
- Players should ingest the equivalent of 4–6 glasses of water each day.
- Players with visual impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgement perception.
- Players needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
- Remove all jewelry and metal hair fasteners. (earrings & tongue rings)
- Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval to the coach prior to the participation in any practice session.

## **IN THE LOCKER ROOM**

- Be alert to slippery floors.
- Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
- Keep floors free of litter. Place all personal belongings in assigned lockers.
- Close and lock locker doors when away from your assigned locker.
- Keep soap and shampoo in the shower area.
- No horseplay, roughhousing, hazing, or initiations.

## **HAZARDS SPECIFIC TO FOOTBALL**

- The Head and Helmet
  - Tackle, block, or break tackles with the shoulder pad.  
**NEVER USE THE HELMET TO STRIKE THE OPPONENT.**
  - Keep the chin and eyes up when blocking, tackling, or running with the ball.
  - Lowering the head/helmet jeopardizes the neck and spinal cord.
- Blocking and Defensive Contact
  - The forearm-striking surface should be accelerated as a unit with the shoulder and extension of the trunk. DO NOT "wind up" to accelerate the forearm separately.
  - Block from the front or the side and above the waist.
  - When pursuing and opposing the ball carrier, do not "pile on" when the opponent is down.
  - Never grab an opponent's facemask.
- General
  - GET UP! When on the ground, you are vulnerable to being stepped on or receiving a leg, shoulder, or knee injury.
  - When falling – TUCK – Leave no extremity extended either to absorb the fall, or while on the ground.
  - Participate fully in all neck strengthening exercises.
- Water
  - Frequent drink breaks will be scheduled during practices and players should hydrate themselves frequently before and during practices and games.
- Weight Room
  - Maintenance strength training procedures will be utilized. Observe all weight room policies for progressions, spotting, and general safety.

## **EMERGENCIES**

Because of the nature of football, some injuries will occur. All injuries must be reported to a coach or trainer. Most injuries will be minor and can be managed with basic first aid; however, some may need more intense management and may also require squad members to:

- Stop all practices, scrimmages, or drills. **DO NOT move the victim!**
- Call the coach to manage the situation if not already at the site.
- Sit or kneel in close proximity. Assist by:
  - Helping with the injured person if asked by the coach.
  - Calling for additional assistance if asked by the coach.
  - Bringing first aid equipment or supplies to the site if asked by the coach.
  - Keeping onlookers away if asked by the coach.
  - Directing rescue squad to the accident site if asked by the coach.

### **Golf Risk Acknowledgement**

I am aware that trying out, practicing, playing or any form of participation in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**.

I understand that there are risks of injuries in any sport, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of the body, health, and well-being.

I also understand that the dangers and risks of engaging in any sport may result not only in serious injury, but in a serious impairment of future abilities of my child/ward to earn a living, and to engage in business, social, and recreational activities and generally enjoy life.

Because of the risks described above, I recognize the importance of my child/ward listening to and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of my child/ward reading and adhering to all written instructions, written warnings regarding playing techniques, training methods, rules of the sport and other team rules. I therefore expressly agree to direct and to encourage my child/ward to obey all of the coach's instructions and warnings.

In consideration of the Lafourche Parish School Board permitting my child/ward to tryout, practice, play or in any other way to participate for a Lafourche Parish School Athletic Team, and to engage in all the activities related to the team, including practice, conditioning, playing, and traveling, **I hereby acknowledge that my child/ward assumes all the risks associated with such participation by my child/ward and I agree to waive all claims of whatever nature**, fully and finally, now and forever, for my child/ward, for myself, my estate, my heirs, my administrators, my executors, my assignees, and for all members of my family, and to release, exonerate, discharge and hold harmless the above named school board, school, their trustees, officers, agents, servants, employees, successors, and assigns, their athletic staff, all coaches, assistant coaches, athletic trainers, physicians, and other practitioners of the healing arts from any liability, claims, causes of action or demands arising out of any injuries to my child/ward or to his/her property or losses of any kind which may result in or connection with his/her participation in any activity related to the Lafourche Parish Sports Program.

### **Golf Cautionary Statement**

Golf is a great sport. It is one the most enjoyable sports of a lifetime. Enjoyment, improved play, and competing safely can be ensured by paying attention and adhering to the following considerations and procedures outlined below.

## **PREPARATION FOR ACTIVITY**

- High school golfers may practice or play competitive rounds of golf under sponsorship of the Louisiana High School Athletic Association ONLY when authorized and supervised by a Lafourche Parish Coach or Supervisor. During all practice or competitive sessions and while preparing for practice or preparing to depart for the golf course, participants are expected to observe and follow all policies contained in this document, all playing rules, and display proper golf etiquette. Any practice or competitive golf rounds played without the coach's authorization or supervision will be at the player's own personal liability for damage, loss, or injury.
- Choose clothing or footwear that fits properly and does not restrict movement. Wear all protective and supportive undergarments to practices and competition.
- Select clothing appropriate for precipitation, humidity, and temperature.
- Players should ingest the equivalent of 4–6 glasses of water each day.
- Players needing protective tape, first aid, or rehabilitative treatments should arrive early to receive necessary treatment.
- Avoid horseplay with clubs and equipment.
- Players with seizure, neuromuscular, renal, cardiac, insulin: diabetic or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice sessions.
- If ill or dizzy, notify the coach. Do not practice.
- Check clubs regularly for metal stress or other signs of deterioration.
- Replace or repair damaged clubs.

