



# Reedley High School

## ATHLETIC REGISTRATION PACKET, 2021-2022

### Eligibility & Clearance



Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Grade: \_\_\_\_\_ ID# \_\_\_\_\_

#### CHECK ALL THAT APPLY

Fall Sport	Winter Sport	Spring Sport
Cheer (Fall & Winter)	Basketball, Boys	Badminton
Cross Country, Boys	Basketball, Girls	Baseball
Cross Country, Girls	Soccer, Boys	Golf, Boys
Football	Soccer, Girls	Softball
Golf, Girls	Wrestling, Boys	Swim & Dive, Boys
Tennis, Girls	Wrestling, Girls	Swim & Dive, Girls
Volleyball, Girls		Tennis, Boys
Water Polo, Boys		Track & Field, Boys
Water Polo, Girls		Track & Field, Girls
		Volleyball, Boys

#### Athletic Registration Checklist

- Physical form complete and cleared
- Emergency & Insurance Information
- 1. Handbook verification (page 1-3)
- 2. RHS Protocol and Policies (page 4)
- 3. Code of Conduct, Parents & Student (page 5-6)
- 4. Ethics in Sports (page 7)
- 5. SCA "Keep their Heart in the Game" (page 8-9)
- 6. Heat Illness Prevention (page 10-11)
- 7. Concussion (page 12)
- 8. Opioid Information (page 13-14)
- Bills and/ or fines cleared (Finance)
- Academic and discipline verified (AD/Finance)

#### Student Check

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#### Staff Check

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**REGISTRATION COMPLETED    YES    NO    DATE \_\_\_\_\_ RHS STAFF \_\_\_\_\_**

### KCUSD Athletic/Sports Voluntary Activities Participation

*By signing below, I acknowledge I have reviewed the RHS Student Athlete Handbook and understand student-athletes will be held to these rules and policies. (Copies of the Handbook are in the RHS Finance Office or can be found on the RHS Athletics Webpage)*

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Student Athlete Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**\*\*Signature(s) Required\*\***

### **Acknowledgement and Assumption of Potential Risk**

I authorize my son/daughter to participate in the Kings Canyon Unified sponsored athletic activities. I understand and acknowledge that these activities, by their very nature, pose the potential risk of serious injury/illness to individuals who participate in such activities.

I understand and acknowledge that some of the injuries/illnesses which may result from participating in these activities include, but are not limited to, the following:

1. Sprains/strains 5. Paralysis
2. Fractured bones 6. Loss of eyesight
3. Unconsciousness 7. Communicable diseases
4. Head and/or back injuries 8. Death

I understand and acknowledge that participation in these activities is completely voluntary and as such is not required by Kings Canyon Unified for course credit or for completion of graduation requirements.

I understand and acknowledge that in order to participate in these activities, I and my son/daughter agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities.

I understand, acknowledge, and agree that Kings Canyon Unified, its elected or appointed officials, employees,, agents, or volunteers shall not be liable for any injury/illness suffered by my son/daughter which is incident to and/or associated with preparing for and/or participating in this activity.

Participation in competitive athletics may result in severe injury, including paralysis or death. Changes in rules, improved conditional programs, better medical coverage and improvements in equipment have reduced these risks, but it is impossible to totally eliminate such occurrences from athletics.

Players can reduce the chance of injury by obeying all safety rules in their sports, reporting all physical problems to their coaches, following a proper conditioning program and inspecting their own equipment daily. Damaged equipment must be replaced immediately.

Even if all of these requirements are met, and even if the athlete is using excellent protective equipment, a serious accident may still occur. As a condition of participation in athletics by the above named student, we acknowledge that we have read and understand this warning statement.

Student Initials \_\_\_\_\_

Parent Initials \_\_\_\_\_

### **ATHLETIC STEROID POLICY**

As a condition of membership in the CIF, all Schools shall adopt policies prohibiting the use and abuse of androgenic/ anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Bylaw 524).

