



Santa Rosa City Schools

2019-20

PARENT-STUDENT GUIDE TO ATHLETICS

Elsie Allen High School:	599 Bellevue Ave Santa Rosa, Ca 95407
Maria Carrillo High School:	6975 Montecito Blvd Santa Rosa, Ca 95409
Montgomery High School:	1250 Hahman Dr. Santa Rosa, Ca 95405
Piner High School:	1700 Fulton Rd. Santa Rosa, Ca 95403
Santa Rosa High School:	1235 Mendocino Ave Santa Rosa, Ca 95401

PHILOSOPHY:

Athletics play an important part in the Santa Rosa City Schools. Young people learn a great deal from their participation in education-based interscholastic athletics. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics play an important part, too, in helping the individual student develop a healthy self-concept as well as a healthy body. Athletic competition adds to our school spirit and helps all students – spectators as well as participants – develop pride in their school.

Santa Rosa City Schools Governing Board recognizes that the SRCS athletic program constitutes an integral component of the educational program and helps to build a positive school climate. The athletic program helps also to promote the physical, social, and emotional well-being and character development of participating students. Within the District's financial and personnel constraints, athletic programs are designed to meet students' interests and abilities and varied in scope to ensure wide participation.

Athletic participation is a privilege granted to all students who voluntarily accept the rules and regulations outlined and as such is not required by the District. Enforcement of the athletic code is the responsibility of the school, coaches, parents, and athletes on a YEAR-ROUND BASIS

Seasons of sport:

Fall	Winter	Spring
Begins: August 12, 2018	Begins: November 4th, 2018	Begins: February 10th, 2019
Cross Country, Boys': V	Basketball, Boys': V, JV, F	Baseball: V, JV, F
Cross Country, Girls': V	Basketball, Girls': V, JV, F	Golf, Boys': V
Football: V, F/S, F (August 5 th)	Soccer, Boys': V, JV	Softball: V, JV
Golf, Girls': V	Soccer, Girls': V, JV	Swimming/Diving, Boys' V
Tennis, Girls': V	Wrestling, coed: V, JV	Swimming/Diving, Girls' V
Volleyball, Girls': V, JV, F		Tennis, Boys': V
		Track & Field Boys': V
		Track & Field Girls': V

Value of Athletics

Research indicates that students involved in co-curricular activities have a greater chance of being successful during adulthood. Many of the positive character traits required as a participant in athletics are exactly those that will promote a successful life beyond high school.

Interscholastic Athletics Promote Teaching and Learning:

- Higher Graduation Rates
- Better Attendance
- Lower Discipline Rates
- Increased Motivation to Achieve
- Improved Self-Esteem
- Encourages Teamwork
- Teaches Sportsmanship
- Creates a Sense of Community Around Common Goals
- Increases Family and Community Involvement
- Installs a Sense of Pride

SPORTS WARNING STATEMENT:

Student athletes and parents should be aware that all sports will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in interscholastic sports, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense. The NFHS encourages athletes and parents in all sports to discuss risks and risk minimization with coaches, school administrators and league/section officials

ATHLETIC PARTICIPATION FORM:

Every player must register annually on *Sports Net* on the Athletics link on each school's website before participating on any team. Among other things, it requires the signature of a physician certifying the athlete's health, so plan ahead. One form dated after June 1st is good for all seasons for one calendar year. Incoming freshmen must provide a copy of their final 8th grade report card when turning in the Athletic Participation Form.

CIF/NCS/NBL GENERAL ELIGIBILITY (CIF ByLaw 200):

In order to participate in high school interscholastic athletics, students must:

- Provide information in regards to any aspect of the eligibility that is be true, correct, accurate, complete and/or not false or fraudulent.
- A student, whose 19th birthday is attained prior to June 15, shall not participate or practice on any team in the following school year
- Not exceed 8 semester of enrollment after, entering 9th grade
- Meet transfer, academic and disciplinary eligibility standards
- Have an annual physical examination
- Maintain amateur status
- Attend a CIF member school
- The athletic director or Administrator in charge of athletics is responsible for determining eligibility

CIF/NCS/NBL TRANSFER ELIGIBILITY:

