



Student and Family Guide to Athletics



The
Pleasanton
Virtual
Academy



Background

ABOUT PUSD

The Pleasanton Unified School District (PUSD) serves approximately 14,000 students in K-12. The District consists of nine elementary schools, three middle schools, one continuation high school, and two comprehensive high schools. PUSD also includes an Early Education Center, two preschools, a Virtual Academy, and an Adult & Career Education Program. PUSD is a wonderfully diverse community committed to providing a high-quality education to all.

[PUSD Mission and Vision](#)

PUSD ATHLETIC PHILOSOPHY

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

The PUSD athletic program constitutes an integral component of the educational program and helps to build a positive school climate. The athletic program also helps to promote the physical, social, and emotional well-being and character development of participating students. Within the District's financial and personnel constraints, athletic programs are designed to meet students' interests and abilities and vary in scope to ensure wide participation ([BP 6145.2](#)).

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

Students shall not be charged a fee to participate in an athletic program, including, but not limited to, a fee to cover the cost of uniforms, locks, lockers, or athletic equipment. Business and community support is an integral part of providing rich opportunities for student-athletes. Donations and support are encouraged, subject to applicable district policies and regulations governing advertisements and donations.

Athletic participation is a privilege granted to all students who voluntarily accept the rules and regulations outlined in this handbook and as such is not required by the District. Enforcement of the athletic code of conduct is the responsibility of the school, coaches, parents/guardians, and athletes on a year round basis.

SPORTS WARNING STATEMENT

Student athletes and parents/guardians should be aware that all sports will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in interscholastic sports, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

High School Athletics Programs

Fall Sports	Winter Sports	Spring Sports
Cross Country	Boys Basketball	Badminton
Competitive Dance	Girls Basketball	Baseball
Cheer (Sideline)	Competitive Cheer/Song	Boys Golf
Football	Competitive Dance	Boys Lacrosse
Girls Flag Football	Boys Soccer	Girls Lacrosse
Girls Golf	Girls Soccer	Softball
Girls Tennis	Wrestling	Stunt Cheer
Girls Volleyball		Swimming / Diving

Boys Water Polo		Boys Tennis
Girls Water Polo		Track & Field
		Boys Volleyball

STUDENT PARTICIPATION AND RESPONSIBILITY

Eligibility requirements for student participation in the district's interscholastic athletic program, including requirements pertaining to academic achievement, shall be the same as those set by the district for participation in extracurricular and co-curricular activities.

Students participating in interscholastic athletics are also governed by CIF and must satisfy CIF eligibility requirements.

Eligibility requirements originate from two sources:

- 1. CIF eligibility requirement, including residency
- 2. Pleasanton Unified School District eligibility requirements
 - The student must be residing with the parent/guardian within the boundaries of the school attendance area. If not, the student must be granted a 2603 waiver of ineligibility

Athletic Clearance

Athletic Clearance is required for each season. The process can be found on your school's website.

Coaching Requirements

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

Hiring: All hiring of head coaches and assistant coaches must be accomplished through PUSD hiring policies and practices. These requirements include, but not limited to: California and FBI level Department of Justice Background Check (via Live Scan), Valid

negative TB test, completion of Keenan Safe Schools training modules, Coaches Certification, CPR/First Aid, and Concussion.

No coach may be in contact with any student prior to having been cleared by Human Resources (HR). The PUSD volunteer clearance is not applicable to athletic coaches.

Certification: All coaches must be certified as having completed a NFHS-recognized coaching education program. Coaches are responsible for providing proof of certification to the Coordinator of Operations. Coaching education programs are provided through the NCS each season or on-line through CIF.

First Aid/CPR/Concussion/Sudden Cardiac Arrest/Safety Training: Coaches must complete a valid CPR/first aid course in addition coaches receive training on concussions when renewing their CPR/first aid every two years. The training may be fulfilled through the free, online courses offered by NFHSLearn.com.

Keenan Training: All PUSD Coaches are required to finish three Keenan Online Training Courses each year. These courses are: Mandated Reporter, Sexual Harassment, Bloodborne Pathogens Exposure Prevention, and Integrated Pest Management.

Middle School Athletics Programs

Fall Sports	Winter Sports	Spring Sports
Boys Basketball	Boys Volleyball	Golf
Girls Basketball	Girls Volleyball	Track
Cross Country		

Interscholastic Athletics Code of Conduct

The Board values the quality and integrity of the athletic program and the character development of student athletes. Student athletes, coaches, parents/guardians, spectators, and others are expected to demonstrate good sportsmanship, ethical conduct, and fair play during all athletic competitions. They shall also abide by the core principles of

trustworthiness, respect, responsibility, fairness, caring, and good citizenship, and the Code of Ethics adopted by CIF.