By Signing below, both the participating student athlete and their parents, legal guardian/caregiver hereby agree that the athlete shall not use androgenic/ anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We also recognize under CIF Bylaw 200.D., there could be penalties for false or fraudulent information. We also understand that the Reedley High School/ Kings Canyon Unified school district policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Student Initials \_\_\_\_\_  
Parent Initials \_\_\_\_\_

*From the RHS Student Handbook*

## REEDLEY HIGH SCHOOL SPORTS MEDICINE CONSENT FOR CARE

I, the parent/guardian a student athlete authorize RHS Sports Medicine personnel, physician, dentist, emergency medical personnel or other qualified school or medical representatives to care for and provide appropriate medical treatment for injuries/illnesses incurred by the above named student athlete for the 2020-2021 school year.

I also authorize the transport to and treatment by a medical facility in which my child has been taken for such injuries/ illness and take full financial responsibility for any treatments deemed necessary by the attending medical personnel.

I give my permission to RHS Sports Medicine staff to dispense non-prescription over-the counter medications such as acetaminophen (Tylenol), Ibuprofen, antacids, cold/allergy medication, and other like medications to my child when appropriate per written and/or oral standing orders from a RHS affiliated team physician or other qualified physician.

I further authorize RHS Sports Medicine personnel to receive/release pertinent medical information to/from the physician/medical professional/medical facility, the student athlete's coach, athletic director, and the parent (s)/guardian (s) or other adult representative if requested for above mentioned school year.

Supplemental written consent will be obtained, except in the case of an emergency, if it is deemed necessary or requested by any party to speak with those not charged with direct medical care or responsibility of the athlete. Such consent may be requested or revoked in writing at anytime by the student athlete or their parent/guardian. Written consent or revocation should be addressed and delivered to the office of the Athlete Director. The complete privacy statement is located in the Athletic Code, Policy and Procedure Manual of the RHS Sports Medicine Program and posted in the ATF.

*(Consent has been obtained in accordance with the Health Insurance Portability and Accountability Act, HIPAA, 2002)*

Student Initials \_\_\_\_\_  
Parent Initials \_\_\_\_\_

**\*\*Signature(s) Required\*\***

## Reedley High School Athletics

### “Protocols & Policies”

#### Communication Protocols

If there is an issue regarding the sport from the viewpoint of the player, the protocol of action is:

1. Player meets with coach.
2. Player meets with Athletic Director, AD will communicate with parents regarding the player concern.
3. Player and Parent(s) meets with AD & Coach (possibly with AP or Principal as well).

If a parent has an issue related to the program, here is the protocol of action:

1. Parent contacts and meets with Athletic Director. AD will communicate with the coach.
2. Parent meets with AD, Coach, and site administrator.
  - *It is against school policy for parent(s) to meet with coaches regarding an issue with their child on game day (unless otherwise approved).*

If there is an issue regarding player behavior from the coach's side, here is the protocol of action:

1. Coach meets with player and reviews “Program standards and expectations”. Coach will notify parent(s) of the issue, as well as the AD.
2. Coach and AD meets with player and parent. If the parent is unable to meet or is ok with a phone conversation then that would suffice. This would be a final warning for the player before removal from the team.

#### Playing time

1. High School sports are competitive teams where the head coach will make personnel decisions; playing the athletes best equipped to help the team be successful. Athletes earn playing time by proving their skill, competence, and commitment to the program in that particular sport. No one is guaranteed playing time.
  - a. Players can prove their ability in daily competition as coaches will on a regular basis evaluate the commitment level, development, skill, and attitude of players.

Lack of playing time does NOT warrant or give permission for poor body language, attitude, language, or disengagement during, before, or after the game at any time (refer back to the student-athlete code of conduct).

#### Social Media Policy

Student athletes must use social media in a respectful and mature manner related to Reedley High School, Reedley High Athletics, or specifically about a team or personnel. Actions against this policy will be dealt with appropriately with the possibility (if serious enough) of removal from the team.