## **APPROACH TO THE COMPETITIVE/PRACTICE SITE OR TRAVEL TO CONTEST**

- Exercise caution in driving to course or practice areas. (with parents)
- Be cautious in parking lots when unloading clubs and/or carts or when changing shoes.
- Be alert to ramps, stairs, artificial turf surfaces, carpets, concrete, and other changes in footing textures.
- Be alert to locations of driving, practice swing, chipping, and sand trap areas.
- Be alert to cart pathways, golf carts, and traffic patterns.
- Be alert to weather conditions, especially stormy weather. Check with the coach before playing if there are any safety questions.
- Adjust for temperature and humidity. A cap, sunglasses, and sun block can be helpful in avoiding discomfort or overheating. Players with sensitive skin should avoid prolonged sun exposure.
- No horseplay, roughhousing, hazing, or initiations.

## **HAZARDS SPECIFIC TO GOLF**

- When involved in club control/club swing drills, LOOK in all directions, BEFORE taking your first practice swing. Be sure there is room for the club to be swung safely.
- No horseplay with clubs or equipment. No club throwing.
- Be alert to players on adjacent tees or fairways.
- Be alert to players in front and behind you. On short holes, signal players behind when it is safe to hit their tee shots. Do not hit tee or fairway shots if close to player ahead.
- Call "FORE" if any shot moves into an adjacent fairway, or near any other players.
- Drink water frequently on the course. If uncomfortable, stop in a shady area or sun shelter and consume water. Call for assistance if dizzy, ill, or lightheaded.
- If severe weather occurs while on course:
  - Remove spikes and move away from clubs.
  - Avoid isolated trees, shelters, hilltops, open spaces, or metal objects.
  - Move to a wooden building, a low protected area, or heavily wooded area.

## **EMERGENCIES:**

Because of the nature of golf, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid; however, some may need more intense management and may also require squad members to:



- Stop all practices, scrimmages, or drills. **DO NOT move the victim!**
- Call the coach to manage the situation if not already at the site.
- Sit or kneel in close proximity. Assist by:
  - Helping with the injured person, if asked by the coach.
  - Calling for additional assistance, if asked by the coach.
  - Bringing first aid equipment or supplies to the site, if asked by the coach.
  - Keeping onlookers away, if asked by the coach.
  - Directing the rescue squad to the accident site, if asked by the coach.

### **Soccer Risk Acknowledgement**

I am aware that trying out, practicing, playing or any form of participation in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**.

I understand that there are risks of injuries in any sport, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of the body, health, and well-being.

I also understand that the dangers and risks of engaging in any sport may result not only in serious injury, but in a serious impairment of future abilities of my child/ward to earn a living, and to engage in business, social, and recreational activities and generally enjoy life.

Because of the risks described above, I recognize the importance of my child/ward listening to and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of my child/ward reading and adhering to all written instructions, written warnings regarding playing techniques, training methods, rules of the sport and other team rules. I therefore expressly agree to direct and to encourage my child/ward to obey all of the coach's instructions and warnings.

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### **Soccer Cautionary Statement**

Soccer is a highly competitive, fast-action game in which physical conditioning plays a major role. Because of the speed and agility with which the game is played, squad members, their parents, and their coaching staff must accept and share certain responsibilities designed to enhance the safety and enjoyment of the sport.

## **PREPARATION FOR ACTIVITY**

- Wear all protective equipment, pad, braces, and supportive undergarments, including shin guards, to every practice or contest.
- Wear outer and under garments that are appropriate for humidity and temperature.
- Players should ingest the equivalent of 4–6 glasses of water each day.
- Players with visual impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgement or perception.
- Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
- Remove all jewelry and metal hair fasteners.
- Players with seizure, neuromuscular, renal, cardiac, insulin: diabetic, chronic skeletal problems, disorders, or diseases must present a physician's approval prior to participation in any practice sessions.
- Goalkeeper must wear proper pads. (mouth guard is suggested)
- Field players may also choose to wear a mouth guard.
- No horseplay, roughhousing, hazing, or initiations.

## **IN THE LOCKER ROOM**

- Be alert to slippery floors.
- Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
- Keep floors free of litter.
- Refrain from rapid movements, horseplay, and roughhousing in the locker/shower area.
- Remove mud outside and away from the building.
- No horseplay, roughhousing, hazing, or initiations.

## **APPROACH TO THE COMPETITIVE/PRACTICE SITE OR TRAVEL TO CONTEST**

- Be alert to ramps, stairs, and changes in the texture and levels of concrete, fields, and sidewalks.
- Be alert to the location of the goal mouth, goal posts, and shooting drills.
- Be alert to fast action dribbling or passing drills.
- If ill or dizzy, notify the coach. Do not practice.
- Do not hang on goal posts at any time.
- Soccer is played and practiced in all types of weather. Players should have proper clothing and footwear.
- If lightening is in the area, the practice or game will be suspended until the storm passes.
- Soccer players will follow all posted and published team rules. (see athletic handbook)

## **HAZARDS SPECIFIC TO SOCCER**

- Play the ball when on defense. DO NOT attack the offensive opponent with illegal contact.
- When involved in shooting drills, shoot in specific sequences and in designated areas and directions. Be sure the goalkeeper is ready for all shots.
- High kicks are prohibited.
- Intentional pushing and tripping are prohibited.
- Charging or contacting the goalkeeper is prohibited.
- Players must brace the neck and keep the mouth closed while striking the ball with the upper portion of the forehead when heading the ball. (attempt only after being coached in technique)
- Out of control runs, jumps, or high kicks are prohibited.
- Slide tackles must be approved by a coach.
- Shin pads must be worn by all players.
- Water will be available at practices and contests.

