

FOR OFFICE USE ONLY
/ /
Date Received
School Official's Initials



HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT

ATHLETICS/CO-CURRICULAR CLEARANCE
SCHOOL YEAR: 2023-2024

STUDENT AND PARENT MUST COMPLETE THE ENTIRE PACKET

Stu# _____

- La Puente Los Altos Wilson Workman

Last Name:		First Name:		MI:
Birth Date:	Sports/Activity:		Fall	Winter
			Spring	

TO ALL PARENTS/GUARDIANS & STUDENTS

It is our goal to provide a rewarding educational experience for your student. The Hacienda La Puente Unified School District offers voluntary participation in a wide range of interscholastic athletic teams and co-curricular activities. **Participation is a privilege, not a right; therefore we strongly adhere to requirements of academic eligibility and citizenship/behavior.** Our coaches and advisors are supported in their professional freedom to make choices and decisions that are specific to their activity. *We strive to teach our students the concepts of team goals and school pride as opposed to individual honors and recognition.* We also recognize your love and concern for your child. If there is a conflict in these objectives, we are here to resolve them. **Please take the time to carefully read, understand, complete, and sign where indicated on all forms contained in the packet. This information is mandatory and must be submitted prior to any student's participation in ATHLETICS/CO-CURRICULAR, DANCE TEAM, CHEER AND MARCHING BAND.**

ELIGIBILITY REQUIREMENTS

- SCHOLASTIC:** Each athlete must pass 20 units (four classes) of new work during the previous grading period. Student-athletes that do not pass 20 units (four classes) are INELIGIBLE. Summer school grades may be counted towards the previous grading period. A student-athlete will be placed on academic probation if his or her GPA falls below a 2.0 in the grading period. A student-athlete will be ineligible for participation if his or her GPA is below a 2.0 for two consecutive grading periods. In order to be eligible for co-curricular or extra-curricular activities, a student shall maintain a 2.0 grade point average (GPA) during the preceding grading period
- RESIDENTIAL:** All athletes must reside in the Hacienda La Puente USD and the high school attendance area in a bonafide residence with their parents or legal guardian (s). All transfers to a district high school must call the Athletic Director and complete appropriate paperwork.
- MEDICAL EXAMINATION:** Each athlete must have a physical exam by a qualified physician on file prior to tryouts, practice, or competition. The physical exam is valid for one calendar year.
- INSURANCE:** Each athlete must have a copy of a medical insurance card on file before participation. Meyers-Stevens Insurance is available for those that need or would like additional insurance coverage. Information is available in the Activities Office at your high school or by calling Myers-Stevens & Toohey at (949) 348-0656 or (800) 827-4695.

PLEASE RETURN THE FOLLOWING FORMS COMPLETED AND SIGNED

- ✓ Form 1 – HLPUSD ATHLETIC CLEARANCE FORM (Form 1)
 - Student and Parent must sign ten (10) times.
- ✓ Form 2 – HLPUSD Physical Screening Form with **Doctor's Verification and Stamp**
- ✓ Form 3 – HLPUSD Athletic Insurance Verification with **Photocopy of Insurance Card**
- ✓ Form 4 – Emergency Card with Consent to Treat (Form 4)
- ✓ Form 5 – CIF Code of Ethics
- ✓ Form 6 – 2023-2024 CONCUSSION & SUDDEN CARDIAC ARREST INFORMATION SHEET



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HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT

ATHLETICS/CO-CURRICULAR CLEARANCE

SCHOOL YEAR: 2023-2024



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HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT



Form 1

ATHLETIC CLEARANCE FORM
(Print or Type)

STUDENT AND PARENT MUST SIGN NINE (9) TIMES

La Puente Los Altos Wilson Workman

Last Name: First Name: MI:

Birth Date: Sports/Activity: Fall Winter Spring

Address: City: Zip:

Student's Home Phone: Student's Year in School: 9 10 11 12

Father's Name Employer Occupation Work Phone

Mother's Name Employer Occupation Work Phone

SIGNATURE 1 - CONSENT OF PARENT/GUARDIAN AND STUDENT

My signature affixed hereon gives permission for my son/daughter to participate in activities and athletics/co-curricular.

Student's Signature Date Parent/Guardian Signature Date

SIGNATURE 2 - ASSUMPTION OF RISK

The undersigned hereby acknowledges that he/she knowingly and voluntarily assumes all risks of bodily injury to his/her child, as stated, and expressly acknowledges their intention, by executing this instrument, to exempt and relieve the Hacienda La Puente Unified School District (District), its officers, agents, and employees, from any liability for personal injury, bodily injury, property damage or wrongful death that may arise out of or in any way be connected with the above-described activity.

We have read and accept the Assumption of Risk as outlined in the Athletic/ Co-Curricular Packet.

Student's Signature Date Parent/Guardian Signature Date Circle One

SIGNATURE 3 - AUTHORIZATION TO TREAT A MINOR

I (WE) the undersigned parent(s)/legal guardian of _____, a minor, do hereby authorize and consent to any x-ray examination, anesthetic, medical or surgical diagnosis rendered under the general or special supervision of any member of the medical staff and emergency room staff licensed under the provisions of the Medicine Practice Act or a Dentist licensed under the provisions of the Dental Practice Act and on the staff of any emergency general hospital holding a current license to operate a hospital from the State of California Department of Public Health.

Student's Signature Date Parent/Guardian Signature Date

HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT
ATHLETIC CLEARANCE FORM



SIGNATURE 4 – HACIENDA LA PUENTE USD ATHLETIC CODE/ATHLETIC PHILOSOPHY AND INFORMATION

We have read and fully understand the information outlined in the Hacienda La Puente Unified School District Athletic Code/Athletic Philosophy and Information and agree to comply with all policies and responsibilities. Please retain HLPUSD Athletic Code/Athletic Philosophy and Information for your records.

_____/_____/_____
Student's Signature Date Parent/Guardian Signature Date

SIGNATURE 5 – CIF ATHLETIC CODE OF ETHICS

We have read and fully understand the CIF Athlete Code of Ethics and agree to comply with all policies and responsibilities. Please retain CIF Athletic Code of Ethics for your records.

_____/_____/_____
Student's Signature Date Parent/Guardian Signature Date

SIGNATURE 6 – INSURANCE RESPONSIBILITY

We are aware and acknowledge that the District does not provide liability insurance for those that participate in athletics/co-curricular, nor does the District provide medical coverage for the participants in athletics/co-curricular. We certify that this student is covered by valid insurance. We have at least \$1,500 insurance protection for medical and hospital expenses, \$1,500 accidental death coverage. • We will give ten (10) days written notice to the Principal prior to cancellation or termination of the insurance.

_____/_____/_____
Student's Signature Date Parent/Guardian Signature Date

SIGNATURE 7 – ACKNOWLEDGEMENT OF LIABILITY

As required by California Education Code Section 35330, I hereby waive all claims of liability against the Hacienda La Puente Unified School District, the County of Los Angeles and the State of California for injury, accident, illness, and emotional duress or death which may occur during or by reason of participation in athletics/co-curricular.

_____/_____/_____
Student's Signature Date Parent/Guardian Signature Date

SIGNATURE 8 – RELEASE OF INFORMATION/MEDIA PERMISSION

I give HLPUSD my consent for the release of information, photographs, videotape or audiotape concerning participation in athletics/co-curricular or activities including honors awards and other such information. This includes printed press, television, web pages, electronic displays and other news media.

List any restrictions: _____

_____/_____/_____
Student's Signature Date Parent/Guardian Signature Date

SIGNATURE 9 – ATHLETIC COMPETITION / NON-DISCRIMINATION/SEXUAL HARASSMENT

We have read and fully understand the GUIDELINES FOR ELIGIBILITY AND PARTICIPATION IN EXTRA-CURRICULAR/CO-CURRICULAR ACTIVITIES and ATHLETIC COMPETITION/NON-DISCRIMINATION and agree to comply with all policies. Please retain copies of GUIDELINES FOR ELIGIBILITY AND PARTICIPATION IN EXTRA-CURRICULAR/CO-CURRICULAR ACTIVITIES and ATHLETIC COMPETITION/NON-DISCRIMINATION for your records.

_____/_____/_____
Student's Signature Date Parent/Guardian Signature Date



SPORTS: (fall) _____ (winter) _____ (spring) _____

Name _____ Grade _____ Male _____ Female _____ Date of birth ____/____/____

Address _____ City & Zip Code _____ Home Phone _____

Name of Father/Guardian _____ Work phone _____ Cell phone _____

Name of Mother/Guardian _____ Work phone _____ Cell phone _____

Emergency Contact _____ Phone Number _____ Insurance _____

I hereby give my consent for the above named student (son/daughter/ward) to compete in sports and to go with a representative of the school on any trips. In case of injury, you are authorized to have him/her treated.

Signature of parent/guardian _____ Date _____

HEALTH HISTORY: TO BE COMPLETED BY PARENT BEFORE DOCTOR EXAM

<u>Any past or present:</u>	<u>Yes</u>	<u>No</u>		<u>Yes</u>	<u>No</u>
Problems with vision	_____	_____	Surgeries	_____	_____
Eyeglasses	_____	_____	Dental problems	_____	_____
Contacts	_____	_____	braces	_____	_____
Problems with hearing	_____	_____	false teeth	_____	_____
Hearing aid	_____	_____	Painful joints	_____	_____
Blacking out or fainting	_____	_____	Broken bones	_____	_____
Unconsciousness	_____	_____	Part, date _____	_____	_____
Convulsions, seizures	_____	_____	Knee or ankle problems	_____	_____
Heart problems	_____	_____	Require support/brace	_____	_____
Rheumatic fever	_____	_____	Need for medication	_____	_____
Bleeding disorders	_____	_____	Name _____	_____	_____
Blood sugar problems	_____	_____	Menstruation problems	_____	_____
Hypoglycemia	_____	_____	Hernias	_____	_____
Diabetes	_____	_____	Asthma	_____	_____
Allergies - type _____	_____	_____	OTHER HEALTH ASPECTS THE DOCTOR	_____	_____
Bee or insect stings	_____	_____	AND SCHOOL SHOULD BE AWARE OF:	_____	_____
Hospitalizations	_____	_____	_____	_____	_____

PHYSICAL EXAM: DATE _____ HEIGHT _____ WEIGHT _____

PULSE: RESTING _____ AFTER ACTIVITY _____ B.P. _____

EYES	_____	LYMPH GLANDS	_____	POSTURE	_____
EARS	_____	THYROID	_____	MUSCLE TONE	_____
NOSE	_____	HEART	_____	REFLEXES	_____
THROAT	_____	LUNGS	_____	ORTHOPEDIC	_____
TEETH	_____	ABDOMEN	_____	SKIN	_____
BRACES	_____	HERNIA	_____	OTHER	_____

I have examined the above student and do recommend that s/he is physically fit for full participation in sports.