Participation in extracurricular activities and athletics through schools in the Pleasanton Unified School District is a privilege. Participating students represent our community, our school, specific teams, and themselves. With this privilege comes the responsibility of upholding the highest standards and the six expected behaviors of good character - Responsibility, Compassion, Self-Discipline, Honesty, Respect, and Integrity. Students participating in extracurricular on campus clubs may be excluded from one or more of the listed consequences at the advisor's discretion. In order to participate in these programs, students must commit to and agree to the conditions outlined below. A parent/guardian must also sign acknowledging awareness of this Code of Conduct.

Academics: I will maintain a grade point average of at least 2.0 in the preceding grading period and be making progress toward graduation.

- Consequence for failing to follow this standard is that the student is unable to participate until this standard is met.
- Students may apply for one period of probation as outlined in the student handbook.

Alcohol/Drugs: I will not be in possession or under the influence of any controlled substance, drug paraphernalia, alcoholic beverage, or intoxicant of any kind.

- Consequence for failing to follow this standard will result in the disciplinary action assigned by the site administrator. This includes, but is not limited to suspension from school, suspension from the team, and/or Loss of School Privilege (LOSP).

Nicotine: I will not smoke or be in possession of any nicotine products

- Consequence for failing to follow this standard will result in the disciplinary action assigned by the site administrator. This includes, but is not limited to suspension from school, suspension from the team, and/or LOSP.

Technology Use: I will be polite, courteous and ethical in all communications and language and I will not send, publish, download, access, or retrieve any electronic communication or material that may be defamatory, vulgar, abusive, obscene, profane, sexually explicit, threatening, racially or ethnically offensive, harassing, or illegal, or anything that violates or infringes on the rights of others.

Hazing: I will not facilitate or participate in any hazing activities. Hazing is any activity expected of someone joining or participating in a group that humiliates, degrades, abuses, or endangers them, regardless of a person's willingness to participate.

Bullying: [Board Policy 5131.2](#) The Governing Board recognizes the harmful effects of bullying on student learning and school attendance and desires to provide a safe school environment that protects students from physical and emotional harm. District employees shall establish student safety as a high priority and shall not tolerate bullying of any student. No individual or group shall, through physical, written, verbal, or other means, harass, sexually harass, threaten, intimidate, retaliate, cyberbully, cause bodily injury to, or commit hate violence against any student or school personnel.

Discipline: I will be a positive school citizen at all times and abide by Board Policy/Regulation 5144, school rules, and state and federal laws. Consequences for failing to meet this standard will be in accordance with the [PUSD Student Discipline Plan](#).

Sportsmanship: All student competitors and spectators must conduct themselves in a sportsmanlike manner at all times. Student athletes are to conduct themselves in a sportsmanlike manner at all times as described by the North Coast Section (NCS) and the California Interscholastic Federation (CIF).

- The consequence for failing to follow this standard will result in the appropriate East Bay Athletic League (EBAL) and/or NCS CIF disciplinary action. Additional Standards and expectations for student participants:

Additional standards and expectations for student participants:

- With the privilege of participation in extracurricular and athletic programs comes the responsibility of representing your community, your school, and yourself in a positive manner at all times. Consequences for failure to do so will be determined by the school administration.
- Students must attend a minimum of 2/3rds of the school day to participate in an activity. For example, a 6 period day would require attendance for 4 class periods, minimum.
- Students are expected to contact or leave a message in advance for an advisor or coach should it be necessary to miss an activity.

- Student athletes who decide to quit a team without the coach's approval may not participate in another sport until the next season or 30 days - whichever is greater.
- Student athletes, by NCS and CIF rule, may not participate on any outside team in the same sport while representing their school unless NCS has granted an exception.
- A teacher may recommend that an athlete be held out of practice or contest for any of the following reasons: class conduct, lack of academic achievement, or lack of participation in a class activity. The teacher, coach, and athletic director or an administrator will meet to determine the action to be taken.
- A pupil shall participate in a minimum of four periods of school in order to be eligible to take part in any athletic activity for that day. Two of those periods of attendance may be waived by the principal if the pupil is involved in a supervised school activity. If either of the above requirements cannot be met, then the pupil shall bring a note from his/her parent/guardian to the athletic director stating the reason for absence. At that time, the athletic director and the coach shall render a decision on the pupil's eligibility for participation.

Nondiscrimination

The district's athletic program shall be free from discrimination and discriminatory practices prohibited by state and federal law, including, but not limited to, the use of any racially derogatory or discriminatory school or athletic team name, mascot, or nickname. The Superintendent or designee shall ensure that equivalent athletic opportunities are provided for males and females, and that students are permitted to participate in athletic activities consistent with their gender identity.

Any complaint regarding the district's athletic program shall be filed in accordance with the district's [uniform complaint procedures](#).