## **EMERGENCIES**

Because of the nature of soccer, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid; however, some may need more intense management and may also require squad members to:

- Stop all practices, scrimmages, or drills. **DO NOT move the victim!**
- Call the coach to manage the situation if not already at the site.
- Sit or kneel in close proximity. Assist by:
  - Helping with the injured person, if asked by the coach.
  - Calling for additional assistance, if asked by the coach.
  - Bringing first aid equipment or supplies to the site, if asked by the coach.
  - Keeping onlookers away, if asked by the coach.
  - Directing the rescue squad to the accident site, if asked by the coach.

### **Swimming Risk Acknowledgement**

I am aware that trying out, practicing, playing or any form of participation in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**.

I understand that there are risks of injuries in any sport, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of the body, health, and well-being.

I also understand that the dangers and risks of engaging in any sport may result not only in serious injury, but in a serious impairment of future abilities of my child/ward to earn a living, and to engage in business, social, and recreational activities and generally enjoy life.

Because of the risks described above, I recognize the importance of my child/ward listening to and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of my child/ward reading and adhering to all written instructions, written warnings regarding playing techniques, training methods, rules of the sport and other team rules. I therefore expressly agree to direct and to encourage my child/ward to obey all of the coach's instructions and warnings.

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### **Swimming Cautionary Statement**

The following recommendations have been made for the Lafourche Parish Swim Teams. Because of the intense demands and conditioning required, student-athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

## **PREPARATION FOR ACTIVITY**

- Choose a suit that fits comfortably and dries easily. Wear supportive undergarments to practice and competitions.
- Goggles are highly recommended. They prevent eye irritation and may protect the eyes from “flying arms” or other swimmers during practice.
- Earplugs are helpful in avoiding ear infections. Soft wax earplugs can be molded to fit into the ear to keep water out.
- A swim cap can help keep hair out of the eyes and keep you warmer during practice by preventing body heat from being lost.
- A dry close fitting t-shirt worn after showering will also help to maintain body heat.
- Participants should ingest the equivalent of 4–6 glasses of water each day.
- Swimmers with seizure, neuromuscular, renal, cardiac, insulin: diabetic, or chronic skeletal problems, disorders, or diseases must present a physician’s approval to the coach prior to participation in any practice session.
- No horseplay, roughhousing, hazing, or initiations.

## **ENTRY INTO THE POOL AREA FOR PRACTICE/COMPETITION**

- Look around the facility for the following notices:
  - Pool rules posted on the wall
  - Deep and shallow pool depths
  - Location of ladders
  - Location of safety equipment
  - Equipment stored on the deck for use by swimmers: kickboards, pull buoys, hand paddles (use equipment as needed and return appropriately)
  - Other equipment in the area (tables, chairs, timing equipment, lane lines, lane storage reel, etc.)
  - Stay off the lifeguard stand at all times.
  - No horseplay, roughhousing, hazing, or initiations.
- NEVER do a pike/scoop/whip or deep dive in the shallow end of the pool - flat shallow racing dives only.
- NEVER attempt to dive or jump over the backstroke flags.
- Check the water beneath the diving board if entering from the board.

## **PREPARING TO SWIM**

- Do all stretching exercises on the deck as directed by the coach.
- Take time to stretch before each swimming practice.

## **ENTRY INTO AND EXPECTATIONS WHILE IN THE WATER**

- Look before you enter.
- No diving into the shallow end other than supervised racing dives during practice or pre-meet warm-ups.
- Lanes will be designated for various strokes and conditioning routines. Swim to the right of any designated lane unless the workout calls for alternating opposite circles.
- Stay off the lane lines at all times.
- Making contact on the diving board or lane lines, pool walls, gutter, or bottom during practice or competition could possibly result in serious bodily injury.
- Never hyperventilate during practice or for any race over 50 yards.
- No horseplay, roughhousing, hazing, or initiations.

## **EMERGENCIES**

Because of the nature of swimming, some injuries will occur. All injuries must be called to a coach’s attention. Most will be minor and managed with basic first aid; however, some may need more intense management and may also require squad members to:

- Stop all practices, scrimmages, or drills. **DO NOT move the victim!**
- Call the coach to manage the situation if not already at the site.
- Sit or kneel in close proximity. Assist by:
  - Helping with the injured person, if asked by the coach.
  - Calling for additional assistance, if asked by the coach.
  - Bringing first aid equipment or supplies to the site, if asked by the coach.
  - Keeping onlookers away, if asked by the coach.
  - Directing the rescue squad to the accident site, if asked by the coach.

### **Tennis Risk Acknowledgement**

I am aware that trying out, practicing, playing or any form of participation in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**.

I understand that there are risks of injuries in any sport, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of the body, health, and well-being.

I also understand that the dangers and risks of engaging in any sport may result not only in serious injury, but in a serious impairment of future abilities of my child/ward to earn a living, and to engage in business, social, and recreational activities and generally enjoy life.

Because of the risks described above, I recognize the importance of my child/ward listening to and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of my child/ward reading and adhering to all written instructions, written warnings regarding playing techniques, training methods, rules of the sport and other team rules. I therefore expressly agree to direct and to encourage my child/ward to obey all of the coach's instructions and warnings.

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### **Tennis Cautionary Statement**

Tennis is a highly competitive, fast-action activity in which physical conditioning plays a major role. Because of the speed and finesse with which the game is played, squad members and their parents must accept and share certain responsibilities with the coaching staff to enhance the safety and enjoyment of participants.