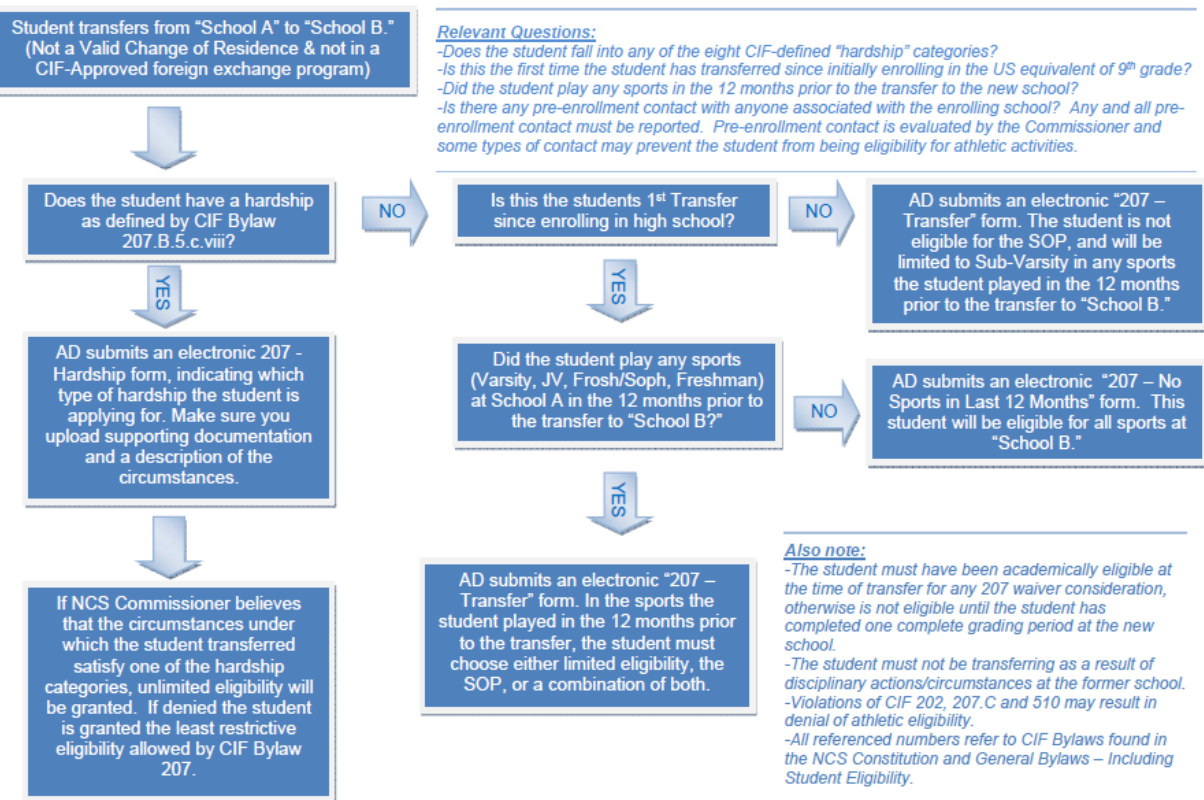
Any student who transfers between high schools is subject to the CIF transfer bylaws. **A varsity-level first-time transfer athlete who does not have a valid change residence will be required to "sit out" half of each sport season previously played. Second time transfers** without a valid change of residence may be subject to **limited (non-varsity) eligibility** in sports they have played. **ALL** transfer athletes must request review of eligibility by the new school's principal or designee to determine eligibility for competition. Before participating in a league sport, CIF forms 207 and 510 will be required. Allow at least 20 business days for processing these forms, especially at the beginning of the year. The athlete may miss part of the season of sport during the review and evaluation process. See the Athletic Director and/or visit the transfer page at North Coast Section website for more information. Please schedule an appointment with the AD for review of the transfer policies. **Eligibility must be established prior to participation.** Students must reside in the Santa Rosa City School or have an approved inter-district transfer and abide by the school district's policies for residency and discipline.

ACADEMIC REQUIREMENTS FOR EXTRACURRICULAR ACTIVITIES

1. The G.P.A. for the second semester of the eighth grade year will determine your eligibility for fall sports. Bring a copy of your eighth grade report card to your Athletic Director.
2. A student must have earned a 2.0 unweighted grade point average (on a 4-point scale) in the grading period prior to participation.
3. A student must maintain a 2.0 grade point average (on a 4-point scale) during the time the student participates in the activity.
4. **Probationary Period:** Students who earn a GPA between 1.4 and 1.9 in the grading period prior to the start of any activity or season may participate on a probationary status until the next grading period, at which time the student must earn a 2.0 GPA. *Students will not be granted probation if they have two consecutive grading periods under a 2.0 GPA.*
5. A student may have probationary status once in the ninth grade and once more in the next three years (grades 10 through 12).
6. Students not meeting these requirements shall be declared ineligible until the next date of determination.
7. A student must be enrolled in and passed a minimum of 20 credits of coursework in the previous grading period (this requirement cannot be waived).
8. **Transferring** from one school to another without changing residence may affect your athletic eligibility under the NCS and C.I.F. rules. You are responsible for contacting the athletic director or going to the NCS Website (cifnics.org) for more information.



2016-2017 CIF/NCS Transfer Eligibility Rules - not a CIF defined valid change of address - Electronic Form 207



Coming Ready to Play: Student-Athletes should come ready to practice on time, be focused and ready to learn. In addition, they should be prepared both physically and mentally for the season by training in the off season.

PARTICIPATION LIMITATIONS, CHANGING SPORTS, LEAVING THE TEAM, AND LETTERING

- Athletes are prohibited from participating in more than one interscholastic athletic activity during any given season.
- An athlete is expected to honor their commitment to their team and not go out for another sport until their previous season is complete. Extenuating circumstances may be considered at the principal/s discretion.
- To be eligible for the school letter, athletes must meet sport prerequisites and **MUST** complete the sports season in good standing with the team/squad and coaching staff.

FEES: Students shall not be charged a fee to participate in an athletic program.

TRY-OUTS: High school sports are competitive. Try-outs may be conducted for the team.

Selection to participate on a team does not guarantee playing time during competition. All decisions for selection on a team or playing time are the responsibility of the team coach in consultation with the head coach for that sport. All students, including freshmen, are permitted to try out for any sport provided they are academically and residentially eligible and have a physical exam on file. **An athlete is expected to honor their commitment to their team and not go out for another sport until their previous season is complete. Extenuating circumstances may be considered at the principal/s discretion.**

CITIZENSHIP STANDARDS AND SERIOUS INFRACTIONS: The following policies apply to all students involved in extracurricular activities. If you have any questions, please talk to your coach, athletic director, or the administrator at your school who oversees the athletic program.

CITIZENSHIP STANDARDS

A. While there are citizenship standards applicable to all students, higher standards are expected of student athletes because the community and other students recognize these students as models and leaders.

