KEEP ON FILE FOR YOUR REFERENCE

Norwalk-La Mirada Unified School District

Parent – Student Athletic Co-Curricular Extra-Curricular Handbook

This page intentionally left blank

"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

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.

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT
12820 Pioneer Blvd
Norwalk, CA 90650
(562) 868-0431

KEEP ON FILE FOR YOUR REFERENCE

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, 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.

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT
12820 Pioneer Blvd
Norwalk, CA 90650
(562) 868-0431

KEEP ON FILE FOR YOUR REFERENCE

ASSUMPTION OF RISK

WARNING TO STUDENT-ATHLETES AND PARENTS

SERIOUS CATASTROPHIC, OR FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION

By its nature, competitive athletics 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 Norwalk-La Mirada Unified School District, its employees, officers, 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.

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT
12820 Pioneer Blvd
Norwalk, CA 90650
(562) 868-0431

KEEP ON FILE FOR YOUR REFERENCE

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT 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 Norwalk-La Mirada Unified School District athletics, I agree to the following:

1) To recognize that participation in athletics 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 Norwalk-La Mirada Unified School District and California Interscholastic Federation (CIF) for eligibility (see Board Policy 5390).
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 90 day suspension.
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 NLMUSD 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.
    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 NLMUSD 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.

Any violation of the rules and standards may result in suspension from athletics 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, activities, or events for 90 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 NLMUSD. (90 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 1340 (Complaint Policy) in order to have the complaint, grievance, or difference of opinion addressed in an orderly manner.

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT
12820 Pioneer Blvd
Norwalk, CA 90650
(562) 868-0431

KEEP ON FILE FOR YOUR REFERENCE

NORWALK-LA MIRADA ATHLETIC PHILOSOPHY AND INFORMATION

We the staff are great believers in the value of athletics 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 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 is the largest and most effective of these. There is a close relationship between physical education, health education, recreation, and athletics. 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.
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.
    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.

KEEP ON FILE FOR YOUR REFERENCE

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 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. NLMUSD IS NOT RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS.
19) **WITHDRAWING FROM A SPORT -** Playing on an athletic team in the NLMUSD 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, 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, he/she should secure a release from the coach. If an athlete fails to secure a release and 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 as his/her PE. class, the athlete's schedule must be changed. The athlete will be withdrawn from 6th/7th period athletics 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. (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 – (562) 868-0431, extension 2212.

Hazing

Hazing is not to be a part of any NLMUSD 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.

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT
12820 Pioneer Blvd
Norwalk, CA 90650
(562) 868-0431

KEEP ON FILE FOR YOUR REFERENCE

SEXUAL HARASSMENT POLICY (BP/RR 5510)

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 Norwalk-La Mirada 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.

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 – (562) 868-0431 extension 2212.

SPECTATOR CODE OF ETHICS

The spectators at all NLMUSD 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.

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT
12820 Pioneer Blvd
Norwalk, CA 90650
(562) 868-0431

KEEP ON FILE FOR YOUR REFERENCE

GUIDELINES FOR ELIGIBILITY AND PARTICIPATION IN EXTRACURRICULAR AND CO-CURRICULAR ACTIVITIES BP/RR 5510

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 6 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.
4. Students returning from El Camino 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.
5. 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.
6. 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.
7. Students who have not demonstrated satisfactory educational progress, as defined in 1and 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. 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 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.

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT
12820 Pioneer Blvd
Norwalk, CA 90650
(562) 868-0431

KEEP ON FILE FOR YOUR REFERENCE

ACADEMIC ELIGIBILITY FOR HIGH SCHOOL ATHLETICS

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.

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. 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. 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

a. ATTITUDE: As a member of the group, students have a responsibility to maintain a positive attitude toward all group members and group activities.

b. 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.

c. 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 Norwalk-La Mirada 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 El Camino 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.

KEEP ON FILE FOR YOUR REFERENCE

CIF (SPORTS): For athletics, 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.

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. Students will be expected to refrain from extreme forms of dress, make-up, or hairstyle. 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 NLMUSD strongly discourages the use of so-called "performance-enhancing" supplements and adheres to the following policy: It is not the practice of the NLMUSD 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, NLMUSD does not provide or promote the use of any supplement by students. It is NLMUSD'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/RR 5390 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.