## **PREPARATION FOR ACTIVITY**

- Wear protective socks and well-fitting footwear to practice in contests.
- Wear outer and under garments that are appropriate for humidity, temperature, bracing, and support.
- Players should ingest the equivalent of 4–6 glasses of water each day.
- Players with visual impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgement or perception.
- Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
- Remove all jewelry and metal hair fasteners.
- Players with seizure, neuromuscular, renal, cardiac, insulin: diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.

## **IN THE LOCKER ROOM**

- Be alert to slippery floors.
- Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
- Keep floors free of litter. Place all personal belongings in assigned lockers.
- Keep soap and shampoo in the shower room.
- No horseplay, roughhousing, hazing, or initiations.
- Identify incidents of foot or other skin infections to the coach immediately.

## **APPROACH TO THE COMPETITIVE/PRACTICE SITE OR TRAVEL TO CONTEST**

- Be alert to steps, ramps, and changes in the texture of courts and sidewalks.
- Be alert to bounding board activity.
- Be alert to the location of warm up drills involving practice swings.
- Be alert to ongoing games as you enter the court area.
- Be alert to debris and glass on the courts as you arrive.
- Be alert to the location of nets and net posts.
- No horseplay, roughhousing, hazing, or initiations.

## **HAZARDS SPECIFIC TO TENNIS**

- Throwing racquets and other horseplay is prohibited.
- Doubles partners should face the net and be aware of each other's court position at all times in order to avoid physical or racquet contact with each other.
- Players must gather up loose tennis balls and call "BALL" if loose balls roll onto another court.
- Shatterproof glasses or lenses must be worn if needed for perception and judgement. Eye protection specifically designed for racquet sports is strongly suggested.
- Be under control when player is near nets, net posts, and fences.
- Net jumping is prohibited.
- Heat and humidity can be a serious problem. Ingest water during the day and at practice or matches.
- Players with sensitive skin are encouraged to use sunblock or cover skin areas.

## **EMERGENCIES**

Because of the nature of tennis, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid; however, some may need more intense management and may also require members to:

- Stop all practices, scrimmages, or drills. **DO NOT move the victim!**
- Call the coach to manage the situation if not already at the site.
- Sit or kneel in close proximity. Assist by:
  - Helping with the injured person if asked by the coach.
  - Calling for additional assistance if asked by the coach.
  - Bringing first aid equipment or supplies to the site if asked by the coach.
  - Keeping onlookers away if asked by the coach.
  - Directing the rescue squad to the accident site.

## Track & Field Risk Acknowledgement

I am aware that trying out, practicing, playing or any form of participation in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**.

I understand that there are risks of injuries in any sport, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of the body, health, and well-being.

I also understand that the dangers and risks of engaging in any sport may result not only in serious injury, but in a serious impairment of future abilities of my child/ward to earn a living, and to engage in business, social, and recreational activities and generally enjoy life.

Because of the risks described above, I recognize the importance of my child/ward listening to and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of my child/ward reading and adhering to all written instructions, written warnings regarding playing techniques, training methods, rules of the sport and other team rules. I therefore expressly agree to direct and to encourage my child/ward to obey all of the coach's instructions and warnings.

In consideration of the Lafourche Parish School Board permitting my child/ward to tryout, practice, play or in any other way to participate for a Lafourche Parish School Athletic Team, and to engage in all the activities related to the team, including practice, conditioning, playing, and traveling, **I hereby acknowledge that my child/ward assumes all the risks associated with such participation by my child/ward and I agree to waive all claims of whatever nature**, fully and finally, now and forever, for my child/ward, for myself, my estate, my heirs, my administrators, my executors, my assignees, and for all members of my family, and to release exonerate, discharge and hold harmless the above named school board, school, their trustees, officers, agents, servants, employees, successors, and assigns, their athletic staff, all coaches, assistant coaches, athletic trainers, physicians, and other practitioners of the healing arts from any liability, claims, causes of action or demands arising out of any injuries to my child/ward or to his/her property or losses of any kind which may result in or connection with his/her participation in any activity related to the Lafourche Parish Sports Program.

## Track & Field Cautionary Statement

The following recommendations have been made for the Lafourche Parish Track and Field Teams. Because of the intense demands and conditioning required, student-athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of track and field.

### **PREPARATION FOR ACTIVITY**

- Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly. Wear bracing and supportive undergarments to practices and competitions.
- Participants should ingest the equivalent of 4–6 glasses of water each day. Proper warm up and warm down is very important before and after competitions and practices.
- Select and change shoes/spikes for various surfaces to help reduce shock and stress.
- Student-athletes who are ill, dizzy, or light headed, should contact their coach and should not practice.
- Student-athletes with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
- Student-athletes needing preventative taping or bracing should arrive early to receive treatment. Any injury problem or concern should be discussed with the coach.

- Student-athletes with visual impairments must wear shatterproof glasses or lenses where judgement or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.
- No horseplay, roughhousing, hazing, or initiations.

### **IN THE LOCKER ROOM**

- Be alert to slippery floors and use caution.
- Keep floors free of litter. Place all personal belongings in assigned locker.
- Close and lock locker doors when away from your assigned locker.
- Keep soap and shampoo in the shower room.
- No horseplay, roughhousing, hazing, or initiations.
- If spiked shoes are worn, they are to be put on and taken off outside the building.