Name of physician _____ MD or DO Date _____

Signature _____ Phone number _____

Special doctor recommendations or restrictions _____

****PLEASE STAMP WITH PHYSICIAN'S OFFICE STAMP****

HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT
 MEDICAL INSURANCE CERTIFICATION



Last Name:		First Name:		MI:
Birth Date:	Sports/Activity:			
		<i>Fall</i>	<i>Winter</i>	<i>Spring</i>

California Law, Education Code, Section 32220-24 requires that every member of a high school athletic team have accidental bodily injury insurance, providing at least \$1500 of scheduled medical/hospital benefits. The parent or guardian must provide proof that their family coverage satisfies the Code in relation to medical coverage. If you **have** the \$1500, accidental bodily injury insurance, please fill out **ITEM 1** below. If you **do not have** accidentally bodily injury benefits for your son, daughter, or ward, please fill out **ITEM 2** below.

ITEM 1 -- MY MEDICAL COVERAGE POLICY FOR AT LEAST \$1500 IS ISSUED BY:

<i>Insurance Company</i>	<i>Policy Number</i>

I certify that the student listed above **has** accidental bodily injury insurance providing at least \$1500 of scheduled medical/hospital benefits.

	/ /		/ /
<i>Student's Signature</i>	<i>Date</i>	<i>Parent/Guardian Signature</i>	<i>Date</i>

**PROOF OF INSURANCE IS
 REQUIRED PLEASE ATTACH A
 PHOTOCOPY OF
 INSURANCE CARD HERE**

ITEM 2

The athlete does not have accidental bodily injury insurance required. **YOU MUST COMPLETE APPROPRIATE MYERS STEVENS & TOOHEY & CO., INC. APPLICATION**

We have subscribed to Myers-Stevens & Toohey & Co., Inc. for athletic insurance, which meet the limits requested. (Myers-Stevens & Toohey & Co. Inc. will send verification of insurance to each school)

	/ /		/ /
<i>Student's Signature</i>	<i>Date</i>	<i>Parent/Guardian Signature</i>	<i>Date</i>

ATHLETIC EMERGENCY INFORMATION

PLEASE PRINT EXCEPTION SIGNATURES

Student Name: _____ YEAR : 9 10 11 12 Date of Birth: _____
mm/dd/yyyy

Father's/Guardian Name: _____ Mother's/ Guardian Name: _____

Home Phone: _____ Home Phone: _____

Work Phone: _____ Work Phone: _____

Cell Phone: _____ Cell Phone: _____

Student's Home Address _____ City: _____ State: _____ ZIP _____

PRIVATE (PRIMARY) INSURANCE

Insurance Company Name: _____ Phone: _____

Insurance Company Address; _____ City: _____ State: _____ ZIP _____

Group#: _____ Policy#: _____ Other#: _____

My son/daughter is covered by the above insurance policy YES NO

Known Allergies (drug, food, insect, etc.): _____

Special Medical Problems: _____

Medications (inhaler, insulin, etc.): _____

Physician Name: _____ Phone: _____ Address: _____

ATHLETIC EMERGENCY INFORMATION

PLEASE PRINT EXCEPTION SIGNATURES

Student Name: _____ YEAR : 9 10 11 12 Date of Birth: _____
mm/dd/yyyy

Father's/Guardian Name: _____ Mother's/ Guardian Name: _____

Home Phone: _____ Home Phone: _____

Work Phone: _____ Work Phone: _____

Cell Phone: _____ Cell Phone: _____

Student's Home Address _____ City: _____ State: _____ ZIP _____

PRIVATE (PRIMARY) INSURANCE

Insurance Company Name: _____ Phone: _____

Insurance Company Address; _____ City: _____ State: _____ ZIP _____

Group#: _____ Policy#: _____ Other#: _____

My son/daughter is covered by the above insurance policy YES NO

Known Allergies (drug, food, insect, etc.): _____

Special Medical Problems: _____

Medications (inhaler, insulin, etc.): _____

Physician Name: _____ Phone: _____ Address: _____

HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT

15959 E. Gale Ave., P.O. Box 60002

City of Industry, CA 91716

(626) 933-1000

PARENT/GUARDIAN CONSENT TO TREATMENT OF STUDENT-ATHLETE

I/WE, the undersigned, parent (s) or guardian (s) of the above named student-athlete of _____ High School, do hereby authorize the coach or school representative on my/our behalf to consent to any medical treatment deemed necessary by any licensed physician/surgeon in the event of illness or injury to the above named minor. This consent to treat is intended to cover any illness or injury sustained while participating in any school athletic competition or practice, on or off campus, and while traveling to and from the event. If, in the judgment of any representative of the school, the above named student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to said student by any physician, trainer, coach, nurse, hospital, or school representative; and I do hereby agree to indemnify and hold harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student. I hereby authorize any hospital, which has provided treatment to the above named student to surrender custody of that student to the athletic trainer or school representative upon completion of treatment.

It is understood that this authorization is given in advance of such x-ray, examination, diagnosis, or treatment, and that neither the school nor any school representative nor the physician involved assumes and financial responsibility for exercising this action.

This authorization shall remain effective for so long as the athlete shall be enrolled in said high school, or involved in the official athletic program of the school, or until revoked in writing and delivered into the hands of the school Athletic Director.

Parent or Guardian Signature:

Date Signed:

HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT

15959 E. Gale Ave., P.O. Box 60002

City of Industry, CA 91716

(626) 933-1000

PARENT/GUARDIAN CONSENT TO TREATMENT OF STUDENT-ATHLETE

I/WE, the undersigned, parent (s) or guardian (s) of the above named student-athlete of _____ High School, do hereby authorize the coach or school representative on my/our behalf to consent to any medical treatment deemed necessary by any licensed physician/surgeon in the event of illness or injury to the above named minor. This consent to treat is intended to cover any illness or injury sustained while participating in any school athletic competition or practice, on or off campus, and while traveling to and from the event. If, in the judgment of any representative of the school, the above named student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to said student by any physician, trainer, coach, nurse, hospital, or school representative; and I do hereby agree to indemnify and hold harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student. I hereby authorize any hospital, which has provided treatment to the above named student to surrender custody of that student to the athletic trainer or school representative upon completion of treatment.

It is understood that this authorization is given in advance of such x-ray, examination, diagnosis, or treatment, and that neither the school nor any school representative nor the physician involved assumes and financial responsibility for exercising this action.

This authorization shall remain effective for so long as the athlete shall be enrolled in said high school, or involved in the official athletic program of the school, or until revoked in writing and delivered into the hands of the school Athletic Director.

Parent or Guardian Signature:

Date Signed:



10932 Pine Street
Los Alamitos, California 90720

Telephone: 562-493-9500
Fax: 562-493-6266

Code of Ethics - Athletes

Athletics/co-curricular activities are an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

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 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, Surgeon General of the United States or 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.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 523).

By signing below, both the participating student athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We recognize that under CIF Bylaw 202, there could be penalties for false or fraudulent information.

We also understand that the Hacienda La Puente Unified School District policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Printed Name of Student Athlete

Signature of Student Athlete

Date

Signature of Parent/Caregiver

Date

A copy of this form must be kept on file in the athletic director's office at the local high school on an annual basis and the Principal's Statement of Compliance must be on file at the CIF Southern Section office.

Revised 7/11

**HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT
2023-2024 CONCUSSION INFORMATION SHEET
(Applicable Only for the Current School Year)**

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion may show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion listed below, or if you notice the symptoms or signs of concussion yourself, your child should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, determines that your child is symptom-free and able to return to play.

Signs observed by coaching staff...

Symptoms reported by athletes ...

Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can’t recall events <i>prior</i> to hit or fall	Confusion
Can’t recall events <i>after</i> hit or fall	Just not “feeling right” or “feeling down”

Concussions affect people differently. While most athletes with concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer. In rare cases, a dangerous blood clot may form on the brain and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body she/he exhibits any of the following danger signs:

One pupil is larger than the other	Convulsions or seizures
Is drowsy or cannot be awakened	Cannot recognize people or places
Weakness, numbness, or decreased coordination	Repeated vomiting or nausea
Slurred speech	Has unusual behavior
A headache that not only does not diminish, but gets worse	Becomes increasingly confused, restless, or agitated
Loses consciousness	

WHY MUST AN ATHLETE BE REMOVED FROM PLAY AFTER A CONCUSSION?

If an athlete has a concussion, his/her brain needs time to heal. Continuing to play while the brain is still healing 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 young athletes 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.

2023-2024 CONCUSSION INFORMATION SHEET (PAGE 2)

IF YOU THINK YOUR CHILD HAS SUFFERED A CONCUSSION

If you suspect that your child has a concussion, remove him/her 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. Do not try to judge the severity of the injury yourself. Close observation of the athlete should continue for several hours. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse.

California Education Code 49475 and the California Interscholastic Federation (CIF) Bylaw 313 require implementation of long and well-established return to play concussion guidelines that help ensure and protect the health of student athletes:

Any athlete who is suspected of sustaining a concussion or head injury in an athletic activity shall be immediately removed from the athletic activity for the remainder of the day and shall not be permitted to return to the athletic activity until he or she is evaluated by a licensed health care provider who is trained in the management of concussions and is acting within the scope of his or her practice. The athlete shall not be permitted to return to the athletic activity until he or she receives written clearance to return to the athletic activity from that licensed health care provider. If the licensed health care provider determines the athlete has a concussion or head injury, the athlete shall also complete a graduated return-to-play protocol of no less than 7 days in duration under the supervision of a licensed health care provider.

It's better to miss one game than miss the whole season.

For more information, visit: <http://www.cdc.gov/headsup/youthsports/index.html> (Centers for Disease Control and Prevention) or http://www.cifstate.org/sports-medicine/concussions/student_parents (CIF)

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

***CIF
Concussion Return to
Play
(RTP)
Protocol***

See Attachment

**HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT
2023-2024 SUDDEN CARDIAC ARREST INFORMATION SHEET
(Applicable Only for the Current School Year)**

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.