1. Any student who commits a violation of Education Code 48900 that results in suspension could be removed from participation on any athletic team they currently reside. Team rules and expectations are reviewed by coaches at preseason meetings for parents and students. (See your school handbook or Board Policy and Administrative Regulations 5114.13 and 5114.13.1 for a list of suspension offenses.) (See the Santa Rosa City Schools Website (www.srcs.k12.ca.us)).
2. Prior to the imposition of penalties as described above, the parent/guardian and student will be provided an opportunity to have a conference with school officials to present their side of the case and to comment on the offense and penalty involved.
3. Each district school and each coach/athletic director is authorized to seek and enforce reasonable standards of conduct and reasonable penalties for violation thereof. These must be in writing and are subject to the approval of the school athletic director and the principal or designee.
4. **In order to be eligible to practice or participate in an activity on any school day, participants must be in school for a full day.** Exceptions to this rule will be allowed in unusual cases if cleared through the school principal or designee. Advance notice is preferred, if possible and must have Principal Approval.
5. Students must not play on an "outside" team in the same sport while participating in the high school season of sport. Students may practice with the outside team, but may not play in scrimmages or contests.

B. It is the responsibility of the principal or designee to insure that:

1. Each coach/activity sponsor reviews these regulations with each team/club/group at the beginning of each sport or activity each year.
2. Effort is made to notify students and parents/guardians of these regulations annually in writing.

PRACTICES:

All athletes are expected to attend ALL scheduled practices. Practices are usually 2-3 hours every weekday and may be held on Saturdays and during school holidays. **Student athletes are asked to make appointments and schedule vacations around practices and game commitments.** CIF/NCS practice guidelines limit all athletic activities to no more than eighteen (18) hours of total practice/game time per week and no more than four (4) hours in any single day. In the event of poor air quality, SRCS will use Purple Air for outside activities. Air quality must be 150 or below for outside activities.

COACHES:

All athletic teams shall be supervised by qualified coaches to ensure that student athletes receive appropriate instruction and guidance related to safety, health, sports skills and sportsmanship. Athletic events shall be officiated by qualified personnel.

“MEET THE COACH” EVENTS:

Coaches are expected to arrange an opportunity for parents to meet the coach and any assistants prior the first contest of the season. This meeting should include discussion of team policies and expectations and address any questions that may arise from parents. It is also a good time to meet parents of other players on the team and make other arrangements for the season. **Please plan on attending and meeting your coach(es).**

PRACTICE SCHEDULES ON NON-SCHOOL DAYS:

SRCS gives authority to coaches to establish team policies that **may include holding practice and/or games during non-school days that fall within their season of sport.** When teams have established practice/game schedules that are communicated well at the beginning of the season, it is expected that athletes will comply. No practices or games may be held on Sundays. No athlete may be penalized for observing a religious holiday.

PLAYING TIME:

Not all players get the same playing time. The nature of high school athletics and competition means putting the best team possible in competition. The coach must decide who the most qualified players are so the team gets its best chance for success. Thus, playing time is determined by the discretion of the coach. Part of a player's maturation process includes putting one's personal desires aside for the betterment of the team.

ISSUING AND COLLECTION OF UNIFORMS AND EQUIPMENT:

Each student is responsible for the proper care and safekeeping of all uniforms and equipment issued. Lockers must be secured before and after practices or competition. Please follow care instructions for all garments. Uniforms and equipment should be returned to the coach at the end

of the season. **Student athletes will be charged for replacement of any lost or damaged school property.** Transcripts or yearbooks may not be issued until all bills owed the school have been paid.

LOCKER ROOMS:

Athletes are expected to use the locker rooms appropriately for changing. They are responsible for the security of their belongings by always locking them in the locker. Do not bring valuables into the locker rooms. Athletes should behave appropriately with language and demeanor. No pictures or videos may be taken inside a locker room. Violation will result in school/team discipline.

TRANSPORTATION FOR ATHLETICS: The District **may** provide transportation for athletes to and from athletic events by contract with private transportation providers to the extent that funds are available for this purpose. When funds are not available, the Superintendent, or designee, will neither authorize nor arrange for the transportation of the students by private automobile. Use of private automobiles must be approved prior to the event. Coaches, with the aid of the athletic director, are responsible for arranging for transportation of teams or students to and from practices or contests. Coaches must make every effort to encourage students and parents to donate money and time to the individual sport or the athletic program. The school athletic program and individual sports will be fully financed by donations, team fundraisers, booster activities and the Schools Plus Program. The District supplies the finances for the coaches' pay.

EARLY RELEASES:

Students and parents should be aware that there is a good chance that students will miss all or part of the school day when they have to travel to other schools for competition. This could happen five or more times during a season. Students have the responsibility to contact their teacher in advance to coordinate make-up work.

TEAM PARENTS:

Coaches appreciate when one or more parents volunteer to assist with team chores such as arranging transportation, organizing equipment, maintaining an e-mail group, arranging team dinners and banquets and being of other assistance to the team and coach.

ADMISSION:

Admission may be charged for home or away varsity contests if gate control and supervision are provided by the school. **Students with ASB cards in their possession** may enter free at **home** games, but may be charged a reduced admission at away schools.

TICKET PRICES:

Admission is charged for regular season pre-season/NBL JV and Varsity Football, Frosh, Frosh/Soph, Varsity Boys' Basketball, Girls' Basketball, JV/Varsity Boys' and Girls' Soccer and Girls' Volleyball games and all post-season play. **Valid student body cards admit students free to home regular-season** games at their own school. Schools may opt to charge a discounted admission fee.

NBL passes shall be honored for admission at any league games except PLAYOFFS.

Individual school courtesy passes issued by any school to its personnel or parents are valid at that school only. NCS courtesy passes shall be honored for admission at any league games or playoffs and NCS playoffs. Any NCS contest at colleges are subject to last minute price changes.