For information regarding Title IX, including the name of the district's Title IX Coordinator, procedures for filing a discrimination complaint that arises out of an interscholastic athletic activity, review the [Title IX page](#) on PUSD's website.

- [Students' Title IX rights](#) pursuant to Education Code

Code of Conduct- Spectators

Promoting Sportsmanship- Spectator's code:

Spectators must do the following to promote good Sportsmanship and create a positive school environment

- Remember that student-athletes play organized sports for their own fun. They are NOT pro athletes.
- Be on your best behavior. Do not use profane, racist, or sexist language or harass players, coaches, or officials in any way.
- Cheer and applaud your team and athletes. Do not root against the opponent. Show respect for your team's opponents.
- Never criticize a student-athlete for making a mistake during a competition.
- Respect officials' decisions.
- Never berate your opponent's school or mascot or display negative signs.
- Never enter the playing area before, during, or after the contest without permission from the game management personnel

<https://www.cifncs.org/Sportsmanship/index>

Athlete Health & Safety

The Board desires to give student health and safety the highest consideration in planning and conducting athletic activities.

Students shall have a medical clearance before participating in interscholastic athletic programs. Care shall be taken to ensure that all athletic training and competitions are conducted in a manner that will not overtax the physical capabilities of the participants. When appropriate, protective equipment shall be used to prevent or minimize injuries.

Coaches and appropriate district employees shall take every possible precaution to ensure that athletic equipment is kept in safe and serviceable condition. The Superintendent or designee shall ensure that all athletic equipment is cleaned and inspected for safety before the beginning of each school year.

In the event of an injury or a perceived imminent risk to a student's health, such as a concussion or passing out, fainting, or other sign of sudden cardiac arrest, during or immediately after an athletic activity, the coach or any other district employee who is present shall remove the student athlete from the activity, observe universal precautions in handling blood or other bodily fluid, and/or seek medical treatment for the student as appropriate.

Whenever an injury is suffered by a student, the Superintendent or designee shall notify the student's parent/guardian of the date, time, and extent of any injury suffered by the student and any actions taken to treat the student.

Concussions and Head Injuries

The Superintendent or designee shall annually distribute to student athletes and their parents/guardians an information sheet on concussions and head injuries. The student and parent/guardian shall sign and return the information sheet before the student initiates practice or competition. (Education Code 49475)

The Superintendent or designee shall provide training to coaches and/or athletic trainers regarding concussion symptoms, prevention, and appropriate response. (Education Code 35179.1, 49032)

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)

A middle school or high school football team shall not hold a full-contact practice during the off-season and shall not conduct more than two full-contact practices per week during the preseason and regular season (from 30 days before the commencement of the regular season until the completion of the final interscholastic football game of that season). In addition, the full-contact portion of a practice shall not exceed 90 minutes in any single day.

For these purposes, full-contact practice means a practice where drills or live action is conducted that involves collisions at game speed, where players execute tackles and other activity that is typical of an actual tackle football game. (Education Code 35179.5)

Heat Illness

Coaches and/or athletic trainers shall be provided training 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)

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.

Sudden Cardiac Arrest

All student athletes who will be participating in a CIF-governed athletic activity and to their parents/guardians will receive the California Interscholastic Federation (CIF) information sheet on sudden cardiac arrest. (Education Code 33479.2, 33479.3)

Coaches and/or athletic trainers shall be provided training regarding the nature and warning signs of sudden cardiac arrest. (Education Code 33479.6, 33479.7, 35179.1, 49032)

If a student athlete passes out or faints, or is known to have passed out or fainted, while participating in or immediately following participation in an athletic activity, the student shall be removed from participation at that time. If a student exhibits any other symptoms of sudden cardiac arrest, including seizures during exercise, unexplained shortness of breath, chest pains, dizziness, racing heart rate, or extreme fatigue, the student may be removed from participation by a coach or other employee who observes these symptoms. If any such symptoms are observed, notification shall be given to the student's parent/guardian so that the parent/guardian can determine the treatment, if any, the student should seek. 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)

Automated External Defibrillators

There shall be at least one automated external defibrillator (AED) for each district school and the AED(s) will be 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)

The district shall comply with all requirements of Health and Safety Code 1797.196 pertaining to any AED acquired by the district, including, but not limited to, regular maintenance and testing of the AED and the provision and posting of information regarding the proper use of the AED. (Education Code 35179.6; Health and Safety Code 1797.196)

Air Quality Guidance

PUSD utilizes and references both the Bay Area Air Quality Management District (BAAQMD) and Air Now - local and national government agencies that monitor air quality when considering modifications to school activities.