#### Grace Period (fall to winter, winter to spring sports)

When an athlete moves from one sport to the next (back to back seasons) a grace period of two days will be granted after the final regular season or playoff game. The athlete must make direct contact with the head coach about this time period. If the player or parent does not communicate with the head coach directly the practices missed will be unexcused. The grace period is not required but an option for the student-athlete. (*Special circumstances must be requested by the player and/or parent and will be reviewed by the Athletic Director and Coach*)

Student initials \_\_\_\_\_

Parent initials \_\_\_\_\_

**\*\*Signature(s) Required\*\***

## Reedley High School Athletics

### ***RHS Policy of "Pursuing Victory With Honor"*** ***Code of Conduct for Student-Athletes***

#### **1. Trustworthiness**

- Be worthy of trust in all you do
- Live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct
- Be reliable; fulfill commitments, be on time
- Be Loyal; to your school and team, put the team above personal glory

#### **2. Respect**

- Treat all people with respect all the time
- Live and play with class, be a good sport, be gracious in victory and accept defeat with dignity
- Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks, taunting, or other actions that demean individuals or the sport

#### **3. Responsibility**

- You are a student first. Commit to getting the best education you can. Be honest with yourself about the likelihood of getting an athletic scholarship or playing professionally, remember that many universities will not recruit student-athletes that do not have a serious commitment to education.
- Participation in sports is a privilege, not a right; you are expected to represent Reedley High, your coaches, your teammates, and your family

#### **4. Fairness**

- Live up to high standards of fair play, be open-minded and always be willing to listen and learn

#### **5. Caring**

- Demonstrate concern for others, never engage in reckless behavior that might cause injury to yourself or others
- Promote the well-being of teammates by positive encouragement

#### **6. Citizenship**

- Play by the rules; maintain a thorough knowledge of and abide by all applicable game and competition rules
- Honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship

Student initials \_\_\_\_\_

Parent initials \_\_\_\_\_

**\*\*Signature(s) Required\*\***



## Reedley High School Athletics

### ***RHS Policy of "Pursuing Victory With Honor"*** ***Code of Conduct for Parents***

#### **1. Trustworthiness**

- Be worthy of trust in all you do
- Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor
- Be loyal to the school and team; put the interests of the team above your child's personal glory

#### **2. Respect – *specifically at athletic contests***

- Treat all people with respect at all times and require the same of your student athletes
- Teach your child to live and play with class and be a good sport
- Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks, or other actions that demean individuals or the sport
- Respect for officials; treat game officials with respect. Don't complain or argue about calls or decisions during or after an athletic event

#### **3. Responsibility**

- Support the concept of "being a student first."
- Remember, participation in sports is a privilege, not a right. Parents too should represent KCUSD, Reedley High, the team and your family positively on and off the court/field.
- Exercise self-control; don't fight or show excessive displays of anger or frustration
- Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco, drugs and some over the counter nutritional supplements, as well as of unhealthy techniques to gain, lose or maintain weight

#### **4. Fairness**

- Live up to high standards of fair play. Be open-minded, always willing to listen and learn

#### **5. Caring**

- Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team

#### **6. Citizenship**

- Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

Student initials \_\_\_\_\_

Parent initials \_\_\_\_\_

***\*\*Signature(s) Required\*\****

## Reedley High School Athletics

### ETHICS IN SPORTS

#### Policy Statement

The Central Section, CIF is committed to the exhibition of sportsmanlike and ethical behaviors in and around all athletic contests. All contests must be safe, courteous, fair, controlled and orderly for all athletes and fans alike.

It is the intent of the CIF that violence, in any form, not be tolerated. In order to enforce this policy, the Central Section has established rules and regulations which set forth the manner of enforcement of this policy and the penalties incurred when violation of the policy occurs. The rules and regulations shall focus upon the responsibility of the coach to teach and demand high standards of conduct and to enforce the rules and regulations set forth by CIF.

The Central Section requires the following Code of Ethics be issued each year and requires signing by student athletes, parents/guardians and coaches prior to participation as a guide to govern their behavior.

#### Code of Ethics

- To emphasize the proper ideas of sportsmanship, ethical conduct and fair play.
- To eliminate all possibilities which tend to destroy the best values of the game.
- To stress the values derived from playing the game fairly.
- To show cordial courtesy to visiting teams and officials.
- To establish a happy relationship between visitors and host.
- To respect the integrity and judgment of sports officials.
- To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- To encourage leadership, use of initiative and good judgment by the players on a team.
- To recognize that the purpose of athletics to promote the physical, mental, moral, social and emotional well-being of the individual players.
- To remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, official, fan or nation.