Admission Fees: Regular Season

	General	Senior citizens, visiting school boosters card holders	Students with ASB and children between 6 & 12	Children 5 and under
Baseball	\$5.00	\$3.00	\$3.00	Free
Basketball	\$8.00	\$5.00	\$3.00	Free
Football	\$8.00	\$5.00	\$3.00	Free
Frosh Football	\$5.00	\$3.00	\$3.00	Free
Lacrosse	\$5.00	\$3.00	\$3.00	Free
Soccer	\$5.00	\$3.00	\$3.00	Free
Softball	\$5.00	\$3.00	\$3.00	Free
Swim & Dive	\$5.00	\$3.00	\$3.00	Free
Track	\$5.00	\$3.00	\$3.00	Free
Water Polo	\$5.00	\$3.00	\$3.00	Free
Wrestling	\$5.00	\$3.00	\$3.00	Free
Volleyball	\$7.00	\$3.00	\$3.00	Free

Admission Fees: NBL Championships **held at school sites.**

No league or school passes will be accepted for admission at any NBL Tournament contest.

	General	Students with ID cards but no ASB card and senior citizens	Students with ASB and children between 6 & 12	Children 5 and under
Baseball	\$8.00	\$5.00	\$3.00	Free
Basketball	\$8.00	\$5.00	\$3.00	Free
Swim & Dive	\$8.00	\$5.00	\$3.00	Free
Track	\$8.00	\$5.00	\$3.00	Free
Water Polo	\$8.00	\$3.00	\$3.00	Free
Wrestling	\$8.00	\$5.00	\$3.00	Free
Volleyball	\$8.00	\$5.00	\$3.00	Free

NCS PLAYOFFS

GENERAL ADMISSION

\$10.00

SENIORS (65 & UP)

\$6.00

CHILD (12 & UNDER)

\$6.00

SOCIAL MEDIA AND NETWORKING:

Athletes and parents are expected to use social networking sites in a positive, sportsmanlike manner reflecting the values of their team, their school and the Santa Rosa City Schools. Assume nothing posted on social media will be private. Inappropriate posts relating to athletics – including, but not limited to, trash-talking/taunting, profanity, hazing, harassment or bullying – may be subject team and/or school discipline. It is against CIF rules to use social media to engage and/or influence any student not at your school to enroll at your school for athletic purposes. Only appropriate pictures should be posted, always with the permission of the subjects of the photographs. Pictures/videos should never be taken in the locker room. Social media is not a place to solve team problems.

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

Education Code 32050

As used in this article, “hazing” includes any method of irritation or pre-initiation into a student organization or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any student or other person attending any school, community college, college, university or other educational institution in this state; but the term “hazing” does not include customary athletic or other similar contests or competitions.

Education Code 32051: Hazing; prohibition; violation; misdemeanor

No student, or other person in attendance at any public, private, parochial, or military school, community college, college, or other educational institution, shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person. Persons violating this policy shall be subject to district discipline, misdemeanor penalties, and forfeiture of entitlements.

CERTIFIED ATHLETIC TRAINER (ATC): The SRCS District employs a certified athletic trainer at each high school site. Athletic trainers (ATs) are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. This also includes coordination of physician referrals, determination of participation status, and the counseling and education of student-athletes (SAs). Additionally, the AT

coordinates with the health care of SA relating to general medical illnesses and conditions as they may affect SA participation, which involves referrals to the Health Center, Counseling Center or other off-campus health care providers. Decisions regarding medical clearance and participation are the sole responsibility of the Head Athletic Trainer, and the SA's health care provider. All student-athletes suffering from a concussion must be cleared through the AT with a note from a health provider before returning to play. The AT requires a copy of any and all doctor's notes when a student-athlete is seen by a physician. S/he is available to consult with coaches on appropriate training routines, tape/ice athletes, and work with a medical provider in the rehab of an injury. The AT will cover as many home games as possible and be available at the home site for emergencies during regular hours.

INJURIES AND INJURY REPORTS: All injuries sustained by student-athletes, coaches, officials, spectator or anyone associated with a District athletic activity should be reported to the AT and AD as soon as possible. An Injury Report Form shall be filled out by the coach/adult for each injury and turned into the principal's office within 2 days of the injury. All suspected concussions require two notes from a licensed health care provider (MD or DO); one to release the athlete to start the CIF return-to-play (RTP) protocol and the second to release the student athlete to full contact practice/game following completion of the RTP (see Concussions).

ATs are on campus from 2:00 p.m. to the end of the last practice or game and therefore should be available, in conjunction with the coach, to assess injuries that occur at practice and during a game on campus (after normal school hours). If the severity of an injury warrants additional medical attention, the parents or guardian should be contacted by the AT, coach, or another adult. If warranted, the coach, athletic trainer, or another person should call 911 for emergency medical attention immediately. If the injury prevents the student-athlete from continuing with practice but, doesn't require immediate medical attention, the parent or guardian should be contacted and asked to pick-up their son/daughter. In these cases, parents should use their judgment, but err on the side of caution and have their son/daughter assessed by their primary care physician or in some cases emergency room physicians, particularly if a concussion is suspected.

MRSA:

MRSA (methicillin-resistant staph aureus) is a staph infection that is resistant to many common antibiotics and hard to treat. It can be transmitted through poor hygiene, sharing of personal items, improper wound care and other transmission sources. A few cases have been reported in MCAL schools. It is always important to follow good hygiene precautions. For more information, see the CIF Sports Medicine alert at CIF MRSA.

CONCUSSIONS:

All sports have the possibility of injury. The most potentially serious and difficult to diagnose injury is a concussion or multiple concussions. Parents and athletes should take them seriously and consult a physician for medical advice. Please review the educational materials in the Parent-Student Guide to Athletics and posted on the Health for Athletes page on the District athletic website about the potential medical and academic effects of concussions. Parents and athletes are required to sign the CIF Concussion Information form as part of the Athletic Participation Form.

An athlete suspected of sustaining a concussion or head injury in an athletic activity shall be immediately removed from the activity for the remainder of the day. The student shall not be permitted to return until he/she is evaluated by a licensed health care provider trained in the management of concussions and receives the health care provider's written clearance to return to the activity. (Education Code 49475). **Parents, coaches and athletes are encouraged to view Concussion in Sports** (a free on-line course). For more information, see the CIF Sports Medicine alert at CIF Concussions.

