PERRIS UNION
HIGH SCHOOL DISTRICT
"Growing Together Through Education"

ATHLETIC PACKET

Dear Parents/Guardians:

Your son/daughter has indicated an interest in the athletic program at Perris Union High School District. Before an athlete can try out, practice or participate in Athletics in the Perris Union High School District, he/she must meet certain requirements and complete the consolidation page which includes the following forms located in the back of this packet

1. Athletic Release of Liability
2. Student Athletic Media Release Authorization
3. Code of Ethics
4. CIF Eligibility

To be a member of a PUHSD athletic team is a privilege and an honor. We expect all players to conduct themselves in a manner that will make fellow players, parents, and coaches proud of them. With your interest and support, we will continue to provide the best athletic program possible.

If you have any questions, please call the Athletic Director at your school site:

Heritage High School
Scott Moore, Athletic Director/Dean
(951) 940-5447

Paloma Valley High School
Ryan Sharp, Athletic Director/Dean
(951) 672-6030

Perris High School
Ken Cohen, Athletic Director/Dean
(951) 657-2171

California Military Institute
Rashiid Burgo, Athletic Director
(951) 443-2731

Pinacate Middle School
Anthony Duke, Athletic Director
(951) 943-6447

Athletic Participation Expectations

Athletic Code:

The CIF Blue Book Rules and Regulations, as well as this District's Athletic Code will govern athletic participation. Athletes will be directly responsible to the head coach of that sport and their assistants. It is assumed that the athlete's participation in a sport is a privilege, and because of this, he or she wishes to do whatever is necessary to make the team successful. Parent and athletes will follow team rules set forth by the coach and this Athletic Code. Parents and students agree that they will read and abide by the guidelines presented in the "Communication Guidelines" brochure included in the athletic packet. The following are general responsibilities of the athlete

Scholastic Eligibility and Grades:

The student athlete must meet the Perris Union High School Board Policy and the California Interscholastic Federation - Southern Section *(C.l.F.-S.S.)* academic standards. CIF-SS requires that a student be enrolled in and passing at least (4) four classes (if enrolled in P.E. class twice in one semester, only one counts towards the 20 credits). Additionally, Board Policy 6145 requires that students pass a minimum of 20 credits, not including Pass/Fail classes (i.e. teacher's aides positions). Lastly, students must be working towards minimum graduation requirements to be eligible. Eligibility is based upon the student's last grading period. If a student does not meet these requirements, he/she becomes immediately ineligible and cannot participate in any games. He/she can regain their athletic eligibility at the end of the next grading period upon successful completion of the requirements mentioned above.

A period of eligibility will be equal to a period of ineligibility. Athletes become eligible and ineligible on the Monday after the grades are reported approximately every six-week period. Ineligible athletes may (at the coach's discretion) practice with a team, but may not dress for a game, participate in any contest, or travel with a team when doing so would excuse them from class participation.

Conduct and Behavior*:*

As athletes in High School, you are representing yourself, parents, school, and community and are expected to conduct yourself properly at all times. Because of this, misconduct by an athlete will not be condoned. The Athlete Code is in effect from the first CIF sanctioned practice (August) through the last contest of the year. Athletes are responsible for compliance whether they play during one or all seasons of sport, fall, winter, and/or spring.

Game behavior:

If an athlete is ejected from the game, the coach will discipline him/her according to school, CIF, and team regulations. A written report will commence following the game with the school's administration. ClF mandates that the athlete not be allowed to play or be present at the next scheduled contest. School administration reserves the right to discipline the athlete further.

Language:

Anyone associated with the High School will use language that is socially acceptable. Profanity or vulgar talk will not be tolerated at any time on or off the playing field.

Respect:

The athlete is to show respect for all coaches, teachers, officials, spectators, school facilities and equipment.

Training*:*

It is generally accepted that good training includes adequate rest, diet, health habits, and self-discipline.

Alcohol and drugs*:*

Alcohol and/or drug abuse will be dealt with by the school site administration and will include termination from athletic participation.

Tobacco including "chew":

Athletes who choose to use tobacco and "chew" will be dealt with by the school site administration and will include termination from athletic participation.

Criminal Acts:

Athletes who conspire to become involved in acts defined as criminal by statute are subject to discipline under this code.