*I have read and I understand the Policy Statement, the Code of Ethics and the violations and Minimum Penalties of the "Ethics in Sports" policy. I agree to abide by the policy and related consequences while participating in interscholastic athletics, regardless of context, site or jurisdiction. I further agree not to use drugs, alcohol, steroids or other performance enhancing drugs while in high school.*

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Student Name (print)

Student Signature

Date

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Parent Signature

**\*\*Signature(s) Required\*\***

# Keep Their Heart in the Game

## Sudden Cardiac Arrest Information for Athletes & Parents/Guardians

**What is sudden cardiac arrest?** Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

### How common is sudden cardiac arrest in the United States?

As the leading cause of death in the U.S., there are more than 300,000 cardiac arrests outside hospitals each year, with nine out of 10 resulting in death. Thousands of sudden cardiac arrests occur among youth each year, as it is the #1 killer of student athletes and the leading cause of death on school campuses.

### Who is at risk for sudden cardiac arrest?

SCA is more likely to occur during exercise or physical activity, so student-athletes are at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think they're out of shape and need to train harder, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA.

### What should you do if your student-athlete is experiencing symptoms?

We need to let student-athletes know that if they experience any SCA-related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a physician, surgeon, nurse practitioner or physician assistant. If the athlete has any of the SCA risk factors, these should also be discussed with a doctor to determine if further testing is needed. Wait for your doctor's feedback before returning to play, and alert your coach, trainer and school nurse about any diagnosed conditions.

**FAINTING  
is the  
#1 SYMPTOM  
OF A HEART CONDITION**

## Recognize the Signs & Risk Factors

Tell Your Coach and Consult Your Doctor if These Conditions are Present in Your Student-Athlete

### Potential Indicators That SCA May Occur

- ☐ Fainting or seizure, especially during or right after exercise
- ☐ Fainting repeatedly or with excitement or startle
- ☐ Excessive shortness of breath during exercise
- ☐ Racing or fluttering heart palpitations or irregular heartbeat
- ☐ Repeated dizziness or lightheadedness
- ☐ Chest pain or discomfort with exercise
- ☐ Excessive, unexpected fatigue during or after exercise

### Factors That Increase the Risk of SCA

- ☐ Family history of known heart abnormalities or sudden death before age 50
- ☐ Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- ☐ Family members with unexplained fainting, seizures, drowning or near drowning or car accidents
- ☐ Known structural heart abnormality, repaired or unrepaired
- ☐ Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks, diet pills or performance-enhancing supplements

## Cardiac Chain of Survival

On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delayed in attending to a sudden cardiac arrest victim decreases the chance of survival by 10%. Everyone should be prepared to take action in the first minutes of collapse.

### Recognition of Sudden Cardiac Arrest



Victim is collapsed, unresponsive and not breathing, even if gasping, gurgling, exhibiting breathing noises or seizure-like activity.

### Call 9-1-1



Follow emergency dispatcher's instructions. Call any on-site Emergency Responders.

### Hands-Only CPR



Begin CPR immediately. Hands-only CPR involves fast and continual two-inch chest compressions—about 100 per minute.

### Defibrillation



Immediately retrieve and use an automated external defibrillator to restore the heart to its normal rhythm. Follow step-by-step audio instructions from the AED.

### Advanced Care



Designate a bystander to direct EMS to the victim for quick transfer to the hospital.



# Keep Their Heart in the Game

**Sudden Cardiac Arrest Information  
for Athletes & Parents/Guardians**

## What is an AED?

**AED**



An automated external defibrillator (AED) is the only way to save a sudden cardiac arrest victim. An AED is a portable, user-friendly device that automatically diagnoses potentially life-threatening heart rhythms and delivers an electric shock to restore normal rhythm. Anyone can operate an AED, regardless of training. Simple audio direction instructs the rescuer when to press a button to deliver the shock, while other AEDs provide an automatic shock if a fatal heart rhythm is detected. A rescuer cannot accidentally hurt a victim with an AED—quick action can only help. AEDs are designed to only shock victims whose hearts need to be restored to a healthy rhythm. Check with your school for locations of on-campus AEDs.