### **APPROACH TO THE COMPETITIVE/PRACTICE SITE OR TRAVEL TO CONTEST**

- Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial tracks.
- In approaching the track, be alert to location of:
  - Sprint/hurdle straightaway
  - Relay/exchange areas
  - Jump/Vault runways and landing areas
  - Shot and Discus throwing and landing areas
- When jogging from warm up/warm down, or during practice, run in the outer lanes.
- Stretch thoroughly and start your workout with easy running.
- No horseplay, roughhousing, hazing, or initiations.

### **HAZARDS SPECIFIC TO TRACK & FIELD**

- Jumpers, throwers, and hurdlers must check equipment to see that it is safe and in proper condition before using. Student-athletes must notify the event coach in case of any equipment failure.
- Shot/Discus throwers must check the throwing sector and the immediate areas alongside the circle or runway for people in the area. They must also refrain from horseplay with the shot and discus.
- Hurdlers must be sure hurdles are facing a direction that allows the hurdle to tip if struck by the hurdler.
- Distance Runners and Relay Teams engaged in speed work and time trails should run the inside lanes unless passing runner. Slower work should be done in the outer lanes.
- When passing other runners during practice, always call "track".
- Student-athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
- Runners engaged in street work, as a method distance conditioning, must face traffic or use sidewalks. Do not wear radio or tape player headphones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.
- Never cut across neighborhood lawns or through private property.
- Avoid sudden stops on hard surfaces while sprinting. A gradual slowdown will help prevent unnecessary leg stress.
- Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
- Dehydration can be dangerous. Water will be available at all practices and contests. Student-athletes should ingest water frequently.

### **EMERGENCIES**

Because of the physical demands of track and field, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid; however, some may need more intense management and may also require members to:



- Stop all practices, scrimmages, or drills. **DO NOT move the victim!**
- Call the coach to manage the situation if not already at the site.
- Sit or kneel in close proximity. Assist by:
  - Helping with the injured person if asked by the coach.
  - Calling for additional assistance if asked by the coach.
  - Bringing first aid equipment or supplies to the site if asked by the coach.
  - Keeping onlookers away if asked by the coach.
  - Directing the rescue squad to the accident site.

### **Volleyball Risk Acknowledgement**

I am aware that trying out, practicing, playing or any form of participation in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**.

I understand that there are risks of injuries in any sport, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of the body, health, and well-being.

I also understand that the dangers and risks of engaging in any sport may result not only in serious injury, but in a serious impairment of future abilities of my child/ward to earn a living, and to engage in business, social, and recreational activities and generally enjoy life.

Because of the risks described above, I recognize the importance of my child/ward listening to and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of my child/ward reading and adhering to all written instructions, written warnings regarding playing techniques, training methods, rules of the sport and other team rules. I therefore expressly agree to direct and to encourage my child/ward to obey all of the coach's instructions and warnings.

In consideration of the Lafourche Parish School Board permitting my child/ward to tryout, practice, play or in any other way to participate for a Lafourche Parish School Athletic Team, and to engage in all the activities related to the team, including practice, conditioning, playing, and traveling, **I hereby acknowledge that my child/ward assumes all the risks associated with such participation by my child/ward and I agree to waive all claims of whatever nature**, fully and finally, now and forever, for my child/ward, for myself, my estate, my heirs, my administrators, my executors, my assignees, and for all members of my family, and to release exonerate, discharge and hold harmless the above named school board, school, their trustees, officers, agents, servants, employees, successors, and assigns, their athletic staff, all coaches, assistant coaches, athletic trainers, physicians, and other practitioners of the healing arts from any liability, claims, causes of action or demands arising out of any injuries to my child/ward or to his/her property or losses of any kind which may result in or connection with his/her participation in any activity related to the Lafourche Parish Sports Program.

### **Volleyball Cautionary Statement**

The following recommendations have been made for the Lafourche Parish Volleyball Teams. Because of the intense demands and conditioning required, student-athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

## **PREPARATION FOR ACTIVITY**

- Wear protective kneepads, braces, and supportive equipment garments to all practices and games.
- Clothing and shoes should fit properly, be comfortable, and allow for maximal physical efforts.
- Clothing should not prevent heat dissipation or restrict movement.
- Players should ingest the equivalent of 4–6 glasses of water each day.
- Feet should be covered with a thick cotton sock. If blisters are a chronic problem or begin to appear, coaches should be consulted for appropriate responses or preventive actions.
- Players who require corrected vision must wear shatterproof glasses or contact lenses. Glasses must be mounted in break resistant frames and be held in place by an elastic strap.
- Players requiring preventive taping, padding, or bracing should arrive early to receive necessary treatment.
- Remove all jewelry and metal hair fasteners.
- No horseplay, roughhousing, hazing, or initiations.
- Players with seizures, neuromuscular, renal, cardiac, insulin diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval to the coach prior to participation in any practice session.

## **IN THE LOCKER ROOM**

- Locker Room floors are often slippery.
- Open locker doors can have sharp edges.
- Secure all personal items in your assigned locker. Close and lock your locker when away from it.
- Keep soap and shampoo in the shower area.
- Be aware of raised thresholds in shower areas.
- No horseplay, roughhousing, hazing, or initiations.

## **PREPARING TO PLAY**

- Do all stretching exercises as directed by the coaches. When stretching or playing, keep body in proper alignment to prevent undue stress on joints, ligaments, and muscles.

## **APPROACH TO THE COMPETITIVE/PRACTICE SITE OR TRAVEL TO CONTEST**

- Be aware of ramps/steps leading to practice/contest area.
- Be aware of variations in surfaces of locker rooms, ramps, stairways, or playing floors.
- Be aware of the following:
  - Ball carts
  - Volleyballs in flight, rolling, rebounding or bounding
  - Spiking or serving drills
  - Nets, supportive poles, cables, chairs, bleachers, and officials' stand
- No horseplay, roughhousing, hazing, or initiations.