Violations of school discipline policy:

Athletes are expected to display behavior in the classroom and on campus that is exemplary for all students to follow. Therefore, serious violations of school discipline - fighting for example -maybe considered a violation and put the student at risk of discipline that could include immediate termination of athletic participation.

Transportation:

All athletes are expected to follow school and transportation rules set forth by the district and the transportation company that is utilized. Perris Union High School District supplies the transportation to and from all athletic contests for all teams. If a student athlete wishes to make special arrangements, on an occasional basis, to receive a ride from a parent/guardian, arrangements must be made prior to the event and must include proper documentation.

Equipment:

Athletes are financially responsible for any school owned equipment that is utilized or rented out to the athlete. Athletes are expected to demonstrate reasonable care of such equipment, and any misuse or abuse of such, will be the financial responsibility of the athlete.

Appearance:

As a member of our team, we want to be proud of your appearance. Athletes are expected to dress neatly and keep well groomed. The coach may determine dress on the day of a contest.

Dedication:

An athlete must be willing to dedicate himself/herself to the sport of choice. The athlete should be aware that nothing worthwhile is accomplished without hard work and a sincere desire to succeed. The athlete must also realize that he or she must work out of season as well as in season. He or she must also be willing to sacrifice his or her own personal desires for the good of the team.

Quitting a sport:

There is a distinct difference between “quitting" and being 'dropped' and being 'cut' from a sport. If you as an athlete quit a sport, you forfeit your award and eligibility to continue that sport later. You will not be allowed to compete in any other sport in the same season. Dropping a sport is withdrawing from that sport voluntarily. Proper communication and returning of equipment to the coach is required. The coach's approval is required to remain eligible for the remainder of the season.

Letters and Awards:

Letters and awards are given according to team criteria. All coaches reserve the right to award letters. However, all athletes must end the season in good standing, both academically and behaviorally, to earn a varsity letter. Again, the head coach of the team is the one who decides the awards process and who receives an award. All athletic participants who are recognized by the coach will receive a certificate of Athletic Recognition from the Athletic Department. Any other awards that are given through the school/team cannot be given unless the athlete/recipient has a valid ASB card. These awards are purchased by ASB and are not a requirement to be received through participation. Students with an ASB card are cleared through the Athletic Office to receive awards and/or letters.

Residence Eligibility:

Any student, who is planning to move, has recently moved or whose parents or guardians have moved, should notify the Athletic Director's office for CIF information on his/her status of eligibility.

Seasonal Participation:

An athlete may only participate in one sport per season unless otherwise granted permission by the Athletic Director. Athletes cannot change from one sport to another during the season unless they have approval of both coaches and the Athletic Director. When an athlete quits or is dropped for disciplinary reasons, he/she may not go out for another sport until the end of that season (excluding playoffs). (This includes athletic PE.)

PUHSD Athletic/ Activity Code:

In order to emphasize academic achievement, the following constitute minimum requirements for student participation in athletics and/or student activities:

- A grade point average of a "C" in all classes.
- Athletes must attend a minimum of 4 class periods of school on the day of a contest in order to participate.
- Truancies from school for any portion of a school day is not acceptable and will result in further discipline (i.e., game(s) suspension).
- He/she may not receive more than one "U" in citizenship in a grading period and must pass 4 classes where only one can be PE and Teacher Assistant. PE can only be considered as one class for eligibility purposes. YOU MUST BE ENROLLED IN AND PASS AT LEAST 4 CLASSES THAT YOU RECEIVE *A* "LETTER"GRADE.
- Eligibility will be checked approximately every 6 weeks until the next grade check period.
- All transfer students outside the district must also meet eligibility requirements as well as CIF requirements in order to participate.
- Any student expelled will be ineligible for one semester upon return to the regular High School program.
- Athletes MUST be on course to graduation by unit count

This code takes effect in August and terminates with the last athletic/activity in June. This code is in effect 24 hours a day, 7 days a week, and including vacation days during the academic school year. It is also in effect during the summer period as long as the event is affiliated with the school. Ineligibility created by suspension from athletics/activities and not completed by the end of the spring semester will carryover for completion in the fall semester.

***NCAA Clearinghouse**:*

Any athlete desiring to attend college is well advised to become certified through the NCAA Clearinghouse. You must start the certification process early - usually by the start of your junior year. It is your responsibility to contact your counselor and begin the process.