## What are we doing to help protect student athletes?

The State of California passed the Eric Paredes Sudden Cardiac Arrest Prevention Act in 2016 to protect K-12 students participating in school-sponsored athletic activities. New policy adds sudden cardiac arrest (SCA) training to coach certification, and new protocol that empowers coaches to remove from play a student-athlete who exhibits fainting—the number one warning sign of a potential heart condition, and potentially for other conditions if they are believed to be cardiac related. A student-athlete who has been removed from play after displaying signs or symptoms associated with SCA may not return to play until he or she is evaluated and cleared by a licensed health care provider. Parents, guardians, caregivers and adults involved in athletic activities are urged to dialogue with student-athletes about potential warning signs and risk factors and be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency.

I have reviewed and understand the symptoms and warning signs of SCA and the new protocol to incorporate SCA prevention strategies into my/my student's sports program or activity.

STUDENT-ATHLETE SIGNATURE

PRINT STUDENT-ATHLETE'S NAME

DATE

PARENT/GUARDIAN SIGNATURE

PRINT PARENT/GUARDIAN'S NAME

DATE

## For more information about Sudden Cardiac Arrest visit

California Department  
of Education  
[cde.ca.gov](http://cde.ca.gov)

Eric Paredes Save  
A Life Foundation  
[epsavealife.org](http://epsavealife.org)

California Interscholastic  
Federation (CIF)  
[cifstate.org](http://cifstate.org)

National Federation of High Schools Free  
20-Min. Training Video For Coaches, Parents or  
Anyone Involved in Student Sports Activities  
[nfhslearn.com/courses/61032](http://nfhslearn.com/courses/61032)



**\*\*Signature(s) Required\*\***



## Parent/Student CIF Heat Illness Information Sheet



### Why am I getting this information sheet?

You are receiving this information sheet about Heat Illness because of California state law AB 2500 (effective January 1, 2019), now Education Code § 49475:

1. *The law requires a student athlete who has been removed from practice or play after displaying signs and symptoms associated with heat illness must receive a written note from a licensed health care provider before returning to practice.*
2. *Before an athlete can start the season and begin practice in a sport, a Heat Illness Information sheet must be signed and returned to the school by the athlete and the parent or guardian.*

Every 2 years all coaches are required to receive training about concussions (AB 1451), heat illness (AB 2500) as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).

### What is Heat Illness and how would I recognize it?

Exercise produces heat within the body and can increase the player's body temperature. Add to this a hot or humid day and any barriers to heat loss such as padding and equipment, and the temperature of the individual can become dangerously high.

Heat Illness occurs when metabolically produced heat combines with that gained from the environment to exceed the heat and large sweat losses. Young athletes should be pre-screened at their pre-participation physical exam for medication/supplement use, cardiac disease, history of sickle cell trait, and previous heat injury. Athletes with any of these factors should be supervised closely during strenuous activities in a hot climate. Fatal heat stroke occurs most frequently among obese high school middle linemen.

Much of one's body heat is eliminated by sweat. Once this water leaves the body, it must be replaced. Along with water loss, many other minerals are lost in the sweat. Most of the commercial drinks now available contain these minerals, such as Gatorade, etc., but just plain water is all that is really required because the athlete will replace the lost minerals with his/her normal diet.

**PREVENTION:** There are several steps which can be taken to prevent heat illness from occurring:

**ADEQUATE HYDRATION** The athlete should arrive at practice well-hydrated to reduce the risk of dehydration. The color of the urine can provide a quick guess at how hydrated the athlete. If the urine is dark like apple juice means the athlete is dehydrated. If the urine is light like lemonade in color means the athlete seems adequately hydrated.

Water or sports drinks should be readily available to athletes during practice and should be served ideally chilled in containers that allow adequate volumes of fluid to be ingested.

Water breaks should be given at least every 30-45 minutes and should be long enough to allow athletes to ingest adequate volumes of fluid.

Athletes should be instructed to continue fluid replacement in between practice sessions.

**GRADUAL ACCLIMATIZATION:** Intensity and duration of exercise should be gradually increased over a period of 7-14 days to give athletes' time to build fitness levels and become accustomed to practicing in the heat. Protective equipment should be introduced in phases (start with helmet, progress to helmet and shoulder pads, and finally fully uniform).