WHAT ARE THE WARNING SIGNS AND 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	Factors That Increase the Risk of SCA
<ul style="list-style-type: none"> <input type="checkbox"/> Fainting or seizure, especially during or right after exercise <input type="checkbox"/> Fainting repeatedly or with excitement or startle <input type="checkbox"/> Excessive shortness of breath during exercise <input type="checkbox"/> Racing or fluttering heart palpitations or irregular heartbeat <input type="checkbox"/> Repeated dizziness or lightheadedness <input type="checkbox"/> Chest pain or discomfort with exercise <input type="checkbox"/> Excessive, unexpected fatigue during or after exercise 	<ul style="list-style-type: none"> <input type="checkbox"/> Family history of known heart abnormalities or sudden death before age 50 <input type="checkbox"/> Specific family history of long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy or Arrhythmogenic Right Ventricular Dysplasia (APMD) <input type="checkbox"/> Family members with unexplained fainting, seizures, drowning or near drowning or car accidents <input type="checkbox"/> Known structural heart abnormality, repaired or unrepaired. <input type="checkbox"/> Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks or performance-enhancing supplements

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 Name Printed Student-athlete Signature Date

Parent or Legal Guardian Printed Parent or Legal Guardian Signature Date

KEEP ON FILE FOR YOUR REFERENCE

HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT

Parent – Student Athletic Co-Curricular Extra-Curricular Handbook 2023-2024



"Pursuing Victory with Honor," in its essence, will provide the tools to teach character development skills to the student-athletes of California high schools



CIF'S 16 OPERATING PRINCIPLES OF "PURSUING VICTORY WITH HONOR"
(CIF Constitution Article 1, Section 12)

PURSUING VICTORY WITH HONOR

<http://links.schoolloop.com/link/rd?href=736c5f6c696e6b6666303163633065623266687474703a2f2f777772e6369666363732e6f72672f73706f7274736d616e736869702f7075727375696e67696e74726f2e68746d>

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 the 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 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.



Pursuing Victory with Honor

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, fairness, caring and good citizenship (the "Six Pillars of Character"). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics/co-curricular, I must act in accord with the following:



TRUSTWORTHINESS

Trustworthiness - Be worthy of trust all I do.

Integrity - Live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.

Honesty - Live and compete honorably; don't cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

Reliability - Fulfill commitments; do what I say I will do; be on time to practices and games.

Loyalty - Be loyal to my school and team; put the team above personal glory.

RESPECT

Respect - Treat all people with respect all the time and require the same of other student-athletes.

Class - Live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show respect in pre- and post-game rituals.

Disrespectful Conduct - Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect Officials - Treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

Importance of Education - Be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed or the character to represent their institution honorably.

Role-Modeling - Remember, participation in sports is a privilege, not a right; and I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

Self-Control - Exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.

Healthy Lifestyle - Safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco, drugs and performance-enhancing supplements or engage in any unhealthy techniques to gain, lose or maintain weight.

Integrity of the Game - Protect the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS

Be Fair - Live up to the high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

Concern for Others - Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to me or others.

Teammates - Help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

Play by the Rules - Maintain a thorough knowledge of and abide by all applicable game and competition rules.

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



"Pursuing Victory with Honor" and "Six Pillars of Character" are service marks of CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics. For more information on promoting character education and good sportsmanship, visit www.charactercounts.com

Pursuing Victory With Honor
Code of Conduct for Parents/Guardians

Athletic competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character" SM). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role and their good-faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child's sports experience.

Parent/Guardian Signature

Date

ASSUMPTION OF RISK

WARNING TO STUDENT-ATHLETES AND PARENTS

SERIOUS CATASTROPHIC, OR FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION

By its nature, competitive athletics/co-curricular activities may be put in situations in which SERIOUS, CATASTROPHIC, and perhaps FATAL ACCIDENTS may occur.

Many forms of athletic competition result in violent physical contact among players, which may result in accidents, strenuous physical exertion, and other exposure to risk of injury.

Students and parents must assess the risk involved in such participation and make their choices to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all the risk of injury. Just as driving an automobile involves choice of risk; athletic participation by high school students also may be dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairments as a result of athletic competition.

By granting permission for your student to participation in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and must refrain from improper uses and techniques.

As stated, no amount of instruction will totally eliminate all risk of serious, catastrophic, or even fatal injury.

I/we understand and acknowledge that participation is completely voluntary and as such is not required by the school for course credit or for completion of graduation requirements.

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

I/we understand, acknowledge, and agree that the Hacienda La Puente Unified School District, its employees, officers,



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agents, or volunteers, shall not be liable for any injury suffered by my son/daughter which is incident to and/or associated with preparing for and/or participating in their sport of choice.

SPECIAL WARNING RELATING TO FOOTBALL!

Do not use your helmet to butt, ram or spear an opposing player. This is in violation of the football rules and can result in severe head, brain or neck injury, paralysis or death to you and possible injury to an opponent. There is a risk these injuries may also occur as a result of accidental contact without the intent to butt, ram, or spear. **NO HELMET CAN PREVENT ALL SUCH INJURIES**

ADDITIONAL WARNING: No helmet can prevent all head or neck injuries a player might receive while participating in football. Do not use the helmet to butt, ram or spear an opposing player. This is a violation of the football rules and such use can result in severe head or neck injuries, paralysis or death to you and possible injury to your opponent. Contact in football may result in **CONCUSSION-BRAIN INJURY** which no helmet can prevent. Symptoms include: loss of consciousness or memory, dizziness, headache, nausea or confusion. If you have symptoms, immediately stop playing and report them to your coach, athletic trainer, and parents. Do not return to a game or practice until all symptoms are gone and you have received **MEDICAL CLEARANCE**. Ignoring this warning may lead to another and more serious or fatal brain injury. I have read and understand the above.

HACIENDA LA PUENTE USD ATHLETIC CODE

The goal of athletic participation is to provide a rewarding educational and co-curricular experience for all students. All participants must commit to exemplary conduct and behavior as a representative of the school, District, and community.

As participant Hacienda La Puente Unified School District athletics/co-curricular, I agree to the following:

- 1) To recognize that participation in athletics/co-curricular activities is a privilege and not a right; as such, the privilege may be revoked if the student-athlete does not abide by the Athletic Code and follow school and District policies.
- 2) To meet the minimum academic requirements established by the Board of Trustees of the Hacienda La Puente Unified School District and California Interscholastic Federation (CIF) for eligibility. (see Board Policy 6145)
- 3) To recognize that student athletes have a primary responsibility to attend and pass their classes.
- 4) To recognize that interscholastic athletic competition must demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. Participants agree to commit to the six pillars of character found in the District/CIF "Pursuing Victory with Honor" sportsmanship code: trustworthiness, respect, responsibility, fairness, caring, and citizenship.
- 5) *To recognize that suspension for offenses to Education Code 48900 will result in competition ineligibility during the time of suspension.*
- 6) *To recognize that students will not use or possess alcoholic beverages, drugs, drug paraphernalia, or narcotics. Students will not use or possess androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (as mandated by CIF Bylaw 524). **Violation of this rule will result in a suspension from the sport for up to (not to exceed) 30 school days.***
- 7) To remain as a team member throughout the season of the sport. An athlete who quits or leaves a team after cannot go out for another sport or transfer into another athletic class until his/her original season has ended. An athlete who leaves a team for valid reasons may go on to another sport with approval of both head coaches and athletic director.
- 8) To recognize that individual teams - along with their coaches - may choose appropriate and reasonable dress and grooming standards such as: ties on the day of the game and maintaining neat and well-groomed hair (short regular cut for men - tied back for women.)
- 9) To recognize that an athlete cannot compete in two sports during the same season without the prior approval of both head coaches and athletic director.
- 10) To recognize that specific standards of behavior and appropriate consequences may be set by the head coach of each individual sport. Sport specific codes must be in written form, signed, and on file with the athletic director. Additionally all HLPUSD athletes will:
 - 1) Show respect at all times to opponents and demonstrate fair but tough competition throughout each contest.
 - 2) Demonstrate respect for officials with the expectation they will enforce the rules of the sport.
 - 3) Maintain good character and citizenship on and off the field as they are a representative of the school.
 - 4) Make the completion of academics requirements a prime responsibility of both self and teammates.
 - 5) Demonstrate the same respect for an opponent in victory and in defeat.
 - 6) Demonstrate a positive and constructive mental attitude at all times.



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- 7) Show responsibility for equipment and materials used by each individual sport.
- 11) To recognize that athletes are financially responsible for uniforms and equipment issued to them and must pay for items not turned in at the end of the season. Athletes failing to return school-issued equipment will not be permitted to receive equipment, awards, or participate in another sport until all equipment debts are satisfied. All equipment is to be turned in to the person who collects equipment no later than seven (7) school days after the end of the season
- 12) To recognize that playing time is up to the discretion of the coach. Being a member of a team does not guarantee minimum amount of playing time. Questions about what the athlete may do to improve should be directed to the coach.
- 13) To recognize that it is the philosophy of HLPUSD that grievances should NOT be address during or immediately following any practice or athletic contest. Rather, if a situation arises where a parent/guardian wishes to meet with a coach, or address a specific issue, or complaint, the following steps should be followed:
 - a. Request a meeting at school with the coach.
 - b. If your problem is unresolved, arrange an appointment with the athletic director.
 - c. If your problem is still unresolved, arrange an appointment with the school administrator in charge of athletics/co-curricular.

Any violation of the rules and standards may result in suspension from athletics/co-curricular activities for the remainder of the season of the sport in which the athlete is currently participating.

A violation to item 6 (use or possess alcoholic beverages, drugs, drug paraphernalia, or narcotics or use or possess androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) will result in a loss of all privileges and suspension from athletics/co-curricular, activities, or events for up to (not to exceed) 30 school days, and the athlete will be removed from the athletic period during this suspension. A violation of item 6 above may result in a recommendation for expulsion from HLPUSD. (30 SCHOOL DAYS DURING THE REGULAR SCHOOL YEAR – DOES NOT INCLUDE SUMMER SCHOOL)

Students, parents/guardians, and community members within the District who have a complaint or disagreement about a district issue, situation, or employee decision or action and seeking a specific redress are asked to follow Board Policy 1312.1(Complaint Policy) in order to have the complaint, grievance, or difference of opinion addressed in an orderly manner.

HACIENDA LA PUENTE ATHLETIC PHILOSOPHY AND INFORMATION

We the staff are great believers in the value of athletics/co-curricular activities within the total school program. We are not alone. Athletic competition in American secondary school, whether public or private, is traditional. In many of our early schools, the athletic rivalry became a treasured institution right along with high levels of academic skill. Starting from sources outside the curriculum, athletics/co-curricular activities gradually found its way into every school program as its educational implications became apparent to school personnel. Competition is a reality. We all compete - we struggle to be the best on the job, we work hard for the best house we can afford, we want the nicest yard. In short, competition is the spice which flavors all our daily lives. To compete seems to be a basic human instinct. Its origin is no doubt the essence of self-preservation. Modern society makes the methods more complicated and sophisticated, but the main theme can be recognized in all business as simple competition of one type or another.