CIF- Eligibility:

A student athlete:

1. Must be less than 19 years of age as of September 1of the new academic year.
2. Must have reached the ninth grade
3. Must participate in no more than four seasons in the same sport after enrolling into the ninth grade
4. Must be scholastically eligible
5. Must file an Application for Residential Eligibility if you transferred from another school without a bona fide change of residence by your parents/guardians
6. Since entering the ninth grade, must not be in your ninth semester of attendance.
7. Must meet citizenship requirements
8. Must maintain amateur standing
9. Must not have participated in any tryout for a professional team
10. Must maintain in your school files an annual physical examination card certifying that you are physically fit to tryout and/or participate in athletics. Physical must be on approved form by the PUHSD Board of Education
11. Cannot compete on an outside team during your High School season in the same sport season.
12. May not participate on the Varsity Football team until he/she has reached his/her 15th birthday unless certified by a doctor and granted written approval by the commissioner of CIF.
13. May participate in all-star competition, with the exception of football, between conclusion of the Southern Section season of sport and September 1
14. Questions should be directed to your school coach and/or Athletic
15. Must complete the Athlete's Code of Ethics

***CIF - Code of Ethics**:*

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority
2. Show respect for teammates, opponents, officials and coaches
3. Respect the integrity and judgment of game officials
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field
5. Maintain a high level of safety awareness
6. Refrain from the use of profanity, vulgarity, and other offensive language and gestures
7. Adhere to the established rules and standards of the game to be played
8. Respect all the equipment and use it safely and appropriately
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration or Surgeon General of the United States or the American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. WIN WITH CHARACTER, LOSE WITH DIGNITY.

Gatorade Sports Science Institute

Heat Illness Prevention Tips

The topic of heat illness has received a great deal of attention following the tragic experiences of athletes in hot climates. Heat illness can happen to anyone in a hot environment and is an issue that athletes especially need to be aware of – **and know how to prevent.**

Athletes increase their risk of heat illness as they become dehydrated. According to the National Athletic Trainers' Association, it is not uncommon to reach dehydration levels significant enough to place athletes at risk of developing exertional heat illness in as little as an hour of exercise. Athletes can reach this level even more rapidly if they begin the workout, practice or competition dehydrated. Many of the risk factors for heat illness can be eliminated to help prevent heat injury to the athlete.

10 Tips to "Beat the Heat"

Recognize the early warning signs of dehydration.
These can include: dark yellow urine, loss of energy, dizziness, loss of coordination, cramps, headaches, or unusual fatigue. If left untreated, more extreme symptoms can occur.

Allow for acclimation.
Acclimation is the body's adaptation to a hot environment. Slowly increase practice intensity and duration over the first two weeks of training. Most cases of heat illness occur in the first 2 to 3 days of training.

Drink up.
Once acclimated, fluid intake needs to be greater because sweat losses will be higher.

Have fluids within arm's reach.
Fluids should be easily accessible during workouts, practices and games.

Don't rely on thirst.
Drink during exercise to minimize losses in body weight but don't over drink.

Favor sports drinks over water.
Research demonstrates that the carbohydrate in sports drinks fuels muscle[2,3,4,5] and sodium encourages voluntary drinking and promotes hydration.[1,6,7]

Drink it. Don't pour it.
Pouring fluid over your head may feel great but won't help restore body fluids or lower body temperature.

Exercise in the morning or evening.
This is when the weather is coolest. Also, avoid the direct sun to minimize radiant heat from the sun and hot playing surfaces.

Dress for the weather.
Keeping cool in hot weather means wearing fewer clothes and frequently removing gear like helmets during breaks.

Break it up.
Increase the frequency and duration of rest breaks to help you stay hydrated and cool.

If You Feel Like This	Do This
Dehydration	
Loss of Energy & Performance	Drinking sports drinks with small amounts of carbohydrate speeds absorption, prevents fatigue and provides energy. Avoid beverages containing caffeine or carbonation.
Muscle Cramps	Stop activity, gently stretch and massage cramped muscles. Consuming a sports drink that contains sodium (at least 110mg/8oz) may reduce the risk of muscle cramps.
Heat Exhaustion	
Dizziness, Light-headedness, Chills or Loss of Coordination	Replace fluids. Rehydration is critical. Rest in a cool, shaded area until all symptoms pass. If dizziness continues, lie with the legs elevated to promote circulation to the head, then seek medical attention.
Nausea/Headaches	Rest in a cool place until nausea passes. Rehydration is critical; drink slowly as nausea passes. Lying down is often helpful in relieving headaches. Do not resume practice if any symptoms continue.
Heat Stroke	
High Body Temperature	Immediately cool the athlete by immersion in a tub of ice water and seek immediate medical treatment.
Confusion or Unconsciousness	Confusion or unconsciousness can be indicators of heat stroke. **Heat stroke is a medical emergency that calls for immediate medical assistance.**