A **FREE** online course "Heat Illness Prevention" is available through the CIF and NFHS at <https://nfhslearn.com/courses/61140/heat-illness-prevention>.



## Parent/Student CIF Heat Illness Information Sheet



**HEAT EXHAUSTION:** Inability to continue exercise due to heat-induced symptoms. Occurs with an elevated body-core temperature between 97 and 104 degrees Fahrenheit.

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>Dizziness, lightheadedness, weakness</li> <li>Headache</li> <li>Nausea</li> <li>Diarrhea, urge to defecate</li> <li>Pallor, chills</li> </ul> | <ul style="list-style-type: none"> <li>Profuse sweating</li> <li>Cool, clammy skin</li> <li>Hyperventilation</li> <li>Decreased urine output</li> </ul> |
|--|---|

**Treatment:** Stop exercise, move player to a cool place, remove excess clothing, give fluids if conscious, COOL BODY: fans, cold water, ice towels, or ice packs. Fluid replacement should occur as soon as possible. The athlete should be referred to a hospital emergency if recovery is not rapid. When in doubt, CALL 911. Athletes with heat exhaustion should be assessed by a physician as soon as possible in all cases.

**HEAT STROKE:** Dysfunction or shutdown of body systems due to elevated body temperature which cannot be controlled. This occurs with a body-core temperature greater than 107 degrees Fahrenheit.

Warning Symptoms:

**This is a MEDICAL EMERGENCY. Death may result if not treated properly and rapidly.**

**Treatment:** Stop exercise, Call 911, remove from heat, remove clothing, immerse athlete in cold water for aggressive, rapid cooling (if immersion is not possible, cool the athlete as described for heat exhaustion), monitor vital signs until paramedics arrive.

**Signs observed by teammates, parents and coaches include:**

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>Dizziness</li> <li>Drowsiness, loss of consciousness</li> <li>Seizures</li> <li>Staggering, disorientation</li> <li>Behavioral/cognitive changes (confusion, irritability, aggressiveness, hysteria, emotional instability)</li> </ul> | <ul style="list-style-type: none"> <li>Weakness</li> <li>Hot and wet or dry skin</li> <li>Rapid heartbeat, low blood pressure</li> <li>Hyperventilation</li> <li>Vomiting, diarrhea</li> </ul> |
|---|--|

**Final Thoughts for Parents and Guardians:**

Heat stress should be considered when planning and preparing for any sports activity. Summer and fall sports are conducted in very hot and humid weather in many parts of the California. Many of the heat problems have been associated with football, due to added equipment which acts as a barrier to heat dissipation. Several heatstroke deaths continue to occur each season in the United States. There is no excuse for heatstroke deaths if the proper precautions are taken.

You should also feel comfortable talking to the coaches or athletic trainer about possible heat illness signs and symptoms that you may be seeing in your child.

I acknowledge that I have received and read the CIF Heat Illness Information Sheet.

\_\_\_\_\_  
Student-Athlete Name  
*Printed*

\_\_\_\_\_  
Student-Athlete  
*Signature*

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Name  
*Printed*

\_\_\_\_\_  
Parent or Legal Guardian  
*Signature*

\_\_\_\_\_  
Date



### What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

### If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day."

and

"A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care

provider". **A STUDENT DIAGNOSED WITH A CONCUSSION CANNOT RETURN TO ACTIVITY FOR A MINIMUM OF SEVEN (7) DAYS AS DETERMINED BY THE DOCTOR.**

You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

\_\_\_\_\_  
Student-athlete Name Printed

\_\_\_\_\_  
Student-athlete Signature

\_\_\_\_\_  
Date

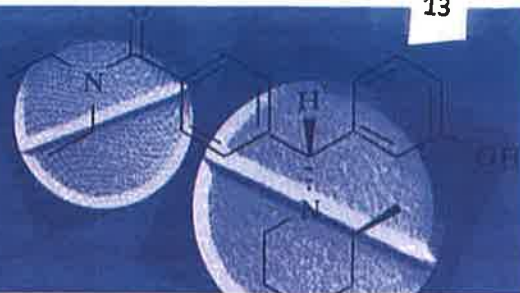
\_\_\_\_\_  
Parent or Legal Guardian Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date



# PRESCRIPTION OPIOIDS: WHAT YOU NEED TO KNOW



Prescription opioids can be used to help relieve moderate-to-severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious risks. It is important to work with your health care provider to make sure you are getting the safest, most effective care.