## **HAZARDS SPECIFIC TO VOLLEYBALL**

- Be aware of dehydration symptoms; i.e., dry mouth, inability to cool down, dizzy/light headed. Ingest 4–6 glasses of water during the school day and additional amounts at practice.
- Frequent drink breaks will be built into the practice and players should make use of each one.
- Foot problems – refer to coaches
  - Blisters
  - Calluses
  - Ingrown toe nails
  - Fungus infections or plantar warts
- Other skin problems – refer to coaches
  - Boils
  - Rashes
  - Floor burns, cuts

- Ankles and other orthopedic problems
  - New sprains - ice, compression, elevate, rest
  - Old sprains – taping, easy workouts rehabilitation exercises
- Weight and strength training will have separate standards and progressions designed to enhance safety.
- Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance or health of the student-athlete.
- Check your weight and record it. Sudden or large losses over a month should be brought to the coach's attention, especially if you are feeling tired or ill, or if you demonstrate cold symptoms and sore throat/swollen neck glands.
- Do not hang on nets.
- Gather loose volleyballs and place them in storage racks. Do not follow a loose ball into an adjacent court until play is stopped in that court.
- Never roll a ball under the net during play; the ball can roll under the feet.
- Never throw the ball over the net; the ball can hit an unsuspecting player.
- Try to land on both feet while descending from a jump. This helps prevent falling, twisting, or unbalance.
- While executing a defensive roll, sprawl, or dive, player must begin as low as possible to the floor with the arms fully extended away from the body. Execution with bent elbows and little or no bending of the knees may cause fractures or other injuries.
- As in many team sports, the possibility of running into teammates or opponents is apparent. Jump vertically when spiking or blocking.
- Volleyball utilizes the hands in various techniques; i.e., blocking serving, attacking, and digging. Players should use proper technique in order to avoid breaks, fractures, and sprains.
- Muscle soreness and possible strains occur more frequently at the beginning of the season due to an increased use of muscles and increased time spent exercising. Stretch before/after practice.
- Making contact on the net, support poles, cables, referee's stand, floor, wall, bleachers, and other players during practice or competition could possibly result in serious bodily injury.

## **EMERGENCIES**

Because of the physical nature of volleyball, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid; however, some may need more intense management and may also require members to:

- Stop all practices, scrimmages, or drills. **DO NOT move the victim!**
- Call the coach to manage the situation if not already at the site.
- Sit or kneel in close proximity. Assist by:
  - Helping with the injured person if asked by the coach.
  - Calling for additional assistance if asked by the coach.
  - Bringing first aid equipment or supplies to the site if asked by the coach.
  - Keeping onlookers away if asked by the coach.
  - Directing the rescue squad to the accident site.

## **Weight Lifting/ Power Lifting Risk Acknowledgement**

I am aware that trying out, practicing, playing or any form of participation in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**.

I understand that there are risks of injuries in any sport, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of the body, health, and well-being.

I also understand that the dangers and risks of engaging in any sport may result not only in serious injury, but in a serious impairment of future abilities of my child/ward to earn a living, and to engage in business, social, and recreational activities and generally enjoy life.

Because of the risks described above, I recognize the importance of my child/ward listening to and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of my child/ward reading and adhering to all written instructions, written warnings regarding playing techniques, training methods, rules of the sport and other team rules. I therefore expressly agree to direct and to encourage my child/ward to obey all of the coach's instructions and warnings.

In consideration of the Lafourche Parish School Board permitting my child/ward to tryout, practice, play or in any other way to participate for a Lafourche Parish School Athletic Team, and to engage in all the activities related to the team, including practice, conditioning, playing, and traveling, **I hereby acknowledge that my child/ward assumes all the risks associated with such participation by my child/ward and I agree to waive all claims of whatever nature**, fully and finally, now and forever, for my child/ward, for myself, my estate, my heirs, my administrators, my executors, my assignees, and for all members of my family, and to release exonerate, discharge and hold harmless the above named school board, school, their trustees, officers, agents, servants, employees, successors, and assigns, their athletic staff, all coaches, assistant coaches, athletic trainers, physicians, and other practitioners of the healing arts from any liability, claims, causes of action or demands arising out of any injuries to my child/ward or to his/her property or losses of any kind which may result in or connection with his/her participation in any activity related to the Lafourche Parish Sports Program.

### **Weight Lifting/ Power Lifting Cautionary Statement**

The following recommendations have been made for the Lafourche Parish Power Lifting and Weight Lifting Teams. Because of the intense demands and conditioning required, student-athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

#### **PREPARATION FOR ACTIVITY**

- Wear wrist and/or knee wraps as needed.
- Clothing and shoes should fit properly, to allow for maximal physical efforts.
- Players who require corrected vision must wear shatterproof glasses or contact lenses. Glasses must be mounted in break resistant frames, and be held in place by an elastic strap.
- Remove all jewelry and metal hair fasteners.
- No horseplay, roughhousing, hazing or initiations.
- Players with seizures, neuromuscular, renal, cardiac, insulin diabetic, or chronic skeletal problems, disorders or diseases, must present physician's approval to the coach prior to participation in any practice session.
- Breathing correctly is important too - inflate your chest to support your spine during exertion.
- The use a support belt can also be helpful in preventing injuries.