All that means that the student-athlete learns at least part of his background for daily work and home recreation from an organized competitive program at school - and athletics/co-curricular activities are the largest and most effective. There is a close relationship between physical education, health education, recreation, and athletics/co-curricular. The modern school curriculum includes some form of each of these. While they have separate names, the activities named are so closely interwoven that each is seemingly a phase of each of the others. The school curriculum involves diverse subjects like art, social studies and the sciences. The physical education is believed in educational circles to have equal value. The achieving balances between the physical endeavors and the other studies in difficult sometimes. Our philosophy is one designed to achieve a reasonable balance. We think we have produced a high quality total program for our students.

Every student is given the opportunity to participate voluntarily and, as a responsible member of an athletic team, to represent his/her high school in interscholastic athletic competition. Each student who takes part in the athletic program realizes that one must agree to accept the disciplines listed in the Athletic Code which were written to conform with policies established by the coaching staff, the school administration, the league or other conferences, the California Interscholastic Federation/Southern Section, the California C.I.F. and the State of California. Any student who determines, either prior to becoming involved or after active participation, that he or she can no longer live within these disciplines automatically and voluntarily disqualifies himself/herself and withdraws from the total program. Some of the disciplines which a given participant agrees to accept as conditions of participation are:

- 1) Only the student, who reaches his 19th birthday on or after September 1, is eligible during that entire school year.
- 2) The member must be an amateur as defined in the C.I.F. "Blue Book."
- 3) Only bona fide high school students are eligible; the prospect must be in attendance as a high school as an undergraduate and must be within grades 9 through 12. Attendance is limited to eight semesters.
- 4) Academic eligibility will be determined at the end of each grading period by the Assistant Principal of Activities according to the following criteria. The student must be currently passing four courses or equivalent and meet the grading period minimum GPA of 2.0 on a 4.0 scale. Failure to meet one or both of the academic criteria will result in the student-athlete being placed on academic probation for the following grading period. Failure to meet one or both of the academic criteria for a second consecutive grading period will result in the student-athlete being deemed ineligible for the following grading period.
- 5) The athlete must compete only on the high school team during the season of a sport as defined by the C.I.F. in order to preserve eligibility.



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- 6) Outside competition in the same sport is an automatic disqualifier. The student must refrain from participation in either collegiate or professional "tryout" sessions during the year (Sept. to June). Even during the summer months (June to Sept.), should a student participate in such a tryout, the student must accept no money.
- 7) The athlete must refrain from taking part in any manner in meetings or membership in secret clubs or fraternities as defined by Education Code 10604.
- 8) The student must give evidence of acceptable physical condition, as demonstrated in an examination by a California licensed medical practitioner; also, the athlete must give evidence that he is covered by insurance for both injury and loss of life in an amount not less than \$1,500 for each, per Education Code.
- 9) The prospect must give evidence of parental consent both to such competitive athletic involvement and responsibility for any consequences thereof.
- 10) The student must maintain standards classified as within the bounds of good citizenship. Recognizing that such standards are variable between groups and between areas and knowing that such standards are usually too vague for student understanding, the coaching staff has outlined what they consider to be the guidelines for good citizenship
 - a. The student must remain in good scholarship standing at all times.
 - b. The athlete must become a bona fide member of the Associated Student Body; evidence of this is the possession of a "student body card."
 - c. The competitor must abstain from the use of materials considered in medical and physical education circles to be basically harmful to body or mind; these include tobacco, alcoholic beverages or "controlled substances".
 - d. The student must maintain a cooperative and constructive mental attitude during practice and during competition.
 - e. The athlete must maintain a reasonable, well-groomed appearance at all times, the degree of reasonableness to be determined principally in advance by the coach in charge and the Director of Athletics/co-curricular.
 - f. The student must be in attendance at school on each day of competition.
 - g. This philosophy is interlaced with and works in conjunction with the Athletic Code.
- 11) The student must compete only in accordance with situations and game or meet rules as specified in the CIF "Blue Book" and in accordance with sports rules books provided by the National Alliance of State High School Athletic Associations as modified by league by-laws.
- 12) The athlete must understand that, when he or she abuses the disciplines listed above, dishonor comes to the individual, the team, and school, not to mention those personally close to that athlete. Further, he or she must understand that participation in violation of established game rules and conditions leads to forfeiture of contests or even inability to participate in later championship contests. This is serious. It demands everyone's attention and sense of responsibility. It is the responsibility of each student to notify the coach of anything or anyone which, or who seems to involve such violation, in order to preserve the honor and reputation of us all.
- 13) With a set of rules there is always implied a set of consequences. Though it is not within the scope of this philosophy to enumerate penalties, still it should be understood that programs are athlete-oriented and student-oriented. Discipline infractions demand that those in charge take notice and then take action regarding them if they really care about the individual student-athlete who commits the infraction. Often the only penalty is negative pressure by other athletes or perhaps team leaders. Sometimes the coach gets involved as the need arises. The ultimate pressure is that exerted by the Athletic Director and/or Administration. But, we prefer to solve their problems within the team whenever possible as a matter of team pride.
- 14) The coach has a responsibility to the athlete. Every coach is obligated to establish training situations which foster improvement of each athlete on the team. The coach must set up a pattern of disciplinary controls, rules of behavior, etc., which produce success in the particular sport and in the student's later life. It must be recognized that different sports and different coaches approach such objectives in different ways and with different behavioral requirements. The overall goal in every sport, however, is a change within the individual designed to improve both that student's and his team's chances of competing successfully. The development of sportsmanship and clean play and the fostering of a winning attitude are entirely compatible.
- 15) They are worthwhile objectives for the coach. For every student who voluntarily enters into an agreement with a coach or the athletic department staff try to improve himself through athletic training and competition, the coach is obligated to provide, similarly, a competitive laboratory within which the philosophical values of real life can be demonstrated and experienced in a "learn by doing" situation.
- 16) The purpose of interscholastic athletics/co-curricular activities is education of the student for real life situations and in real life values. These individuals who invest desire, purpose, effort and the necessary time, and who work within the established disciplines, deserve to achieve excellence. At our school, our student athletes constantly demonstrate their ability to do just that! Cooperative effort between staff and students pays off in increased levels of sportsmanship, leadership, citizenship, and awareness of reality. Therefore, all students who desire those ends are most heartily invited to volunteer to take part in the athletic program!
- 17) **SCHOLARSHIPS** -- The primary responsibility of our coaches is **NOT** to get scholarships for players. Our coaches will assist our players in playing at the collegiate level if they so desire. However, it is important for players and parents to understand that high school coaches have no power in deciding who receives scholarships. That is entirely at the discretion of the college coaches. Their livelihood is determined by their recruiting. Thus, they are going to recruit the players that they feel comfortable with and not necessarily the players that high school coaches recommend.

There are many more good players than there are Division I scholarships. It is important to understand that a "FULL" scholarship is very difficult to receive. However, many colleges will offer "partial" scholarships with the opportunity for more assistance based on need, academics, etc. Players and parents should also understand that you can dramatically increase your chances of receiving a scholarship by having outstanding grades and good ACT/SAT scores. Given the limited number of scholarships available to the colleges, they are becoming less likely to take a chance on someone who may not make it academically.
- 18) **EQUIPMENT POLICY** - You are responsible for all equipment issued to you. IF ANY ITEM IS LOST OR STOLEN, YOU WILL BE BILLED FOR THE AMOUNT OF THE EQUIPMENT. Be sure to lock up any valuables. HLPUSD IS NOT RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS
- 19) **WITHDRAWING FROM A SPORT** - Playing on an athletic team in the HLPUSD is a privilege that carries additional responsibility. Being a member of a team commits the athlete to his/her teammates and the coach. The athlete is expected to compete for the entire season, which include post season and playoff games, contributing as much to the program as one possibly can. Should the athlete not desire to complete the season, that athlete has a grace period of three weeks from the beginning of the sport to withdraw with no penalty. Should the athlete desire to withdraw from the program after the initial three weeks, they should secure a release from the coach. If an athlete fails to secure a release and



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just quits, that athlete agrees to remain out of the athletic program (ALL SPORTS) for one calendar year beginning with the date of the beginning of the sport from which he/she withdrew. If the athlete withdraws from a sport (with permission or not) and is enrolled in 6th/7th period athletics/co-curricular activities as his/her P.E. class, the athlete's schedule must be changed. The athlete will be withdrawn from 6th/7th period athletics/co-curricular activities and moved to "0"/1st period PE, it is the responsibility of the athlete to report to the guidance office and secure a schedule change. If the athlete withdraws from a sport and simply stops reporting to class, he/she will be removed from PE. with a W/F for a grade.

Athletes' Bill of Rights

The following list of rights, which are based on the relevant provisions of the federal regulations implementing Title IX of the Education Amendments of 1972 (20 U.S.C. Sec. 1681 et seq.), may be used by the department for purposes of Section 270: (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 be provided with an equitable opportunity to participate in all academic extracurricular activities, including athletics/co-curricular. (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 California Interscholastic Federation 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.

If you have a complaint, contact the Assistant Superintendent, Human Resources – (626) 933-1000

Hazing

Hazing is not to be a part of any HLPUSD Athletic Program. Hazing is defined as an initiation process conducted against a player or prospective player of a team. Any behavior directed toward another student that endangers the mental or physical health or safety of the student for the purpose of initiation or admission into or continued membership on any such team is not acceptable behavior.

EDUCATION CODE SECTION 32050-32051

Education Code 32050. As used in this article, "hazing" includes any method of initiation or pre initiation into a student organization or student body or any pastime or amusement engaged in with respect to these organizations which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any pupil or other person attending any school, community college, college, university, or other educational institution in this state. The term "hazing" does not include customary athletic events or other similar contests or competitions.

Education Code 32051. 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 attending the institution. The violation of this section is a misdemeanor, punishable by a fine of not less than one hundred dollars (\$100), nor more than five thousand dollars (\$5,000), or imprisonment in the county jail for not more than one year, or both.

Education Code 48900. A pupil may not be suspended from school or recommended for expulsion, unless the superintendent or the principal of the school in which the pupil is enrolled determines that the pupil has committed an act as defined pursuant to any of subdivisions (a) to (q), inclusive: (q) Engaged in, or attempted to engage in, hazing as defined in Section 32050.