Air Quality Index Levels of Health Concern	Numerical Value
Good	0 to 50
Moderate	51 to 100
Unhealthy for Sensitive Groups	101 to 150
Unhealthy	151 to 200
Very Unhealthy	201 to 300
Hazardous	301 to 500

Note: Values above 500 are considered Beyond the AQI. Follow recommendations for the "Hazardous category." See additional information on [reducing exposure to extremely high levels of particle pollution](#).

PUSD is aligned with [guidance from the California Department of Education](#) for air quality as a baseline for response to dips in air quality while being mindful of students with known health conditions and respiratory issues.

There are two official websites that we use to monitor air quality:

- [BAAQMD - Air Quality Data](#) (BAAQMD)

Eligibility for Participation

CIF/NCS/EBAL GENERAL ELIGIBILITY (CIF Bylaw 200):

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

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

ACADEMIC ELIGIBILITY

a) The student must earn a minimum 2.0 grade point average at the completion of the last grading period and receive no “F” grades.

b) The student must abide by the “PUSD Student Code of Conduct for Extracurricular & Co-curricular Activities.”

Grades 7-8

a) The student is enrolled in six (6) classes, unless the Principal has approved a shortened schedule.

Grades 9-12

a) The student was enrolled in 20 credits of work at the end of the previous grading period.

b) The student must maintain minimum progress towards meeting high school graduation requirements as defined by the Board of Education.

Period of Eligibility:

- a) The eligibility status of a student will be verified at the end of each grading period.
- b) A current student failing to meet the eligibility standards will be placed on probation for the next grading period and allowed to participate if he/she earned a grade point average of 1.75 or higher and received no more than one “F” grade.
- c) An incoming freshman must meet the current PUSD requirements (2.0 grade point average and no “F” grade). An entering freshman may be placed on probation and allowed to participate for the first grading period he/she is enrolled in PUSD, if he/ she earned a grade point average of 1.75 or higher and received no more than one “F.”
- d) Students must transfer to a PUSD school academically eligible with no pending discipline issues from the previous school.
- e) Sections “c” and “d” are intended to provide a safety net for students with extenuating circumstances and must be appealed to the Principal.
- f) A student on probation must improve his/her GPA to 2.0 and receive no “F” grades by the end of the next grading period in order to continue to participate.
- g) A student may only be on one (1) probation period per school year. Summer school credits shall be counted towards making up for scholastic deficiencies incurred in the grading period immediately preceding. (BP/AR 6145)

Athletic Probation

Should your student be eligible for athletic probation, please reach out to the Coordinator of High School Operations at your school site.

CIF/NCS/EBAL TRANSFER ELIGIBILITY:

Any student who transfers between high schools is subject to the CIF transfer bylaws. A varsity level first-time transfer athlete who does not have a change of residence will be required to “sit out” half of each sport season previously played. Second time transfers without a valid change of residence may be subject to limited (non-varsity) eligibility in sports they have played within the previous 12 months.

ALL transfer athletes must request review of eligibility by the new school's principal or designee to determine eligibility for competition. Before participating in a league sport, CIF forms 207 and 510 will be required. Allow at least 20 business days for processing these forms, especially at the beginning of the year. The athlete may miss part of the season of sport during the review and evaluation process. See the Coordinator of High School Operations and/or visit the NCS/CIF Transfer Website ([Transfer Eligibility - NCS/CIF](#)) for more information. Please schedule an appointment with the Coordinator of High School Operations for review of the transfer policies. Eligibility must be established prior to participation. Students must reside in the Pleasanton Unified School District or have an approved inter-district transfer and abide by the school district's policies for residency and discipline.

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

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

Statement of Consent

I hereby give my consent for the above named student to compete in athletics. I authorize the student to go with and be supervised by a representative of the school on any trips. In case this student becomes ill or is injured, you are authorized to have the student treated and I authorized the medical agency to render treatment. I consent to any x-ray examination, anesthetic, medical, or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under, the general or special supervision of any physician and surgeon licensed under the provisions of the Medical Practice Act on the medical staff of any accredited hospital, whether such diagnosis or treatment is rendered at the office of said physician or said hospital it is understood that this authorization is given in

advance of any specific diagnosis, treatment or hospital care being required, but is given to provide authority and power on the part of the school representative to give specific consent to any and all such diagnosis, treatment or hospital care which the aforementioned physician in the exercise of his/her best judgment may deem advisable. This authorization shall remain effective until the end of the school year unless sooner revoked in writing and delivered to the school.

Appendix:

[**Athletic Packet Signature Page**](#)

[**CIF/NCS Ejection Policy**](#)

[**CIF Concussion**](#)

[**CIF Heat Illness Information**](#)

[**CIF Opioid Fact Sheet**](#)

[**CIF Sudden Cardiac Arrest**](#)

[**PUSD Code of Conduct**](#)

[**PUSD Sport Safety Awareness**](#)