The above symptoms of dehydration, heat exhaustion and heat stroke are not additive, which means an athlete could experience heat stroke in the absence of other indicators. These are a few symptoms, some athletes may experience others. **Seek immediate medical assistance at the first signs of serious or unusual symptoms.**

1. Casa, DJ. et al. J. Athl Train 35:212-224, 2000. 2. Below PR et al. Med. Sci. Sports Exerc. 27: 200-210, 1995. 3. Murray R et al. Med. Sci. Sports Exerc. 27: 1057-1062, 1995. 4. Fritzsche, R.G. et al. J. Appl. Physiol. 88: 730-737, 2000. 5. Davis, J.M. et al Int. J. Sport Nutr. Exerc. Metab. 10: 476-485, 2000. 6. Passe, D.H. et al. Appetite 35: 219-229, 2000. 7. Wilk, B. and O. Bar-Or. J. Appl. Physiol. 80:1112-1117, 1996.

ATTENTION:

ALL FORMS AFTER THIS PAGE ARE PART OF THE SIGNATURE CONSOLIDATION PAGE.
THE ITEMS YOU ARE SIGNING FOR ON THE SIGNATURE CONSOLIDATION PAGE REFER TO THE FOLLOWING PAGES.
THERE IS NO NEED FOR YOU TO SIGN THESE PAGES.

PLEASE KEEP A COPY OF THESE PAGES FOR YOUR REFERENCE.

Perris Union High School District
"Growing Together Through Education"
155 East 4th Street, Perris, CA 92570 (951) 943-6369 Fax: (951) 943-9852

Student Record and Media Release Authorization
Athletic Department

Signature by the parent/legal guardian indicates full consent and authorization to release any information in regard to the aforementioned student. This information will be released to university and/or college coaches that show interest in the student named below. As well as school Booster Club publications, school Web sites and team rosters.

School Name:	
Athletic Direct/Dean:	
Student Information	
First Name:	Last Name:
Date of Birth:	Grade:

Information may include but is not limited to:

- Athletic statistics (Sport specific, weightlifting)
- Grades, transcripts
- Height, weight and grade classification
- Name and/or picture(s) in the school newspaper(s)
- Name and/or picture(s) in the school web page(s)
- Pictures for rosters and publications
- Phone and address list to be used for Booster Club help
- Scores on standardized intelligence tests
- Standardized Achievement Scores (ACT, SAT)

This release is in accordance with the provisions of the Family Educational Rights and Privacy Act of 1974. *See reverse for more information regarding FERPA.*

(please print) Parent/ Legal Guardian.	*Signature.*	*Date*

PERRIS UNION HIGH SCHOOL DISTRICT

The Family Educational Rights and Privacy Act (FERPA) (20 U.S.C. § 1232g; 34 CFR Part 99) is a Federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education.

FERPA gives parents certain rights with respect to their children's education records. These rights transfer to the student when he or she reaches the age of 18 or attends a school beyond the high school level. Students to whom the rights have transferred are "eligible students."

- Parents or eligible students have the right to inspect and review the student's education records maintained by the school. Schools are not required to provide copies of records unless, for reasons such as great distance, it is impossible for parents or eligible students to review the records. Schools may charge a fee for copies.
- Parents or eligible students have the right to request that a school correct records which they believe to be inaccurate or misleading. Ifthe school decides not to amend the record, the parent or eligible student then has the right to a formal hearing. After the hearing, if the school still decides not to amend the record, the parent or eligible student has the right to place a statement with the record setting forth his or her view about the contested information.
- Generally, schools must have written permission from the parent or eligible student in order to release any information from a student's education record. However, FERPA allows schools to disclose those records, without consent, to the following parties or under the following conditions (34 CFR § 99.31):

  School officials with legitimate educational interest;
  Other schools to which a student is transferring;
  Specified officials for audit or evaluation purposes;
  Appropriate parties in connection with financial aid to a student;
  Organizations conducting certain studies for or on behalf of the school;
  Accrediting organizations;
  To comply with a judicial order or lawfully issued subpoena;
  Appropriate officials in cases of health and safety emergencies; and
  State and local authorities, within a juvenile justice system, pursuant to specific State law.