SEXUAL HARASSMENT POLICY (BP/AR 5145.7)

In accordance with Title VII of the Civil Rights Act, Title XIV of the Educational Amendments of 1972 USC Section 1681 et. Seq. and California Education Code 212.6 and 48980(g), the Board of Education of the Hacienda La Puente Unified School District has established a policy which prohibits sexual harassment of and by students. Sexual harassment means unwelcome sexual advances, requests for sexual favors, and other unwanted verbal, visual, or physical conduct of a sexual nature, made against another person of the same or opposite gender when:

1. Submission to the conduct is explicitly or implicitly made as a term or a condition of an individual's employment, academic status or progress.
2. Submission to, or rejection, of the conduct by the individual is used as the basis of employment or academic decisions affecting the individual.
3. The conduct has the purpose or effect of having a negative impact upon the individual's work or academic performance, or of creating an intimidating, hostile, or offensive work or educational environment.
4. Submission to, or rejection of, the conduct by the individual is used as the basis for any decision affecting the individual regarding benefits and services, honors, programs, or activities available at or through any district program or activity.

Students who engage in the sexual harassment of anyone may be subject to disciplinary action up to, and including, expulsion from the school district.

The Governing Board designates the following Coordinator for Nondiscrimination/Compliance Officer to receive and investigate complaints and to ensure district compliance with state and federal laws prohibiting student sexual harassment.

Assistant Superintendent, Human Resources [626-933-3830]
 Executive Director, Elementary [626-933-4363]
 Executive Director, High School [626-933-4363]
 Executive Director, Adult Education [626-933-2804]
 15959 East Gale Avenue
 City of Industry, CA 91716

All compliance officers may be emailed at:
TitleXCoordinator@hlpusd.k12.ca.us



HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT

15959 E. Gale Ave., P.O. Box 60002

City of Industry, CA 91716

(626) 933-1000

**KEEP ON FILE
FOR YOUR
REFERENCE**

Any student who feels that he/she is being sexually harassed should immediately contact the principal or designee and may file a complaint pursuant to board policy. Each complaint of sexual harassment will be investigated and resolution will be expedited within a reasonable period of time. A complaint and the results of any subsequent investigation shall be **confidential** to the extent reasonably possible under the investigation process. The district prohibits **retaliation** against any participant in the complaint process. Each complaint shall be investigated promptly and in a way that respects the privacy of all parties concerned.

TO FILE A COMPLAINT

FILING A COMPLAINT: Any student who feels aggrieved because of conduct that may constitute sexual harassment should immediately report to the school principal of which he/she is in attendance. The principal shall reduce the student complaint to writing and forthwith transmit it to the Assistant Superintendent. The complaint shall: identify the offending person or persons; include reference to specific examples of offensive conduct; inclusive of the times and places of their occurrence; provide the name of witnesses and other evidence, if available; identify the remedy sought; and describe the informal efforts to correct the situation. The complaint should be filed as soon as reasonably possible after the conduct in question has arisen.

INVESTIGATION: The Assistant Superintendent shall review the complaint and, as soon as reasonably possible after receipt of the complaint, the student, employee, or other person who is accused of sexual harassment should be informed of the contents of the communication. The complaint shall be investigated thoroughly, promptly and in a confidential manner. The investigation and a written report shall be completed within a reasonable period of time and all parties concerned shall be notified of the outcome of the complaint or investigation. Complainants will be assured that steps will be taken to prevent further incidents of harassment.

ACTION: Upon completion of the investigation filed against a student, employee, or other individual, the Assistant Superintendent shall determine whether the harassment has occurred and whether any corrective action is appropriate. Corrective action may include counseling, warning, or initiation of disciplinary procedures against a student or employee; and counseling, warning or penalties or sanctions against other individuals as may be available to the district.

APPEAL: All decisions made under this procedure may be appealed by the aggrieved student to the governing board. If a complainant is dissatisfied with the district's decisions, he/she may appeal in writing to the California Department of Education within 15 days of receiving the district's decision.

CIVIL LAW REMEDIES: A person filing the complaint may also pursue available civil remedies, such as mediation centers, public/private interest attorneys, injunctions, restraining orders, etc.

If you have a complaint, contact a teacher, principal, site administrator, or the Assistant Superintendent, Human Resources – (626) 933-1000

SPECTATOR CODE OF ETHICS

The spectators at all HLPUSD athletic contests have an important role in displaying GOOD SPORTSMANSHIP. Their habits and reactions reflect directly upon the reputation of our school, athletic program and community.

THEREFORE FANS SHOULD ALWAYS:

1. Show respect for the opponent in every way possible.
2. Know and understand the rules and concepts of the game.
3. Maintain self-control at all times.
4. Recognize and acknowledge good performance by athletes on either team.
5. Give support to those participating in and / or conducting the athletic event.
6. Give support to those coaching the athletic event.
7. Give support to those officiating the athletic event.
8. Positively support their team in every manner possible-including the content of all cheers.
9. Remember that your primary purpose for being here is to provide support - NOT criticism!

Spectators who choose not to comply with our spectator code of ethics will be asked to leave the contest without returning.



GUIDELINES FOR ELIGIBILITY AND PARTICIPATION IN EXTRACURRICULAR AND CO-CURRICULAR ACTIVITIES (BP/AR 6145)

District programs, activities, and practices shall be free from unlawful discrimination, intimidation, harassment (including sexual harassment) or bullying based against an individual or group based on race, color, disability, ancestry, nationality, national origin, immigration status, ethnic group identification, ethnicity, age, religion, marital status, medical information, pregnancy status, parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, gender expression, or genetic information; a perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics. (5 CCR 4925)

DEFINITIONS

Extracurricular activities are those programs that have all of the following characteristics: (Education Code 35160.5)

1. The program is supervised or financed by the school district.
2. Students participating in the program represent the school district.
3. Students exercise some degree of freedom in the selection, planning or control of the program.
4. The program includes both preparation for performance and performance before an audience or spectators.

Extracurricular activities are not part of the regular school curriculum, are not graded, do not offer credit and do not take place during classroom time. (Education Code 35160.5)

Co-curricular activities are programs that may be associated with the curriculum in a regular classroom. (Education Code 35160.5)

An activity is not an extracurricular or co-curricular activity if either of the following conditions applies: (Education Code 35160.5)

1. It is a teacher-graded or required program or activity for a course which satisfies the entrance requirements for admission to the California State University or the University of California.
2. It is a program that has as its primary goal the improvement of academic or educational achievement of students.

ELIGIBILITY REQUIREMENTS

The grade point average used to determine eligibility shall be based on grades of the last previous grading period during which the student attended class at least a majority of the time. (Education Code 35160.5)

The academic eligibility standards for participation in extracurricular and co-curricular activities by students in grade 7 to 12 are as follows:

1. Students must maintain at least a 2.0 average on a 4.0 scale in the total enrolled courses taken during the prior grading period.
2. The principal shall ensure that each student participating in extracurricular or co-curricular activities is maintaining minimal progress toward meeting the high school graduation requirements prescribed by the Board by passing a minimum of four classes at each grading period.
3. Students who transfer within the district will follow this district's guidelines. Transfers from outside the district who come to us with less than a 2.0 GPA will be placed on immediate probation for the grading period they enroll in our district. Should they not maintain a satisfactory 2.0 and pass a minimum of four classes, they will then become ineligible at the end of each grading period. Students who receive probationary status need to have been eligible in the previous grading period.
 - a. Students returning from Valley High School to the regular high school campus will be immediately eligible for sports and other covered extracurricular activities if they have completed 20 credits of new work with a 2.0 grade point average
4. At the end of each grading period, each school will determine the eligibility status of the enrolled students by a review of the grades and credits.
5. Students who move from middle school to one of our high schools who do not have a 2.0 GPA or have not passed the four classes will be placed on probation for the first grading period they are at the high school. Should they not maintain a 2.0 and pass at least four classes at each grading period, they will then become ineligible.
6. Students who have not demonstrated satisfactory educational progress, as defined in 1 and 2 above, will be placed on a probationary status for the next grading period. During the probationary period, a student may continue to participate in extracurricular or co-curricular activities.
 - a. Students may regain eligibility status by attending summer school classes. These classes (whether make-up or new classes) and/or grades will be counted in the previous semester totals. For GPA eligibility purposes, the highest grade earned in a repeated class will be the one counted.
 - i. Any summer school class may be used to replace an "F" from the spring semester to meet four classes of passing grade requirement
 - ii. Any summer school class may be used with previous semester grades to raise GPA requirements for 2.0 eligibility
 - iii. Any summer school class, other than a repeated class for which credit was previously granted or an additional physical education or athletics/co-curricular activities class when one PE class is already included in the four classes passed, may be used with previous semester grades to raise GPA requirements for 2.0 eligibility
 - iv. Summer school grades are only applied to the previous semester to improve the student's eligibility status. Summer school grades will not be used if they lower GPA.

ACADEMIC ELIGIBILITY FOR HIGH SCHOOL ATHLETICS/CO-CURRICULAR



The district's high school will at all times implement the current academic eligibility policies of the CIF as contained in the CIF, Southern Section Blue Book in addition to district eligibility policies for all high school athletic teams.

ATHLETIC COMPETITION / NON-DISCRIMINATION (AR/BP 6145.2)

Nondiscrimination and Equivalent Opportunities in the Athletic Program

No student shall be excluded from participation in, be denied the benefits of, be denied equivalent opportunity in, or otherwise be discriminated against in interscholastic, intramural, or club athletics on the basis of an individual or group on race, color, disability, ancestry, nationality, national origin, immigration status, ethnic group identification, ethnicity, age, religion, marital status, medical information, pregnancy status, parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, gender expression, or genetic information; a perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics. (5 CCR 4925)
(Education Code 220, 221.5, 230; 5 CCR 4920; 34 CFR 106.41)

The Superintendent or designee may provide single-sex teams when selection for the teams is based on competitive skills. (5 CCR 4921; 34 CFR 106.41)

Each student shall be allowed to participate in any single-sex athletic program or activity consistent with his/her gender identity and for which he/she is otherwise eligible to participate (including under rules governing interscholastic sports competition), irrespective of the gender listed on the student's records.