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT
12820 Pioneer Blvd
Norwalk, CA 90650
(562) 868-0431

KEEP ON FILE FOR YOUR REFERENCE

10932 Pine Street
Los Alamitos, California 90720

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

Code of Ethics - Athletes

Athletics is 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 Norwalk-La Mirada 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.

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT
12820 Pioneer Blvd
Norwalk, CA 90650
(562) 868-0431

KEEP ON FILE FOR YOUR REFERENCE

2015-2016 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.

Symptoms may include one or more of the following:	
• Headaches • "Pressure in head" • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns	• Amnesia • "Don't feel right" • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment
Signs observed by teammates, parents and coaches include:	
• Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays a lack of coordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can't recall events prior to hit • Can't recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness	

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

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

Continued (Next Page)

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT
12820 Pioneer Blvd
Norwalk, CA 90650
(562) 868-0431

KEEP ON FILE FOR YOUR REFERENCE

2015-2016 CONCUSSION INFORMATION SHEET (Page 2)

If you think your child has suffered a concussion

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

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

and

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

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

For current and up-to-date information on concussions you can go to: http://www.cdc.gov/ConcussionInYouthSports/

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

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT
ATHLETICS/CO-CURRICULAR CLEARANCE
SCHOOL YEAR: 2015 - 2016

STUDENT AND PARENT MUST COMPLETE THE ENTIRE PACKET

Stu#_____

☐ John Glenn ☐ La Mirada ☐ Norwalk

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 Norwalk La Mirada Unified 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, DANCE TEAM, CHEER AND MARCHING BAND.**

ELIGIBILITY REQUIREMENTS

1. **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.
2. **RESIDENTIAL**: All athletes must reside in the Norwalk-La Mirada Unified School District and the high school attendance area in a bonafied residence with their parents or legal guardian (s). All transfers to a district high school must call the Athletic Director and complete appropriate paperwork.
3. **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.
4. **INSURANCE:** Each athlete must have a copy of a medical insurance card on file before participation. Pacific Educators, Inc. Insurance is available for those that need or Pacific Educators, Inc. would like additional insurance coverage. Information is available in the Activities Office at your high school or by calling (714) 639-0962 or (800) 622-1993.

PLEASE RETURN THE FOLLOWING FORMS COMPLETED AND SIGNED

- ✓ Form 1 - NLMUSD ATHLETIC CLEARANCE FORM (1A) Student and Parent must sign nine (9) times.
- ✓ Form 2 - NLMUSD Physical Screening Form with **Doctor's Verification and Stamp**
- ✓ Form 3 - NLMUSD Athletic Insurance Verification with **Photocopy of Insurance Card**
- ✓ Form 4 - Emergency Card with Consent to Treat (4A–4B)
- ✓ Form 5 - CIF Code of Ethics
- ✓ Form 6 - **2015-2016 CONCUSSION INFORMATION SHEET** (NEW)

This page intentionally left blank

Form 1A

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT

ATHLETIC CLEARANCE FORM

(Print or Type)

STUDENT AND PARENT MUST SIGN NINE (9) TIMES

☐ John Glenn ☐ La Mirada ☐ Norwalk

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***

Circle One

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.

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 Norwalk-La Mirada Unified School 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. I have read the foregoing and have voluntarily signed this agreement. I am aware of the potential risks involved in this activity and I am fully aware of the legal consequences of signing this instrument. I further acknowledge that the District does not provide liability insurance for this program, nor does the District provide medical coverage for participants in this 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***

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 form the State of California Department of Public Health. 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 to render care which the aforementioned physician in the exercise of his best judgment may deem advisable. It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if the undersigned cannot be reached.

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

Form 1A

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT

ATHLETIC CLEARANCE FORM

(Print or Type)

STUDENT AND PARENT MUST SIGN NINE (9) TIMES

SIGNATURE 4 – OFF-CAMPUS ATHLETIC PERMIT

Due to facility limitations/conditions and coaches schedules, athletic practice times and games may vary. Athletic period athletes are granted the privilege of an off-campus permit. The conditions of the off-campus athletic permit are as follows:

1. Neither the District nor its officers or employees are liable for the off-campus conduct or safety of the students during this time.
2. I.D. Card must be carried at all times and shown on request to authorities.
3. Students must depart campus at the beginning of the athletic period, or wait in the athletic area for their ride.
4. Students are not to go on any other school ground or campus unless approval has been granted.
5. This is a privilege and may be terminated if conditions are not met.

I have read and agree to the conditions of the Athletic Period Off-Campus Athletic Permit.