Schools may disclose, without consent, "directory" information such as a student's name, address, telephone number, date and place of birth, honors and awards, and dates of attendance. However, schools must tell parents and eligible students about directory information and allow parents and eligible students a reasonable amount of time to request that the school not disclose directory information about them. Schools must notify parents and eligible students annually of their rights under FERPA. The actual means of notification (special letter, inclusion in a PTA bulletin, student handbook, or newspaper article) is left to the discretion of each school.

For additional information you may call 1-800-USA LEARN (1-800-872-5327)(voice). Individuals who use TDD may call 1-800-437-0833

Or you may contact us at the following address:

Family Policy Compliance Office
U.S. Department of Education
400 Maryland Avenue, SW
Washington, D.C. 20202-852

Perris Union High School District 155 E. 4th Street Perris, CA 92570	**Athletic Release of Liability** School Site: _____ School Year 20___ to 20___

Part 1.

I have read and agree with the information contained in the Athletic Participation Expectations document

Name of Student (Print)	Signature of Student	Date

Part 2. Summer Program Liability Release

Traditionally, voluntary summer athletic programs are held throughout the school district Be aware that these programs are strictly voluntary on the part of the coaches and the students who participate. Perris Union High School District does not assume any liability for your child's participation in these programs for either practice or competition. This includes transportation to and from any related even and/or any fees incurred. Days beyond the regular school year session determine the time frame of a summer program. Any athletic activity outside of the regular school year session is considered voluntary and Perris Union High School District is not held liable for activity during this period.

Part 3.

I/we have been made aware of and understand the risk and liability of high school sports and the threat of possible injury and/or even death in the event of a high school athletic event. Included in this release are the additional possible threat and/or injury for the exclusive sport of football. By signing this form, you acknowledge that fact that you (the parent/legal guardian of the athlete) are aware of all possible injurie s in playing high school football and/or any other high school sport Further that the athlete must be medically insured (including football coverage), at the expense of the family, in order to be cleared to participate in any athletic program.

This form must be completed and signed by the student and parent/guardian prior to any involvement in the Perris Union High School District Athletic programs, either voluntary in the summer or during the regular school year. Further, for your own protection and safety, each student must have a current physical clearance on file which includes a fully completed physical examination/emergency form.

As stated in the *California Education Code, Section 35330,* I understand that I hold the Perris Union High School District, its officers, agents, and employees harmless from any and all liabilities or clai?J!.s which may arise out of or in connection with my child's participation in the voluntary summer athletic program.

Name of Student (Print)	Student Signature	Date
Parent/Guardian (Print)	Parent Signature	Date

Insurance:

It is mandatory that every athlete be covered by medical insurance. Neither the District nor the High School pay for any medical care of inured athletes. nor do they provide insurance coverage. If you do have insurance, please check with your provider and make certain that they cover football related injuries. In the event you do not have football coverage through your company or do not have medical insurances at all, you may enlist in an insurance program provided to the school by Myers-Stevens & Toohey & Co. You may obtain this information in the form of a brochure from the athletic office.

Transportation:

All athletes are expected to follow school and transportation rules set forth by the district and the transportation company that is utilized. Perris Union High School District supplies the transportation to and from all athletic contests for all teams. If a student athlete wishes to make special arrangements, on an occasional basis, to receive a ride from a parent/guardian, arrangements must be made prior to the event and must include proper documentation.

PERRIS UNION HIGH SCHOOL DISTRICT

SYNTHETIC TURF FIELD RULES – PUHSD STUDENTS

- Molded Cleats or other Athletic shoes only: Not to exceed 1/2" molded or screw cleats as anything higher can result in increased risk for injury and/or damage to the field.
- No sharp objects including tent stakes, corner flags or other objects that can penetrate the surface of the field.
- No food items including gum and sunflower seeds.
- No tobacco products of any kind.
- No smoking on or around the field.
- No sports drinks or liquids, other than water.
- No pets.
- No bicycles or other unapproved vehicles.

School:

Parent / Guardian Signature: _____ Date: _____

Student Signature: _____ Date: _____

C O N C U S S I O N FACT SHEET

FOR PARENTS/GUARDIANS/STUDENT ATHLETES

WHAT IS A CONCUSSION?