SUDDEN CARDIAC ARREST:

Sudden Cardiac Arrest (SCA) is not a heart attack. It's an abnormality in the heart's electrical system that abruptly stops the heartbeat. It's caused by an undetected congenital or genetic heart condition. Its first symptom may be death. To learn more about this very serious medical condition to CIF: SCA or Sudden Cardiac Arrest (an on-line NFHS course).

FLU:

Teams should follow good hygiene in hand washing before and after practice. Any player exhibiting signs of flu should be encouraged to stay home without penalty to avoid transmitting flu to other team members. Follow the advice given by your physician or the school if an outbreak should occur.

BLOOD-BORNE PATHOGENS:

All players should be aware of blood-borne pathogen protocol when there is bleeding. Whenever a player incurs an injury or wound that produces bleeding or other body fluids, the practice or game shall be stopped in accordance with CIF guidelines and the player shall be escorted away from the playing field for appropriate treatment. The player shall not return to the practice or game until the bleeding has stopped and the wound is properly covered. Gloves should always be worn when dealing with any body fluids.

PERFORMANCE ENHANCEMENT SUPPLEMENTS

The athletic staff discourages the use of any non-prescription drug, medication or food supplement such as creatine used solely for performance-enhancing purposes. For more information, please see CIF Performance Enhancement.

DRONES: CIF/NCS rules provide that no events, practice or contests may proceed with a drone present for safety and privacy. No drones may be used by athletic teams. Practices or contests must be stopped if a drone appears and suspended until it is gone.

COACHING Season Ending Interviews:

The school administration (Athletic Director, Athletic Assistant Principal and Principal) regularly evaluates paid coaches through observations at practices and games, written input from athletes, adherence to school expectations and other information that is gathered. Evaluation conferences are held with coaches at the end of the season to acknowledge successes and make a plan for improvement when needed. Site administration is responsible for employment of coaches.

PARENT FUNDING:

Parents are not permitted to pay coaches in addition to their coaching stipends or underwrite teams that are not official NBL or District teams (such as a new level of a sport). Coaches or parent-support clubs may not require athletes to pay to participate on a team.

NONDISCRIMINATION AND EQUIVALENT OPPORTUNITIES:

The SRCS athletic program shall be free from discrimination and discriminatory practices prohibited by state and federal law. The Superintendent/designee shall ensure equivalent athletic opportunities are provided for males and females.

OUTSIDE COMPETITION AND OUT-OF-SEASON TEAMS:

According to CIF rule 600, no student-athlete may participate on a non-school team of the same sport during the same season. This includes leagues, tournaments, charity games, all-star games, 3-3 tournaments, college classes, etc. Since participation in a non-school event of the same sport will render an athlete ineligible and force the forfeiture of any contest, student-athletes must check with the Athletic Director if there is any doubt as to whether a competition is permissible according to NCS and CIF by-laws. SRCS, NBL, NCS, and CIF do not sponsor out-of-season teams. Although participation is allowed, it is not officially or unofficially associated with the above-mentioned groups. The parent assumes full responsibility for medical expenses and any liability that may occur as a result of participation on an out-of-season team. **Participation on out-of-season teams is no guarantee of selection for a school team.**

SPORTSMANSHIP:

SRCS and NBL have adopted the **16 Principles of “Pursuing Victor with Honor”** (on the next page). Coaches, players and fans are expected to and held accountable for representing their school with dignity and class. **Anyone (athlete, student or adult) not conducting themselves in a positive manner may be ejected from an event and/or suspended from future events. Coaches, parents and athletes are encouraged to view two sportsmanship videos:**

NFHS Sportsmanship (a free on-line video course)

NFHS Positive Sports Parenting (a free on-line video course)

16 PRINCIPLES OF “PURSUING VICTORY WITH HONOR”:

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”
2. It’s the duty of School Boards, superintendents, school administrators, parents and school sports leadership – including coaches, athletic administrators, program directors and game officials – to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these “six pillars of character.”
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical

and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.

4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.

5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.

6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.

7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.

8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.

9. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressured to win.

10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.

11. Everyone involved in competition including parents, spectators, associated study body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.

12. School Boards, superintendents, and school administrators of CIF-member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character.

2) The physical capabilities and limitations of the age group coached as well as first aid.

3) Coaching principles and the rules and strategies of the sport.

13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.

14. To safeguard the health of athletes and the integrity of the sport, school sports program must actively prohibit the use of alcohol, tobacco, drugs and performance-enhancing substances, as well as a demand compliance with all laws and regulations, including those related to gambling and the use of drugs.

15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue influence of commercial interests. In addition, sports programs must be prudent, avoiding undue dependency on particular companies or sponsors.

16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

SRCS ATHLETIC CODE OF CONDUCT:

Players will:

1. Show respect for teammates, coach, opponents and officials.
2. Use no foul language, trash talk, negative gestures or actions to provoke a negative response or fighting.
3. Maintain a minimum of a 2.0 GPA according to school and NCS policy.
4. Sign a contract agreeing to the above expectations.

Coaches will:

1. Be consistent, attempt to instruct in a positive manner and use appropriate language at all times.
2. Not tolerate unsportsmanlike behavior actions by players, assistants, volunteer coaches or parents.
3. Place the safety and welfare of players as their highest priority.
4. Allow no student to practice or play in competition without a verified athletic participation clearance from the AD.