_____ / / _____ / /

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

SIGNATURE 5 – NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICTATHLETIC CODE/ATHLETIC PHILOSOPHY AND INFORMATION

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

_____ / / _____ / /

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

SIGNATURE 6 – CIF ATHLETIC CODE OF ETHICS

We have read and fully 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 7 – INSURANCE RESPONSIBILITY

We are aware and acknowledge that the District does not provide liability insurance for those that participate in athletics, nor does the District provide medical coverage for the participants in athletics. 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 8 – ACKNOWLEDGEMENT OF LIABILITY

As required by California Education Code Section 35330, I hereby waive all claims of liability against the Norwalk-La Mirada 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.

_____ / / _____ / /

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

SIGNATURE 9 – RELEASE OF INFORMATION/MEDIA PERMISSION

I give NLMUSD my consent for the release of information, photographs, videotape or audiotape concerning participation in athletics 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***

Form 2

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT
ANNUAL PHYSICAL SCREENING FORM

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

Any past or present:	Yes	No
Problems with vision		
Eyeglasses		
Contacts		
Problems with hearing		
Hearing aid		
Blacking out or fainting		
Unconsciousness		
Convulsions, seizures		
Heart problems		
Rheumatic fever		
Bleeding disorders		
Blood sugar problems		
Hypoglycemia		
Diabetes		
Allergies – type _____		
Bee or insect stings		
Hospitalizations		

	Yes	No
Surgeries		
Dental problems		
braces		
false teeth		
Painful joints		
Broken bones		
Part, date _____		
Knee or ankle problems		
Require support/brace		
Need for medication		
Name _____		
Menstruation problems		
Hernias		
Asthma		

OTHER HEALTH ASPECTS THE DOCTOR AND SCHOOL SHOULD BE AWARE OF:
_____
_____

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****

Form 3

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT
MEDICAL INSURANCE CERTIFICATION

Last Name:	**First Name:**	**MI:**

Birth Date:	**Sports/Activity:**		
		Fall	***Winter***	***Spring***

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:***

_____ _____

Insurance Company ***Policy Number***

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

_____ / / _____ / /

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

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 Pacific Educators, INC. APPLICATION.**

We have subscribed to Pacific Educators, Inc. for athletic insurance, which meet the limits requested. Pacific Educators. Inc. will send verification of insurance to each school.

_____ / / _____ / /

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

Form 4A PLEASE COMPLETE 2 COPIES SIDE 1- EMERGENCY INFORMATION

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:

Form 4B PLEASE COMPLETE 2 COPIES SIDE 2- CONSENT TO TREAT

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT
12820 Pioneer Blvd
Norwalk, CA 90650
(562) 868-0431

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: _____

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT
12820 Pioneer Blvd
Norwalk, CA 90650
(562) 868-0431

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 is 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 Norwalk-La Mirada 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.

NORWALK-LA MIRADA UNIFIED SCHOOL DISTRICT
2015-2016 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.

Symptoms may include one or more of the following:	
• Headaches	• Amnesia
• "Pressure in head"	• "Don't feel right"
• Nausea or vomiting	• Fatigue or low energy
• Neck pain	• Sadness
• Balance problems or dizziness	• Nervousness or anxiety
• Blurred, double, or fuzzy vision	• Irritability
• Sensitivity to light or noise	• More emotional
• Feeling sluggish or slowed down	• Confusion
• Feeling foggy or groggy	• Concentration or memory problems (forgetting game plays)
• Drowsiness	
• Change in sleep patterns	• Repeating the same question/comment

Signs observed by teammates, parents and coaches include:
• Appears dazed
• Vacant facial expression
• Confused about assignment
• Forgets plays
• Is unsure of game, score, or opponent
• Moves clumsily or displays a lack of coordination
• Answers questions slowly
• Slurred speech
• Shows behavior or personality changes
• Can't recall events prior to hit
• Can't recall events after hit
• Seizures or convulsions
• Any change in typical behavior or personality
• Loses consciousness

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

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

Continued (Next Page)

2015-2016 CONCUSSION INFORMATION SHEET (PAGE 2)

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new

CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

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

and

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

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

For current and up-to-date information on concussions you can go to: http://www.cdc.gov/ConcussionInYouthSports/

_____	_____	_____
Student-athlete Name Printed	Student-athlete Signature	Date

_____	_____	_____
Parent or Legal Guardian Printed	Parent or Legal Guardian Signature	Date

Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 5/20/10