When a school provides only one team in a particular sport for members of one sex, but provides no team in the same sport for members of the other sex, and athletic opportunities in the total program for that sex have been previously limited, members of the excluded sex shall be allowed to try out and compete with the team. The same standards for eligibility shall be applied to every student trying out for the team, regardless of sex, sexual orientation, gender, gender identity, gender expression, or other protected group status. (5 CCR 4921; 34 CFR 106.41)

When determining whether equivalent opportunities are available to both sexes in athletic programs, the Superintendent or designee shall consider, among other factors: (5 CCR 4922; 34 CFR 106.41)

1. Whether the selection of sports and levels of competition offered effectively accommodate the interests and abilities of both sexes. The athletic program shall be considered to effectively accommodate the interests and abilities of both sexes if it meets one of the following criteria: (Education Code 230)
 - a. The interscholastic-level participation opportunities for male and female students are provided in numbers substantially proportionate to their respective enrollments.
 - b. When the members of one sex have been and are underrepresented among interscholastic athletes, the district can show a history and a continuing practice of program expansion that is demonstrably responsive to the developing interests and abilities of the members of that sex.
 - c. Where the members of one sex are currently underrepresented among interscholastic athletes and the district cannot show a history and continuing practice of program expansion as required in item #b above, the district can demonstrate that the interests and abilities of the members of that sex have been fully and effectively accommodated by the present program.
2. The provision and maintenance of equipment and supplies
3. Scheduling of games and practice times, selection of the season for a sport, and location of the games and practices
4. Travel and per diem allowances
5. Opportunities to receive coaching and academic tutoring
6. Assignment and compensation of coaches and tutors
7. Provision of locker rooms and practice and competitive facilities
8. Provision of medical and training facilities and services
9. Provision of housing and dining facilities and services
10. Publicity
11. Provision of necessary funds

Concussions and Head Injuries

If a student athlete is suspected of sustaining a concussion or head injury in an athletic activity, the student shall be immediately removed from the activity for the remainder of the day. The student shall not be permitted to return to the activity until the student 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. If the health care provider determines that the student sustained a concussion or a head injury, the student shall also complete a graduated return-to-play protocol of no less than seven days in duration under the supervision of a licensed health care provider. (Education Code 49475)

The Superintendent or designee shall provide training to coaches and/or athletic trainers regarding the signs and symptoms of, and the appropriate response to, heat illness, including heat cramps, heat syncope, heat exhaustion, and exertional heat stroke. (Education Code 35179.1, 49032)



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Heat Illness

To assist in the prevention of heat illness, coaches and/or athletic trainers shall gradually increase the intensity and duration of exercise to acclimate student athletes to practice in the heat, provide adequate rest breaks, make water available during all athletic activities, and alter practice plans in extreme environmental conditions.

The Superintendent or designee shall provide training to coaches and/or athletic trainers regarding the nature and warning signs of sudden cardiac arrest. (Education Code 33479.6, 33479.7, 35179.1, 49032) A student who has been removed from participation shall not be permitted to return until the student is evaluated and given written clearance to return to participation by a health care provider. (Education Code 33479.2, 33479.5)

Sudden Cardiac Arrest

At least one automated external defibrillator (AED) for each district school and shall make the AED(s) available to coaches, athletic trainers, and/or other authorized persons at athletic activities or events for the purpose of providing emergency care or treatment to students, spectators, and other individuals in attendance at athletic activities and events. (Education Code 35179.6)



CO/EXTRACURRICULAR ACTIVITIES RULES AND REGULATIONS

1.0 Philosophy Statement

We believe that involvement in school activities has a very positive effect on students' academic and social behavior.

2.0 Equal Opportunity and Tryouts

Every student has the opportunity to try out for and become a part of the co/extracurricular activities, provided the eligibility requirements of the activity are met. A student on academic probation can try out for co-curricular programs i.e. drill team, rally squad, tall flags, ASB office, and athletics/co-curricular. However, the student and parent need to realize that if the student's grades do not improve, they will be removed from the activity at the end of the probationary period. Additionally, the student will be responsible for any expenses incurred in the ordering of uniforms in the event that they become ineligible following the probationary period. No student will be excluded from participation because of race, religion, sex, or financial hardship. If finances are a problem, the advisor/coach should be seen after the announcements of tryouts. Many co/extracurricular activities have a tryout schedule that must be adhered to by the individual student. The tryout schedule is advertised prior to the selection of participants. Final selection of members is the sole responsibility of the advisor/coach. Others may participate in the selection process and give recommendations and/or input to the advisor/coach.

3.0 School Representation and Citizenship

As members of any co/extracurricular group, students are representatives and ambassadors of their school at all times. This means that behavior and citizenship must be in accordance with all school rules and regulations. These expectations are not limited solely to school-related activities or events but extend to behavior and citizenship at non-school activities. As an ambassador and representative of the school, students are accountable to represent their school and community in as favorable a manner as possible in relation to citizenship, behavior, sportsmanship, and appearance at all times. They are to conduct themselves in a manner on campus or in the community that will do nothing to hurt the reputation of the school or the program.

4.0 Participant's Attitude, Commitment, and Grades

- ATTITUDE:** As a member of the group, students have a responsibility to maintain a positive attitude toward all group members and group activities.
- COMMITMENT:** Students will be expected to attend all practices, performances, and/or competitions. In the event that they cannot, prior notification must be given to the advisor/coach. Alternative work may be assigned to make up for the participation that will be missed. Failure to fulfill responsibilities may result in removal from the activity.
- GRADES:** Evaluation is an integral portion of co/extracurricular activities. The individual's participation and performance is evaluated against the other members of the group/team and the standard that the advisor/coach has for the individuals in the group. Commitment and attitude are other ingredients considered in the grading of co/extracurricular activities.

5.0 Sportsmanship and Competition

Good sportsmanship is expected of every participant! Respect for one's opponent is an integral portion of sportsmanship. Win or lose, the student is expected to behave with dignity and not embarrass the team or his/her school through poor sportsmanship. Profanity, fighting, belittling opponents, or hazing are never acceptable forms of behavior. The co/extracurricular activities provide students an opportunity to develop their skills in an organized program. These organized activities provide the student the opportunity to learn to deal with both success and defeat in a supervised environment. The student will learn that the group's success is contingent upon each individual doing his/her best. The sum of the whole is greater than the sum of the individual members. One of the most valuable lessons an individual can learn is that winning and losing are both realities of life. Many times the difference between winning and losing can be very small and may be determined by the amount of preparation and work the individual and team are willing to put forth toward a winning performance.

6.0 Coach/Advisor and Student Relationship

Each student is expected to come to practice with a positive mental attitude that is conducive to a good learning environment. Students are expected to be loyal and show respect to their advisor/coach, follow the directions given, and be positive contributors to the program. Students are expected to complete the activity, contributing as much to the program as is possible. Should a student decide not to complete the year/season, the student must inform the advisor/coach. If the student does not secure a release and ceases to attend or take part in the activity, the student may jeopardize his/her participation in other activities. Students who drop or are removed will not be eligible for any award. A student who quits one co/extracurricular activity may jeopardize his/her eligibility for other co/extracurricular activities. Students have a three-week "grace period" from the beginning of their participation to receive an honorable release from the co/extracurricular activity.

7.0 Qualifications

DISTRICT: Every co/extracurricular activity must meet the academic standards established by the Hacienda La Puente Unified School District Board of Education. Board policy requires that students pass a minimum of four classes each semester and maintain a "C" average in those classes. Students returning from Valley High School to the comprehensive high school campuses will be immediately eligible for sports and other covered extracurricular activities if they have completed 20 credits of new work with a 2.0 grade point average. Ninth graders who were ineligible as 8th graders or did not have a 2.0 second semester of their 8th grade year will be placed on probation the first semester of enrollment at the high school.

CIF (SPORTS): For athletics/co-curricular, in addition to the above, students must meet the CIF Blue Book regulations, as well as passing four classes of new work each grading period (six weeks). Students who have exercised choice transfer requests must be enrolled within the first 15 days of school in September to be eligible to participate in athletics/co-curricular.



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GENERAL: To participate, students must do the following:

1. Meet the academic requirements mentioned above.
2. Be a bona fide member of the student body.
3. Maintain a cooperative and positive attitude.
4. Be in attendance at school the day of any competition.
5. Where applicable, meet the requirements of the activity through trying out and competing for a position.
6. Where appropriate, to assure that no harm comes to the student through participation is able to pass a physical examination.
7. Have insurance that meets the requirements of the activity.
8. Have parental consent to try out or participate.
9. Must not have any outstanding school bills.

Some programs require the acquisition of uniforms and equipment beyond what the school can afford to supply. Each student is advised of this prior to being selected to a group or team during the tryout period.

APPEARANCE: To maintain eligibility as a member of a co/extracurricular activity or team, students must also maintain good citizenship and be a positive role model for peers. Reasonable standards of dress and conformity will be required by co/extracurricular activities. During performances, competition, or practices, the student's attire must not interfere with the proper fit of the uniform or equipment or detract from the uniformity of the group.

CITIZENSHIP AND BEHAVIOR: Students are expected to demonstrate good citizenship, sportsmanship, and behavior at all times. Students involved in these programs are expected to refrain from the sale, possession or use of any controlled substance (i.e., alcohol, tobacco, or drugs, including steroids) or paraphernalia at all times. The HLPUSD strongly discourages the use of so-called "performance-enhancing" supplements and adheres to the following policy: It is not the practice of the HLPUSD to endorse, supply or otherwise promote the use of any supplement or substance. Supplements are not regulated by any federal agency and therefore, the quality, contents and purity of these substances is in question. Because they cannot be deemed safe and effective, HLPUSD does not provide or promote the use of any supplement by students. It is HLPUSD's policy to promote a healthy lifestyle through proper diet, exercise and rest. It is best to contact a student's physician regarding any substance that a student may use. The physician has a more complete medical history and would be more aware of any potential drug interactions or complications caused by supplements, performance enhancing substances, or other products.

Parents and school staff may get more information at:

1. www.cifstate.org (California Interscholastic Federation)
2. www.acsm.org (American College of Sports Medicine)
3. www.nfhs.org (National Federation of State High School Associations)
4. www.niaaa.org (National Voice of Athletic Administrators)
5. www.drugfreesport.com/qt-yes.html (The National Center for Drug Free Sport)
6. www.nida.nih.gov (National Institute on Drug Abuse)

As participants, students should not violate school policies or rules that could result in disciplinary action. Students are expected to be law abiding citizens. Students are expected to be at all practices, competitions, and performances unless prior approval has been granted. As stated in 3.0 of this document, students are to conduct themselves in a manner on campus or in the community that will do nothing to hurt the reputation of the school or the program.

8.0 Sanctions for Not Meeting the Above Qualifications

GRADES AND REQUIREMENTS: Students who do not meet BP/AR 6145 requirements ("C" average and must pass at least four classes at the semester) will be put on academic probation. If, after one semester on probation, the student has not raised his/her grade(s) to a "C" average and passed at least four classes, the student will be ineligible. In addition, athletes must meet the CIF requirements (pass four classes at each six-week grading period) or they will be declared ineligible until the next six-week grading period.

BEHAVIOR AND CITIZENSHIP: Any student who behaves in a way that brings disgrace or ridicule upon himself, his program, or his school will be evaluated for disciplinary action. Any disciplinary action will be consistent with Board of Education policy and the laws relating to school behavior. Some of the activities that could lead to such action are listed below.