Spectators will:

1. Show cordial courtesy to visiting teams and officials.
2. Emphasize the proper ideas of sportsmanship and conduct

PARENT/GUARDIAN CODE OF CONDUCT

The role of the parent/guardian regarding interscholastic athletic activities

The role of the parent/guardian in the education of a student is vital. The support shown in the home is often manifested in the ability of a student to accept the opportunities presented at the school. Referees, Athletic Directors, and School Administration, may remove any spectator they feel is threatening, unduly negative, or creating a hostile and threatening environment. Further unsportsmanlike behavior by a parent/guardian will result in future suspensions from school activities. ***If a parent is removed from a contest they will need to complete the Sportsmanship Class on the CIF NFHS website AND return the Sportsmanship Certificate to your athletic director to be forwarded to the League Commissioner.***

There is a value system - established in the school, nurtured in the school - that young people are developing. Their involvement in the classroom and other activities contributes to that development. Trustworthiness, citizenship, caring, fairness, and respect are some of the lifetime values taught through athletics. These are the principles of good sportsmanship and character. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relationships and graceful acceptance of results.

As a parent/guardian of a student-athlete attending a Santa Rosa City School, your goals should include:

1. Realize that athletics are part of the educational experience, and the benefits of

involvement go beyond the final score of an athletic contest.

2. Encourage our students to perform their best, just as you would urge them to excel with their classes.
3. Participate in positive cheers that encourage our student athletes while discouraging any cheers that would re-direct that focus including those that are meant to ridicule, embarrass, taunt, or demean an opponent or official.
4. Refrain from any activity before, during or after a contest that is meant to ridicule, embarrass, taunt, or demean an opponent or official.
5. Learn, understand and respect the rules of the game, the officials who administer them and their decisions.
6. Respect the task our coaches face as teachers and support them as they strive to educate our youth, both in life and learning more about themselves
7. Respect our athletic opponents as student- athletes and acknowledge them for striving to do their best.
8. Develop a sense of dignity and civility under all circumstances.

You can have a major influence on your student's attitude about academics and athletics. The leadership role you take will help influence your child and our community for the years to come. In the end, sports are played just a game. It is a place where we allow others the opportunity to challenge themselves to improve their skills, motivate themselves to excel, learn more about themselves and develop life skills.

Pledge of Good Sportsmanship - "Victory with Honor"

The Santa Rosa City School District has adopted the CIF/NCS "Victory with Honor" principles as a guideline for the promotion of good sportsmanship among athletes, coaches and spectators. We ask for your cooperation towards achieving the goal of making this district and its schools known as a place where we maintain a proper perspective, practice good sportsmanship, and acts of concern and respect.

NCS/NBL EJECTION POLICY:

1. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.
Penalty: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.).
2. Illegal participation in the next contest by a player ejected in a previous contest.
Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.
3. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.
Penalty: The player shall be ineligible for the remainder of the season.
4. When one or more players leave the bench to begin or participate in an altercation.
Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.)
5. Coaches are responsible for determining the cause of ejection for any of their players and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a player's ejection shall not be the basis for allowing a student who has been ejected under an applicable rule to avoid the sanctions required by the Ejection Policy (either prohibition from participation

or forfeiture) should a student who is in violation of the Ejection Policy play in a subsequent contest (BOM 10/24/97).

6. NCS: Any player ejected for fighting shall be required to complete the NFHS online Sportsmanship course. The athlete, who is not allowed to participate in the next game, is also not eligible to participate until they complete the course, which is free and allows for a certificate to be printed when the course is completed.

UNSPORTSMANLIKE ACTIONS:

In addition to the official's call, unsportsmanlike conduct will be dealt with by reprimand and counseling by the coach and/or appropriate other school officials. Actions of this nature may lead to benching or suspension or withdrawal of athletic privileges and school disciplinary intervention if the rules/policies are violated.

INAPPROPRIATE BEHAVIOR:

Certain behaviors are considered inappropriate and unacceptable. **The school and athletic department reserve the right to refuse admission or remove persons, including adults, who exhibit such behaviors including, but not limited to:**

1. Repeated berating, humiliating or taunting of our coaches, players or spectators.
2. Repeated berating, humiliating or taunting of our opponent's coaches, players or spectators.
3. Repeated berating and harassment of game officials.
4. Racist, sexist or profane remarks directed at any coach, player, official or spectator.
5. See the SRCS Athletic Code of Ethics for Parents & Athletes Form on page 14 of the athletic packet.

OFFICIALS:

Officials should be treated with respect during and after contests, even if there is disagreement with their calls. **Any physical confrontation of an official by an athlete may be considered an assault. The athlete may lose athletic eligibility for their entire high school career under CIF Bylaw 211.**

SERIOUS INFRACTIONS -- EDUCATION CODE 48900

- A. Infractions of Education Code 48900 for which students may be suspended are listed in the Parental Annual Notice in the section "Excerpts From California Education Code".
- B. A pupil may be suspended or expelled for acts listed above and related to school activity or attendance which occur at any time, including, but not limited to, any of the following:
 1. While on school grounds.
 2. While going to or coming from school.
 3. During the lunch period, whether on or off the campus.
 4. During, or while going to or coming from, a school sponsored activity.

PLAYOFFS:

It is exciting when a varsity team makes the NBL, NCS, Nor-Cal or CIF championship playoffs. Playoffs may extend the athlete's participation in the sport. The NBL playoffs are held the week after the regular season of sport. The NCS playoffs begin immediately after the NBL playoffs. Check the NBL and NCS websites for playoff brackets as well as date, time and location of playoff contests. Admission will be charged by NBL or NCS for these events. Playoff seeding is determined by NBL/NCS policy and/or seeding committees. Home field advantage is usually at the highest seed unless appropriate athletic facilities are unavailable. Time and place of playoff games is established by NBL/NCS and is usually non-negotiable. Playoff information is available at www.cifncs.org after post-season seeding has taken place.