## WHAT ARE THE RISKS AND SIDE EFFECTS OF OPIOID USE?

**Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use.** An opioid overdose, often marked by slowed breathing, can cause sudden death. The use of prescription opioids can have a number of side effects as well, even when taken as directed:

- Tolerance—meaning you might need to take more of a medication for the same pain relief
- Physical dependence—meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating



receiving prescription opioids long term in a primary care setting struggles with addiction.

\* Findings from one study

## RISKS ARE GREATER WITH:

- History of drug misuse, substance use disorder, or overdose
- Mental health conditions (such as depression or anxiety)
- Sleep apnea
- Older age (65 years or older)
- Pregnancy

Avoid alcohol while taking prescription opioids. Also, unless specifically advised by your health care provider, medications to avoid include:

- Benzodiazepines (such as Xanax or Valium)
- Muscle relaxants (such as Soma or Flexeril)
- Hypnotics (such as Ambien or Lunesta)
- Other prescription opioids



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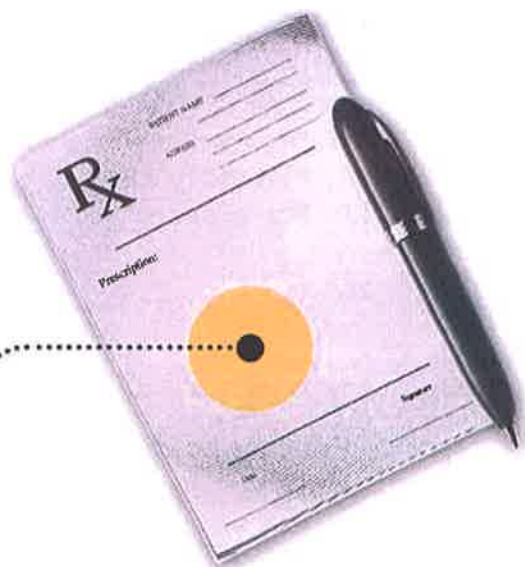
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## KNOW YOUR OPTIONS

Talk to your health care provider about ways to manage your pain that don't involve prescription opioids. Some of these options **may actually work better** and have fewer risks and side effects. Options may include:

- ☐ Pain relievers such as acetaminophen, ibuprofen, and naproxen
- ☐ Some medications that are also used for depression or seizures
- ☐ Physical therapy and exercise
- ☐ Cognitive behavioral therapy, a psychological, goal-directed approach, in which patients learn how to modify physical, behavioral, and emotional triggers of pain and stress.



### Be Informed! ←

Make sure you know the name of your medication, how much and how often to take it, and its potential risks & side effects.

## IF YOU ARE PRESCRIBED OPIOIDS FOR PAIN:

- ☐ Never take opioids in greater amounts or more often than prescribed.
- ☐ Follow up with your primary health care provider within \_\_\_\_ days.
  - Work together to create a plan on how to manage your pain.
  - Talk about ways to help manage your pain that don't involve prescription opioids.
  - Talk about any and all concerns and side effects.
- ☐ Help prevent misuse and abuse.
  - Never sell or share prescription opioids.
  - Never use another person's prescription opioids.
- ☐ Store prescription opioids in a secure place and out of reach of others (this may include visitors, children, friends, and family).
- ☐ Safely dispose of unused prescription opioids: Find your community drug take-back program or your pharmacy mail-back program, or flush them down the toilet, following guidance from the Food and Drug Administration ([www.fda.gov/Drugs/ResourcesForYou](http://www.fda.gov/Drugs/ResourcesForYou)).
- ☐ Visit [www.cdc.gov/drugoverdose](http://www.cdc.gov/drugoverdose) to learn about the risks of opioid abuse and overdose.
- ☐ If you believe you may be struggling with addiction, tell your health care provider and ask for guidance or call SAMHSA's National Helpline at 1-800-662-HELP.

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_