#### **IN THE LOCKER ROOM**

- Locker Room floors are often slippery.
- Open locker doors can have sharp edges. Close and lock your locker when away from it.
- Secure all personal items in your assigned locker.
- Keep soap and shampoo in the shower area.
- Be aware of raised thresholds in shower areas.
- No horseplay, roughhousing, hazing, or initiations.

## **APPROACH TO THE COMPETITIVE/PRACTICE SITE OR TRAVEL TO CONTEST**

- Be aware of ramps/steps leading to practice/contest area.
- Be aware of variations in surfaces of locker rooms, ramps, stairways, or playing floors.
- Never lift unless there is a spotter.
- No horseplay, roughhousing, hazing, or initiations.

## **PREPARING TO LIFT**

- Do all stretching exercises as direct by the coaches. When stretching, keep body in proper alignment to prevent undue stress on joints, ligaments, and muscles.

## **HAZARDS SPECIFIC TO WEIGHT/ POWER LIFTING**

- Do not try to do it all at once; using too much weight too soon can cause injury.
- Inappropriate warm up and cool down periods can cause lingering aches and burning sensations.
- Lifting can cause your blood pressure to soar, be sure to use proper techniques.
- Do not bounce the weights or bend and shift your body while lifting.
- Never hold your breath while lifting.

## **EMERGENCIES**

Because of the physical nature of Power Lifting/ Weight Lifting, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid; however, some may need more intense management and may also require members to:

- Stop all practices, scrimmages, or drills. **DO NOT move the victim!**
- Call the coach to manage the situation if not already at the site.
- Sit or kneel in close proximity. Assist by:
  - Helping with the injured person if asked by the coach.
  - Calling for additional assistance if asked by the coach.
  - Bringing first aid equipment or supplies to the site if asked by the coach.
  - Keeping onlookers away if asked by the coach.
  - Directing the rescue squad to the accident site.

### **Middle School General Athletic Information**

The main office will take calls concerning athletic events or questions about the athletic program between 9:00 a.m. and 1:00 p.m. Schools can be contacted using the information below.

- Bayou Blue Middle School           985-851-1952
- Golden Meadow Middle School   985-475-7314
- Larose Cut Off Middle School   985-693-3273
- Lockport Middle School           985-532-2597
- Raceland Middle School           985-537-5140
- Sixth Ward Middle School       985-633-2449
- Thibodaux Middle School         985-492-6707

The sports listed below are the only sports that the Lafourche Parish School District will recognize and become responsible for during the school year at the Middle Schools:

<b>FALL</b>	<b>WINTER</b>	<b>SPRING</b>	<b>SUMMER</b>
Football	Basketball (boys/girls)	Track (boys/girls)	Not Applicable
Volleyball			

### **Middle School Athletics Purpose**

The purpose of the middle school athletic program is to have fun, learn the value of physical activity, improve athletic skills, prepare for future upper school competition, and learn to win and lose gracefully. The middle school athletic program is a fully developed interscholastic program. All students who meet both the academic and behavioral criteria set by the Lafourche Parish School Board are eligible to tryout or participate in an athletic contest.

### **Middle School Athletic Eligibility**

All student-athletes participating in any type of middle school athletics must have a completed physical by a licensed physician, a signed waiver of insurance, a signed drug screening consent form, and an emergency/ parent consent form on file at the school. Coaches must carry the emergency/parent consent form with them to all athletic events.

The age limit for a middle school athlete is fifteen years of age on the first day of school for any student of the current school year. This makes any student whose fifteenth birthday is before the first day of school ineligible for the current year.

A student entering sixth grade will have six consecutive semesters of eligibility. No student may participate in middle school athletics for more than six consecutive semesters.

A student-athlete in sixth, seventh, or eighth grade is not eligible to participate in athletics for the next grading period (nine weeks) if he/she fails two core subjects or one core subject and two minor subjects. The core subjects are reading, language, math, science, and social studies. Any sixth or seventh grader who is retained must reestablish his/her academic eligibility.

Eligibility for participation in middle school athletics will be on the day of issuance of report cards by the school board each nine weeks.

A student-athlete must have been in school at least 80 days during the preceding semester to remain eligible.

According to State Law for Attendance, in order for a student-athlete to be eligible to participate in an athletic activity that day/evening, he/she must be present at school for at least one hundred seventy six minutes.

Each individual school may have separate rules and policies in place for each sport in addition to the information covered in this handbook.

A mandatory parent meeting should be held prior to each sport season in order to review all necessary forms that are located in this handbook. Forms include emergency information/parent consent, insurance waiver, drug screening consent, informed consent for football, risks and prevention and risk acknowledgement for each sport (football, volleyball, basketball, and track), quitting a sport, and sports participation agreement.

### **Middle School Cheerleader/Dance Team Guidelines**

The purpose of the Middle School Cheerleader/Dance Team is to create school spirit, pride, and loyalty. Squad Members will promote interest in school activities and perform at school athletic events. Squad Members will develop responsibility, teach self-respect, encourage honest effort, strive for perfection and develop character. Squad Members should also develop good relationships with other squad members, other teams, and visiting squads during events.

### **Middle School Cheerleader/ Dance Team Eligibility**

If selected as a member of the squad, each Cheerleader/Dancer will follow the eligibility requirements of all other Middle School Athletic Teams, which are as follows:

A Cheerleader/Dancer may be a sixth, seventh, or eighth grader.