BOOSTERS CLUBS:

The athletic department is fortunate to have very supportive athletic booster clubs. These groups play a large part in creating a positive experience for all student athletes. If you would like to be involved, contact the Athletic Director for more information.

SRCS ATHLETIC COORDINATOR:

The SRCS Athletic Coordinator's responsibility is to support the District's athletic program and the athletic directors. Dean Haskins, the SRCS Athletic Coordinator, can be reached at 707-484-0271 or at dhaskins@srcs.k12.ca.us.

EXPRESSING CONCERNS ABOUT A STUDENT'S ATHLETIC EXPERIENCE

If a parent has a concern, express it at the appropriate time and place. Below is the SRCS Athletic Chain of Command. The District asks that parents refrain from confronting coaches immediately after games or at practices. It is expected that concerns will be addressed first with the coaches involved before proceeding through the Athletic Chain of Command. Anonymous letters or phone calls will NOT be treated with any credibility.

Parents and athletes are asked to follow these steps in order until they feel the issue is resolved.

- 1. Have the athlete speak to the coach. Sometimes the coach is unaware of the athlete's concerns or feelings.*
- 2. Arrange an appointment to speak with the coach. Coaches will respond to parents as quickly as possible.*
- 3. If either parent or coach is not satisfied, call or write the Athletic Director and **follow the Chain of Command.***
- 4. Keep all oral and written communications professional and avoid being verbally abusive to anyone.*
- 5. Use email with discretion. When emotions are involved, direct communication is usually more appropriate and please follow the chain of command.*

2. **Athletes' Bill of Rights** pursuant to Education Code 271

- (a) You have the right to fair and equitable treatment and you shall not be discriminated against based on your sex.
- (b) You have the right to have an equitable opportunity to participate in all academic extracurricular activities, including athletics.
- (c) You have the right to inquire of the athletic director of your school as to the athletic opportunities offered by the school.
- (d) You have the right to apply for athletic scholarships.
- (e) You have the right to receive equitable treatment and benefits in the provision of all of the following:
 - (1) Equipment and supplies.
 - (2) Scheduling of games and practices.
 - (3) Transportation and daily allowances.
 - (4) Access to tutoring.
 - (5) Coaching.
 - (6) Locker rooms.
 - (7) Practice and competitive facilities.
 - (8) Medical and training facilities and services.
 - (9) Publicity.
- (f) You have the right to have access to a gender equity coordinator to answer questions regarding gender equity laws.
- (g) You have the right to contact the State Department of Education and the CIF to access information on gender equity laws.
- (h) You have the right to file a confidential discrimination complaint with the United States Office of Civil Rights or the State Department of Education if you believe you have been discriminated against or if you believe you have received unequal treatment on the basis of your sex.
- (i) You have the right to pursue civil remedies if you have been discriminated against.
- (j) You have the right to be protected against retaliation if you file a discrimination complaint.

3. **Athletic Risk:** The following statements are contained in the Athletic Participation Form signed by parents and students:

- (a) 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: Sprains/strains, Concussions, Paralysis, Communicable diseases, Fractured bones, Head and/or back injury, Loss of eyesight, Death
- (b) I understand and acknowledge that participation in these activities is completely voluntary and is not required by the District.
- (c) I understand and acknowledge that, in order to participate in these activities, I agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities.

(d) I understand, acknowledge, and agree that the District, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered incidental to and/or associated with preparing for and/or participating in this activity.

(e) I acknowledge that I have carefully read this VOLUNTARY ACTIVITIES ACKNOWLEDGEMENT AND ASSUMPTION OF POTENTIAL RISK information, all information provided is truthful and that I understand and agree to its terms.

4. Insurance protection (Education Code 32221.5): STUDENTS PARTICIPATING IN INTERSCHOLASTIC SPORTS ARE REQUIRED BY STATE LAW TO HAVE MEDICAL INSURANCE. Student Accident and Health Care Insurance plans are especially recommended for students with no other insurance since they provide the most help when injuries occur. Student Health Care covers illness as well as injury, 24 hours a day. All plans are available on a "24-Hour", "School Time", and "Tackle Football Only" basis. If your student has other health coverage, student insurance may also be used to help pay those charges not covered by other insurance. Brochures distributed at the beginning of each school year. Keep the brochure in a safe place in case your child gets hurt. If you have any questions, please call the plan administrator, Myers-Stevens, Toohey and Co., Inc., at 1(800) 827-4695. Bilingual representatives are available for parents who need assistance in Spanish.

5. Parental permission for the student to participate in the program and, if appropriate, be transported by the district to and from competitions is granted in the Athletic Participation Form.

6. Conduct: The Governing Board's expectation that students adhere strictly to all safety rules, regulations, and instructions, as well as rules and guidelines related to conduct and sportsmanship.

7. North Bay League rules may be found at www.northbayleague.org

8. Performance enhancing drugs: Athletes and parents sign a statement that the student will not use steroids or dietary supplements banned by the U.S. Anti-Doping Agency on the Athletic Participation Form.



SUSPECTED CONCUSSION PROTOCOL

Responsibility of:	Coaches, Athletic Directors Athletic Trainers
Also Involved:	School administration, parents
Materials:	District Concussion Parent Notification Letter, Student Accident Report Form

Note: A post-injury test is NOT required for release to “Return to Play.” A physician may decide to release a student without a post-injury test.