1. Use, sale or possession of controlled substances or paraphernalia at school or in the community.
2. Any behavior that could result in disciplinary action or suspension by the school.
3. Arrest at school or in the community.
4. Failure to participate in a practice, competition, or performance without prior approval from the advisor/coach.
5. Failure to fulfill the commitment made to the co/extracurricular activity.

DISCIPLINARY ACTION: If a student violates the expectations of behavior, appearance, sportsmanship, attendance, grades, attitude, commitment, or citizenship, the sanctions imposed will be in accordance with Board of Education policy and the laws relating to school behavior. Additionally, the sanctions imposed may fall under the following categories depending on the severity of the offense and the action deemed appropriate by the administration on the recommendation of the advisor/coach.

1. Assigned work to make up for missed practice, competition, or performance.
2. Probation for a fixed period of time.
3. Suspension from an activity/team.
4. Ineligibility to participate in an activity/team.
5. Removal from the activity/team.
6. Removal from school



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 Los Alamitos, California 90720

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 Fax: 562-493-6266

Code of Ethics - Athletes

Athletics/co-curricular activities are an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

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

12. Place academic achievement as the highest priority.
13. Show respect for teammates, opponents, officials and coaches.
14. Respect the integrity and judgment of game officials.
15. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
16. Maintain a high level of safety awareness.
17. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
18. Adhere to the established rules and standards of the game to be played.
19. Respect all equipment and use it safely and appropriately.
20. 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, Surgeon General of the United States or American Medical Association.
21. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
22. Win with character, lose with dignity.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 523).

By signing below, both the participating student athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We recognize that under CIF Bylaw 202, there could be penalties for false or fraudulent information.

We also understand that the Hacienda La Puente Unified School District policy regarding the use of illegal drugs will be enforced for any violations of these rules.

 Printed Name of Student Athlete

 Signature of Student Athlete

 Date

 Signature of Parent/Caregiver

 Date

A copy of this form must be kept on file in the athletic director's office at the local high school on an annual basis and the Principal's Statement of Compliance must be on file at the CIF Southern Section office.

Revised 7/11



**Pursuing Victory With Honor
 Code of Conduct for Parents/Guardians**

Athletic competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the “Six Pillars of Character”SM).

The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role and their good-faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child’s sports experience.

<p align="center">TRUSTWORTHINESS</p> <ul style="list-style-type: none"> • <i>Trustworthiness</i> — Be worthy of trust in all you do. • <i>Integrity</i> — Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what’s right even when it’s unpopular or personally costly. • <i>Honesty</i> — Live honorably. Don’t lie, cheat, steal or engage in any other dishonest conduct. • <i>Reliability</i> — Fulfill commitments. Do what you say you will do. • <i>Loyalty</i> — Be loyal to the school and team; Put the interests of the team above your child’s personal glory. 	<p align="center">RESPECT</p> <ul style="list-style-type: none"> • <i>Respect</i> — Treat all people with respect at all times and require the same of your student-athletes. • <i>Class</i> — Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals. • <i>Disrespectful Conduct</i> — Don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport. • <i>Respect for Officials</i> — Treat game officials with respect. Don’t complain or argue about calls or decisions during or after an athletic event.
<p align="center">FAIRNESS</p> <p><i>Fairness and Openness</i> — Live up to high standards of fair play. Be open-minded, always willing to listen</p>	<p align="center">CARING</p> <ul style="list-style-type: none"> • <i>Caring Environment</i> — Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.
<p align="center">RESPONSIBILITY</p>	
<ul style="list-style-type: none"> • <i>Importance of Education</i> — Support the concept of “being a student first.” Commit your child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not 	<ul style="list-style-type: none"> • <i>Self-Control</i> — Exercise self-control. Don’t fight or show excessive displays of anger or frustration. • <i>Healthy Lifestyle</i> — Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco, drugs and some over-the counter nutritional supplements, as well as of unhealthy techniques to gain, lose or maintain weight. • <i>Integrity of the Game</i> — Protect the integrity of the game. Don’t gamble or associate with gamblers. • <i>Sexual Conduct</i> — Sexual or romantic contact of any sort between students and adults involved with interscholastic



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<p>recruit student-athletes who do not have a serious commitment to their education. Be the lead contact for college and university coaches in the recruiting process.</p> <ul style="list-style-type: none"> • <i>Role Modeling</i> — Remember, participation in sports is a privilege, not a right. Parents/guardians too should represent the school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model. 	<p>athletics is improper and strictly forbidden. Report misconduct to the proper authorities.</p>
<p style="text-align: center;">CITIZENSHIP</p> <ul style="list-style-type: none"> • <i>Spirit of the Rules</i> — Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship. 	

I have read and understand the requirements of this Code of Conduct and acknowledge that I may be disciplined if I violate any of its provisions.

Parent/Guardian Signature

Date



**HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT
 2023-2024 CONCUSSION INFORMATION SHEET
 (Applicable Only for the Current School Year)**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion may show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion listed below, or if you notice the symptoms or signs of concussion yourself, your child should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, determines that your child is symptom-free and able to return to play.

Signs observed by coaching staff...

Symptoms reported by athletes...

Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can’t recall events <i>prior</i> to hit or fall	Confusion
Can’t recall events <i>after</i> hit or fall	Just not “feeling right” or “feeling down”

Concussions affect people differently. While most athletes with concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer. In rare cases, a dangerous blood clot may form on the brain and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body she/he exhibits any of the following danger signs:

One pupil is larger than the other	Convulsions or seizures
Is drowsy or cannot be awakened	Cannot recognize people or places
Weakness, numbness, or decreased coordination	Repeated vomiting or nausea
Slurred speech	Has unusual behavior
A headache that not only does not diminish, but gets worse	Becomes increasingly confused, restless, or agitated
Loses consciousness	

WHY MUST AN ATHLETE BE REMOVED FROM PLAY AFTER A CONCUSSION?

If an athlete has a concussion, his/her brain needs time to heal. Continuing to play while the brain is still healing 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 young athletes will often under report



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**KEEP ON FILE
FOR YOUR
REFERENCE**

2023-2024 CONCUSSION INFORMATION SHEET (PAGE 2)

symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

IF YOU THINK YOUR CHILD HAS SUFFERED A CONCUSSION

If you suspect that your child has a concussion, remove him/her 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. Do not try to judge the severity of the injury yourself. Close observation of the athlete should continue for several hours. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse.

California Education Code 49475 and the California Interscholastic Federation (CIF) Bylaw 313 require implementation of long and well-established return to play concussion guidelines that help ensure and protect the health of student athletes:

Any athlete who is suspected of sustaining a concussion or head injury in an athletic activity shall be immediately removed from the athletic activity for the remainder of the day, and shall not be permitted to return to the athletic activity until he or she is evaluated by a licensed health care provider who is trained in the management of concussions and is acting within the scope of his or her practice. The athlete shall not be permitted to return to the athletic activity until he or she receives written clearance to return to the athletic activity from that licensed health care provider. If the licensed health care provider determines the athlete has a concussion or head injury, the athlete shall also complete a graduated return-to-play protocol of no less than 7 days in duration under the supervision of a licensed health care provider.

It's better to miss one game than miss the whole season.

For more information, visit: <http://www.cdc.gov/headsup/youthsports/index.html> (Centers for Disease Control and Prevention) or http://www.cifstate.org/sports-medicine/concussions/student_parents (CIF)



HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT
2023-2024 SUDDEN CARDIAC ARREST INFORMATION SHEET
(Applicable Only for the Current School Year)

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.

WHAT ARE THE WARNING SIGNS AND 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	Factors That Increase the Risk of SCA
<ul style="list-style-type: none"> <input type="checkbox"/> Fainting or seizure, especially during or right after exercise <input type="checkbox"/> Fainting repeatedly or with excitement or startle <input type="checkbox"/> Excessive shortness of breath during exercise <input type="checkbox"/> Racing or fluttering heart palpitations or irregular heartbeat <input type="checkbox"/> Repeated dizziness or lightheadedness <input type="checkbox"/> Chest pain or discomfort with exercise <input type="checkbox"/> Excessive, unexpected fatigue during or after exercise 	<ul style="list-style-type: none"> <input type="checkbox"/> Family history of known heart abnormalities or sudden death before age 50 <input type="checkbox"/> Specific family history of long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy or Arrhythmogenic Right Ventricular Dysplasia (APMD) <input type="checkbox"/> Family members with unexplained fainting, seizures, drowning or near drowning or car accidents <input type="checkbox"/> Known structural heart abnormality, repaired or unrepaired. <input type="checkbox"/> Use of drugs, such as cocaine, inhalants, “recreational” drugs, excessive energy drinks or performance-enhancing supplements

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>

National Federation of High Schools
<https://nfhslearn.com/courses/51032>



**HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT
2023-2024 PRESCRIPTION OPIOIDS INFORMATION SHEET
(Applicable Only for the Current School Year)**

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

WHAT ARE THE RISKS AND SIDE EFFECTS OF OPIOID USE?

Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. An opioid overdose, often marked by slowed breathing, can cause sudden death.

The use of prescription opioids can have a number of **side effects** as well, even when taken as directed.

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

RISKS ARE GREATER WITH:

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

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

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

KNOW YOUR OPTIONS

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

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



IF YOU ARE PRESCRIBED OPIOIDS FOR PAIN

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

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

For more information, visit: www.cdc.gov/drugoverdose/prescribing/guideline.html





CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4658 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • (916) 239-4477 • CIFSTATE.ORG

These Regulations have been REVISED by CIF and will be implemented beginning in the 2023-24 School year. Please review the details below.

To: Federated Council

Date: March 13, 2023

Re: Proposal to Amend Bylaw 212 - Amateur Status and 510 - Undue Influence

Proposal Originated: Commissioners Advisory Committee

Proposal Reviewed

- 10/07/2022 - Commissioners Advisory Committee
- 10/19/2022 - Commissioners Advisory Committee
- 11/02/2022 - Executive Committee
- 11/30/2022 - Commissioners Advisory Committee
- 02/02/2023 - Executive Committee
- 02/03/2023 - Federated Council
- 03/09/2023 - Executive Committee
- 04/28/2023 - Federated Council

Proposal Recommendation

- Discussion
- Discussion
- Discussion
- Discussion
- First Reading
- First Reading
- Unanimously Approved
- Action Item

Type: Bylaw Amendment

Summary: The committee will be presented with a proposal to amend Bylaw 212 - Amateur Status and Bylaw 510 – Undue Influence with respect to sanctions that may be imposed for violations related to individual endorsements and restrictions on those associated with a school (including 3rd parties) from unduly influencing a student.