A concussion Is a brain Injury that:

- Is caused by a blow to the head or body
  - from contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- Can happen even if you do not lose consciousness.

CIF Bylaw 313, Play It Safer and AB 25

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 for the remainder of the day. A student-athlete who has been removed from play 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 receives written clearance to return to play from that health care provider.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms may include:

• Amnesia • Confusion • Headache • Loss of consciousness • Balance problems or dizziness • Double or fuzzy vision • Sensitivity to light or noise	• Nausea • Don't feel right • Feeling sluggish, foggy, groggy • Feeling unusually irritable • Concentration or memory problems (forgetting game plays, facts, meeting times) • Slowed reaction time

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

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.

WHAT YOU SHOULD DO 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 written medical clearance. Close observation of the athlete should continue for several hours. The new "CIF Bylaw 313" now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that help ensure and protect the health of student-athletes.

ITS BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.
WHEN IN DOUBT, GET CHECKED OUT

For more information and resources, visit www.cifstate.org/health_safety/ & www.cdc.gov/concussion

Adapted from the CDC and the 3rd International Conference on Concussion in Sport

Keep Their Heart in the Game

A Sudden Cardiac Arrest Information Sheet for Athletes and 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, as it is the #2 cause of death under 25 and the #1 killer of student athletes during exercise.

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.

FAINTING is the #1 SYMPTOM OF A HEART CONDITION

What should you do if your student-athlete is experiencing any of these 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 primary care physician. 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.

What is an 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 accidently 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.



The Cardiac Chain of Survival

On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delay 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.

Early Recognition of Sudden Cardiac Arrest



Collapsed and unresponsive.
Gasping, gurgling, snorting, moaning or labored breathing noises.
Seizure-like activity.

Early Access to 9-1-1



Confirm unresponsiveness.
Call 9-1-1 and follow emergency dispatcher's instructions.
Call any on-site Emergency Responders.

Early CPR



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

Early Defibrillation



Immediately retrieve and use an automated external defibrillator (AED) as soon as possible to restore the heart to its normal rhythm. Mobile AED units have step-by-step instructions for a bystander to use in an emergency situation.

Early Advanced Care



Emergency Medical Services (EMS) Responders begin advanced life support including additional resuscitative measures and transfer to a hospital.

Cardiac Chain of Survival Courtesy of Parent Heart Watch

Keep Their Heart in the Game

Recognize the Warning Signs & Risk Factors of Sudden Cardiac Arrest (SCA)

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 or performance-enhancing supplements

What is CIF doing to help protect student-athletes?

CIF amended its bylaws to include language that adds SCA training to coach certification and practice and game protocol that empowers coaches to remove from play a student-athlete who exhibits fainting—the number one warning sign of a potential heart condition. 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 and caregivers are urged to dialogue with student-athletes about their heart health and everyone associated with high school sports should 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 CIF protocol to incorporate SCA prevention strategies into my student's sports program.

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 Interscholastic Federation
http.www.cifstate.org

Eric Paredes Save A Life Foundation
http:www.epsavealife.org

National Federation of High Schools
(20-minute training video)
https://nfhslearn.com/courses/61032

ERIC PAREDES SAVE A LIFE FOUNDATION

PERRIS UNION HIGH SCHOOL DISTRICT

Student-Athlete Concussion Statement

☐ I understand that it is my responsibility to report all injuries and illnesses to my Coach and/or Athletic Director.

☐ I have read and understand the *CIF/CDC Concussion Fact Sheet (on the other side* of *this page).*

After reading the CIF/CDC Concussion fact sheet, I am aware of the following information:

Initial	A concussion is a brain injury, which I am responsible for reporting to my Coach and/or Athletic Director
Initial	A concussion can affect my ability to perform everyday activities and affect reaction time, balance, sleep and classroom performance.
Initial	You cannot see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.
Initial	If I suspect a teammate has a concussion, I am responsible for reporting the injury to my Coach and/or Athletic Director.
Initial	I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion-related symptoms.
Initial	Following concussion, the brain needs time to heal. You are much more likely to have a repeat concussion if you return to play before your symptoms resolve themselves.
Initial	In rare cases, repeat concussions can cause permanent brain damage and even death.

Signature of Student-Athlete Date

Signature of Parent/Guardian Date

Printed name of Student-Athlete

Printed name of Parent/Guardian