A Cheerleader/Dancer in sixth, seventh, or eighth grade is not eligible to participate in cheerleading/dance team activities for the next grading period (nine weeks) if he/she fails two core subjects or one core subject and two minor subjects. The core subjects are reading, language, math, science, and social studies. Any sixth or seventh grader, who is retained, must reestablish his/her academic eligibility. Eligibility for participation in middle school cheerleader/dance team activities will be on the day of issuance of report cards by the school board each nine weeks. A student must have been in school at least 80 days during the preceding semester to remain eligible. A student must be present for at least 176 minutes, according to State Law for Attendance, in order to be eligible to participate in a cheerleader/dance team activity that day/evening. Members of the squad must pass a physical exam by a licensed physician and parents must sign a completed medical release form. Proof of insurance must be shown and an insurance election form must be signed. These items must be completed before member can participate in any cheerleader/dance team activities.

### **Middle School Cheerleader/ Dance Team Tryouts (Scoring)**

Scores are only accessible to PARENTs/GUARDIANs by making an appointment with administration to view their candidate's scores. Only the scores of their candidate will be available for viewing. Another candidate's scores or the overall scores are confidential. Copies of scores will not be given to anyone and scores are not shared with the public.

### **Middle School Cheerleader/ Dance Team Attendance**

Cheerleader/Dance Team practice will begin after the selection of the new squad is complete and will continue throughout the summer. A summer camp is a MANDATORY function in order for members to learn new material, safety, and proper cheer/dance techniques. Attendance and participation at practice is mandatory, unless the member was absent from school due to illness, was attending another school function, or an emergency arises. Absences must be excused by the sponsor prior to a missed practice or event. An effort should be made to schedule doctor/dentist appointments outside of scheduled cheerleader/dance team practices. Excused absences will be determined by the sponsor. Cheerleader/Dance Team members who participate in other sports shall not be penalized for attending practices/games for the other sport. It is up to the sponsor and the coach to make appropriate arrangements that is in the best interest of the student. Once arrangements have been established, the student can be held accountable. Members should see sponsor to discuss his/her absence upon returning or prior to missed practice. Members must be present for 3.5 hours during the school day in order to participate in an after school activity. He/she must also be present at the practice before a performance, or the member will sit out of the main performance for that game.

### **Middle School Cheerleader/ Dance Team Transportation**

Transportation to/from practices is the responsibility of the parent(s). Rides must be prompt! Habitual lateness will result in a member receiving a demerit.

### **Middle School Cheerleader/ Dance Team Uniforms**

Each member of the squad must purchase his/her own uniform. He/She will be required to maintain good conditions and cleanliness of the uniform on a weekly basis. Practice/Camp Wear must also be purchased (examples: bloomers, pom-poms, hair bows, shoes). Please remember that these items may be costly! Members must attend performances in full uniform. While in uniform, NO jewelry should be worn. If makeup is worn, it must be kept simple and natural and hair should be pulled back with uniform ribbon.

### **Middle School Cheerleader/ Dance Team Character**

Squad members should be leaders within the school and set a good example at all times. Members should also maintain good personal appearance, be courteous and friendly to other team members, as well as, the student body. Members caught smoking, drinking, and/or using drugs are grounds for dismissal. In addition, public displays of affection (PDA) are not allowed. Members must be respectful to the sponsor, other team members, and the visitors of other teams, as they are a representation of their school. All cheers, chants, and dance moves shall be of a positive and sportsmanlike manner. Members will make every effort to ignore and/or discourage negative responses at events and not become involved in such actions themselves.

### **Middle School Cheerleader/ Dance Team Conduct & Consequences**

Squad members must remember they represent their school in and away from school. Misbehavior in public will result in negative consequences, just as misbehavior during school does. While serving the consequence, the member must attend events in uniform, but will not be allowed to participate or perform at event. If a school referral results in an out of school suspension or PASS assignment, the member will be dismissed from the squad.



When a member fails to abide by the rules, the entire squad suffers. Squad Members should represent their school with pride. Squad Members of Middle School Cheerleading Squads or Dance Teams should be proud and show their school spirit to our schools, students, and community through their participation. We are delighted to have each squad member and look forward to a successful and great year. If a squad member should have any questions concerning his/her role and/or responsibility as a cheerleader or dancer, he/she should contact his/her sponsor.

Demerits will be given for unacceptable behavior. Each member can receive up to five demerits before being dismissed from the squad. Demerits may be obtained for the following reasons:

- Unexcused absences from practice or event
- Uniform violations for events or performances
- Wearing uniform for non-squad functions without permission
- Disrespect to sponsor or other members including texting or social media
- Habitual late transportation to/from practices or events
- Other serious offenses – office referral

Inappropriate conduct at school requiring a referral will result in the following consequences:

**1<sup>st</sup> Offense** - suspension from the next event

**2<sup>nd</sup> Offense** - suspension from the remainder of the sporting season

**3<sup>rd</sup> Offense** - dismissal from the squad

### Additional Resources

- Lafourche Parish School District website: [WWW.MYLPSD.COM](http://WWW.MYLPSD.COM)
- Lafourche Parish School District Athletic Packet: [LPSD WEBSITE: Athletic Participation Packet](#)

The following forms should be issued to and completed by all Lafourche Parish Student-Athletes:

Form	Middle School	High School
LHSAA Medical History Evaluation	X	X
Parent or Guardian Consent, Indemnity and Insurance Election	X	X
Emergency Information	X	X
Risk Acknowledgement	X	X
Drug Screening Consent	X	X
Concussion Statement	X	X
The Risk of Concussion and Head Injury	X	X
Quitting a Sport	X	X
LPSB Student Accident Coverage	X	X
Sports Participation Agreement Summary	X	X
LHSAA Substance Abuse Agreement		X
LHSAA Athletic Participation/Parental Permission		X