Fiscal Impact: None

Background:

Given the recent increase in California High School student-athletes engaging in individual endorsements due to rule changes made at the NCAA level, the Commissioners Advisory Committee is proposing changes to the sanctions that may be imposed for violations of this bylaw. This area is new to students and families and it is expected to grow in the future. Also, there is the potential for misinformation to be provided to student-athletes and their families by third parties. Therefore, the Commissioners Advisory Committee proposing a tiered penalty approach as per the attached proposal. It was also clear to the Commissioners Committee that language was needed that clearly restricts those associated with a school (including 3rd parties) from unduly influencing a student.

For Immediate Implementation

212. AMATEUR STATUS

A. **CIF Sponsored Competition and Individual Endorsements**

A student is governed by CIF amateur rules when the student participates in CIF competition. A student who violates CIF amateur or award rules shall be ineligible for CIF competition in that sport until appeal and reinstatement as an amateur by the Federated Council. A student may apply to the Federated Council for reinstatement when the student can again qualify as an amateur in that sport penalized according to D. below.

B. **Reinstatement of Amateur Status**

A student will become ineligible for CIF competition in a given sport if the student is determined to be a professional by the national sports governing body (NSGB) for the sport in question. A student may apply for reinstatement of his/her amateur status through the Section in which the student competes. Any request for reinstatement must include a statement from the NSGB for the sport in question that the student's amateur status has been reinstated by the appropriate NSGB.

C. **Violations in CIF Sponsored Competition and Individual Endorsements**

A student shall become ineligible for CIF competition in the respective sport and shall be penalized according to A. and B. above D. below for the following violations related to CIF competition or individual endorsements:

(*See caution below)

- (1) Receiving, from any and all sources, athletic awards totaling more than \$250.00 in value for:
 - a. Accomplishments in any regular season CIF high school competition event;
NOTE: Typical examples of regular season CIF high school competition event include, but are not limited to, any league or non-league dual contest and invitational tournament held prior to any season-culminating league, Section, Region and/or State Playoff competition.
 - b. A recognition award program, such as "Player of the Week"/"Month," for any regular season CIF high school competition.
- (2) Receiving, from any and all sources, athletic awards totaling more than \$500.00 in value for any post-regular season CIF high school competition or recognition program;
NOTE: For purposes of this Bylaw only, league, Section, Regional and State Playoff competition is considered to be one (1) continuous event.
NOTE: The dollar value of an award, exclusive of engraving, shall be determined by the following criteria:
 - a. The retail price paid by the last purchaser in the acquisition of the award;
 - b. When the host school or league purchases the award, the retail price paid by the host school or league;
 - c. When the award is donated by another entity, the retail price paid by or cost to that entity.
- (3) Wearing a school team uniform or any identifying school insignia while appearing in any advertisement, promotional activity or endorsement for any commercial product or service;
- (4) Lending his/her name and team affiliation for purposes of commercial endorsement. Any appearances by students for nonprofit organizations must be approved by the Board of Trustees concerned. This provision is not intended to restrict the right of any student to participate in a commercial endorsement provided there is no school team or school affiliation;
NOTE: 212.C.(3) and (4) above also includes advertisement, promotional activity, endorsement or affiliation of league, CIF Section(s), or CIF State (see Q&A below).
Q: May a student-athlete participate in an advertisement, promotional activity, or endorsement while affiliated with a league, CIF Section(s), or CIF State?
A: No.
- (5) Accepting payment for loss of time or wages while participating in CIF competition;
- (6) Receiving payment for coaching a team in CIF competition.
***CAUTION:** Compliance with these Bylaws does not ensure maintenance of eligibility under the eligibility standards of other athletic organizations (e.g. NCAA, NAIA, NJCAA, CCCAA and National Sports Governing Body, etc.). Students desiring information on the amateur rules of other organizations must communicate with the respective organization.

D. **Penalties for violations in CIF Sponsored Competition and Individual Endorsements**

- (1) A student determined by their respective CIF Section to have violated any provision of 212.C.(1-6) above shall be penalized according to the sanctions listed below:
 - a. **First Violation:** The student shall receive a formal warning and return any award(s) in excess of the maximum amounts allowed in 212.C.(1) and (2) above; and/or at the direction of the Section immediately remove any advertisement, promotional activity, or endorsement depicting the student's affiliation with their school, league, CIF Section(s), or the CIF State as noted in 212.C.(3) and (4) and the accompanying Note.
 - b. **Second Violation:** The student shall be ineligible to participate in interscholastic athletics for a period of one (1) year from the date of CIF's determination of the second violation.
 - c. **Third Violation:** The student shall be banned from interscholastic athletics for the remainder of the student's eligibility.
NOTE: It is expected that the CIF member school will ensure adherence to any of the above penalties imposed on their student.

(Revised May 2004 Executive Committee/Revised May 2009 Federated Council)

510. UNDUE INFLUENCE, PRE-ENROLLMENT CONTACT, DISCLOSING PRE-ENROLLMENT CONTACT, ATHLETICALLY MOTIVATED TRANSFERS

- A. The use of undue influence by any person(s) to secure or retain a student or their parent(s)/guardian(s)/caregiver as residents may cause the student to be ineligible for high school athletics for a period of one (1) year and shall jeopardize the standing of that high school in the CIF.

Undue influence is any act, gesture or communication (including accepting material or financial inducement to attend a CIF member school for the purpose of engaging in CIF competition regardless of the source) which is performed personally, or through another, which may be objectively seen as an inducement, or part of a process of inducing a student, or his or her parent(s)/guardian(s)/caregiver, by or on behalf of, a member school, to enroll in transfer to, or remain in, a particular school for athletic purposes.

- B. A student shall become ineligible for CIF competition **for a period of one (1) year and shall be penalized according to Bylaw 212** for accepting material or financial inducement to attend a CIF member school for the purpose of engaging in CIF competition, regardless of the source. **This includes, but is not limited to, student individual endorsements that involve anyone from, or associated with [see D.(2) below], a school or its athletic programs.**

- C. Pre-enrollment contact or an athletically motivated transfer may be considered prima facie (sufficient evidence) evidence that the student enrolled in that school in whole or in part for athletic reasons (See Bylaw 200, 206.C. and 207.A) and cause the student to be ineligible for participation those sports in which the student participated at the former school.

Athletically motivated pre-enrollment contact of any kind by anyone from, or associated with [see D.(2) below], a school or its athletic programs to which a student may transfer or move into the attendance area is not permitted. When a prima facie (sufficient evidence) case of undue influencing/recruiting exists, the student shall be ineligible to represent the new school in interscholastic athletic competition for a period of one (1) calendar year from the date of the student's enrollment in the new school in all sports in which the student participated at any school in the last 12 months and/or the sport with which the coaches referenced herein is associated, unless sufficient proof is presented to the satisfaction of the Section Commissioner that rebuts or disproves the evidence of undue influence/recruiting for athletic reasons.

D. Pre-Enrollment Contact

Pre-enrollment contact may include, but is not limited to: any communication of any kind, directly or indirectly, with the student, parent(s)/guardian(s)/caregiver, relatives, or friends of the student about the athletic programs at a school; orientation/information programs, shadowing programs; attendance at outside athletic or similar events by anyone associated [see D.(2) below] with the school to observe the student; participation by the student in programs supervised by the school or its associates before enrollment in the school.

(1) Requirement to Disclose Pre-Enrollment Contact

All transfer students shall submit a completed CIF Pre-Enrollment Contact Affidavit [CIF Form - (please use local CIF Section Form)] with appropriate transfer application(s) as required by their respective Section under Bylaw 207. Any and all pre-enrollment contact of any kind whatsoever that a student or anyone associated with the student, has had with a person associated with the new school must be disclosed by the student, parent(s)/guardian(s)/caregiver and the new school to the Section office on a complete CIF Pre-Enrollment Contact Affidavit [CIF Form - (please use local CIF Section Form)].

NOTE: CIF Form is available through the local CIF Section Office.

(2) Definition of Being Associated with a School

Persons associated with a school include but are not limited to: current or former coaches, current or former athletes, parent(s)/guardian(s)/caregiver of current or former student/athletes, booster club members, alumni, spouses or relatives of coaches, teachers and other employees, coaches who become employed, active applicants for coaching positions, ~~and~~ persons who are employed by companies or organizations that have donated athletic supplies, equipment or apparel to that school, **any organization or individual that assists or consults with a family/student resulting in enrollment and/or retention at a specific school for financial or athletic purposes.**

E. Athletically Motivated Transfers

The CIF, as the governing body of high school athletics, affirms that athletic competition is an important part of the high school experience and that participation in interscholastic athletics is a privilege. The privilege of participation in interscholastic athletics is available to students in public or private schools who meet the democratically established standards of qualification as set forth by the Federated Council. As stated in CIF Bylaw 200.A.(6) the CIF Bylaws shall serve as a deterrent to students who transfer or change schools for athletic reasons and to individuals who attempt to recruit (unduly influence) student-athletes or their parents to enroll in a school because of athletics.

As stated in CIF Bylaw 200.A.(2) the CIF Bylaws reinforce the principle that students attend school to receive an education first; athletic participation is secondary. CIF Bylaws provide for individual Section Offices to limit eligibility for a student when there is evidence the transfer, or move is made to acquire athletic participation at their new school (School B).

Students may be determined by their respective CIF/Section Office or the CIF to have made an athletically motivated transfer or change in schools if one (1) or more of the following circumstances are determined to have contributed in any way to the transfer or change in schools:

(1) Transferring to a School after Participating on a Non-School Athletic Team, Camp or Clinic Associated with the School

The student transfers from his or her current school of attendance, with or without a corresponding change of residence, to any high school where the student participates or participated, during the 24 months immediately prior to the transfer, on a non-school athletic team, (i.e. AAU, American Legion, club team, etc.), camp or clinic that is associated with [See definition in D.(2)] the new school in the sports previously participated in. A team associated with a school is one that is organized by and/or coached by any member of the coaching staff at, or any other person associated with [See definition in D.(2)], that school; and/or, on which the majority of the members of the team (Participants in practice and/or competition are students who attend that school). AND/OR

(2) Transferring to a School Where a Former High School Coach Has Relocated

The student at any grade level transfers to a new school within one (1) calendar year of the relocation of his/her school or club coach to the student's new school of enrollment with or without a corresponding change in residence; AND/OR

- (3) Other factors that may be considered in support of evidence of athletic motivation:
 - a. Evidence the student's transfer or change of schools is because of the student's previous association with an outside agency that uses the facilities or personnel of the student's new school (School B); AND/OR
 - b. Evidence that multiple students have transferred or changed schools to participate in a particular sports program at one (1) school.

(Revised May 2002 Federated Council/Revised May 2007 Federated Council/Revised May 2008 Federated Council/Revised May 2009 Federated Council/Revised February 2013 Federated Council/Revised April 2017 Federated Council)

For Immediate Implementation