WHEN A STUDENT- ATHLETE IS SUSPECTED OF SUFFERING A HEAD INJURY/CONCUSSION:

The Coach and/or ATC (Athletic Trainer) – Both are responsible for:

- Removes student-athlete** from game or practice:
 - Student-athlete is removed from all practice, competition, and physical education class activities until a written release note by a treating MD (Medical Doctor) DO (Doctor of Osteopathy) (trained in the management of concussions) is filed with the Athletic Director that clears the student-athlete to “Return to Play.”
- ATC evaluates the student-athlete for signs and symptoms of a concussion** if the ATC is not present; the student athlete is seen by their treating MD/DO.
- If a concussion is diagnosed by an MD/DO, the ATC notifies the parents** via phone or email, and follows up with district notification letter of suspected concussion. **Completes a Student Accident Report Form** within 24 hours and submits it to the School Nurses Office. These forms are a part of your First Aid Kit or can be picked up in the School Health Technician’s Office.
- Notifies Athletic Director** of the student-athlete’s name and information regarding the suspected concussion incident.
- Follows any “Return to Play” guidelines** as outlined by the student’s treating MD/DO.

The ATC (or AD if an ATC has not been hired):

- Schedules a post-injury computerized neurocognitive test** for the concussed Student-athlete
 - Conducts supervised test at school site with designated student-athlete within recommended window of 24 – 72 hours of suspected concussion. If student-athlete is deemed to be too symptomatic to complete the computerized neurocognitive test within this time, the ATC (AD if an ATC has not been hired) shall document that this step was postponed due to fear of exacerbation of symptoms.
- Prints out computerized neurocognitive test reports** of baseline and symptomatic post-injury tests (with norms)
 - Gives both reports to the parent, if student is under the age of 18.
 - ATC performs a SCAT 3 evaluation.
 - Instructs parent to take test results and a copy of SCAT 3 evaluation to his/her doctor for concussion appointment.
- ATC shall Supervise and follow the SCAT 3 ‘Return to Play’ Guidelines**
- Gets MD/DO written release note from student** for “Return to Play” after student-athlete is cleared:
 - NOT chiropractor, EMT etc., as per CIF rules.

- Written release note must be signed only by the treating MD/DO (trained in the management of concussions) on office letterhead or include an official stamp.
- Written release note must be in compliance with current concussion management protocols, guidelines and laws.
- If there is a question or concern about the outlined return to play parameters or medical clearance, the ATC shall:
 - I. Contact the parent and express the question or concern
 - II. Request the parent to sign an authorization to release medical information to be faxed to the treating physician's office to allow the ATC to speak with the treating physician
 - III. If permission is granted by the parents via the authorization to release medical information, the ATC shall contact the treating physician to discuss the question or concern
 - IV. If there is still concern by the ATC that a student-athlete is being cleared prematurely or is being cleared based on that other than current concussion guidelines, the ATC shall discuss this concern with the parents. The parents, at this point shall make the decision as to whether to allow participation by the student-athlete
 - V. If there is still a concern, the ATC shall discuss the concern with parents, athletic director and coach
- A copy of the written release note and all aforementioned documentation shall be completed by the ATC and given to the AD.

e. ATC (or AD if an ATC has not been hired) Gives written release note to School Health Technician to file with the Injury Report. The School Health Technician contacts the student's counselor. The counselor relays any information to the teacher that may indicate the student requires academic accommodations in the classroom.

f. ATC (or AD if an ATC has not been hired) contacts the coach about any "Return to Play" guidelines written by the treating MD/DO.

Return to the Classroom Following a Concussion:

Return to school after treating physician has identified temporary academic adjustments that is warranted due to educational limitations resulting from a concussion. These may include, but are not limited to:

- Consideration for absences/shortened day
- Consideration for late assignment/deferred exams
- Extra time for exams in distraction free environment, not including the classroom
- Peer note taker
- Use of a recorder
- Sunglasses in class

Updated physician's guidelines will be required should longer term academic adjustments be warranted (504 Plan or IEP).

AT ANY TIME DURING THE CONCUSSION MANAGEMENT PROCESS, THE TREATING PHYSICIAN, AD/OR ATHLETIC TRAINER RESERVES THE RIGHT TO HAVE THE FINAL SAY IN ALL RETURN TO PLAY DECISIONS. IN THE EVENT THE TREATING PHYSICIAN AD/OR ATHLETIC TRAINER ARE ABSENT, THE ATHLETE'S CLEARANCE NOTE WILL STAND AS STATED.

THIS CONCUSSION MANAGEMENT PROTOCOL IS NOT ALL-INCLUSIVE, AND THE ATHLETIC TRAINER RESERVES THE RIGHT TO CHANGE AND/OR ADD TO THE PROTOCOL AT ANY TIME AS HE/SHE BEST SEES FIT TO PROTECT THE SAFETY OF THE STUDENT.

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.

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.

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

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 automati-



cally 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.

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, snoring, 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 by-
stander 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.

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>

CardiacWise (20-minute training video)
<http://www.sportsafetyinternational.org>



2019-2020 Sports Online Clearance Packet

Instructions for Registering Your Athlete

Sports Net Inc. provides secure online registration services for school athletic programs. Below are instructions for creating a parent/guardian user account and registering one or more athletes at SRCS.

Creating an Account

1. See your schools website for the correct link to Sports Net.
2. Click the **Create an Account** link near the bottom of the screen
3. Enter the required information and submit the form
4. Log in to the system with your email address and password
5. Follow the instructions inside the system

Before You Begin

Make sure you have the following prior to attempting to register your child:

- Your child's student identification number
- The exact spelling of your child's first and last name as it appears in official school records
- A scanned copy of your child's completed Pre-Participation Physical Exam on your computer (to be uploaded during registration)
- Your child's active health insurance coverage information, including the name of the provider and the policy ID

Registration Process

Be sure to carefully read the instructions on each screen and provide all required information. If you are unable to finish in a single session, the information you have already submitted will be saved and you can log back in at a later time to finish.

Important: The school will not receive your submission until you complete the entire process, ending with your final electronic signature on the last available screen. Be sure to **check your email for a confirmation message** after you have finished.

Support

- Please contact your child's school directly if you need specific information about your child's registration.
- For general assistance, please email our support team at support@sportsnetinc.com.