WEST CONTRA COSTA UNIFIED SCHOOL DISTRICT ATHLETICS

STUDENT-ATHLETE ELIGIBILTY PACKET

1108 Bissell Ave. Richmond, CA. 94804 510.231.1100

Student Information:

Student Last Name	Student First Name	Year in School	School Year

Home Address	City	State	Zip Code

Home Phone	Cell Phone	Student Email

Parent/Guardian Name	Home Phone	Cell Phone	Work Phone

Parent/Guardian Name	Home Phone	Cell Phone	Work Phone

Current School:

High School	High School Attended Last Year (If Different)

Select the sport(s) you will participate in each season:

Fall Sports	Winter Sports	Spring Sports

to download **Physician's Clearance Form**. When completed by Physician please scroll to bottom of page and upload completed form by clicking on "Add Attachment".

to download **Parent Consent Form**. When parent/guardian(s) have reviewed all eligibility forms and signed the consent document please scroll to bottom of page and upload completed and signed form by clicking on "Add Attachment".

WEST CONTRA COSTA UNIFIED SCHOOL DISTRICT ATHLETICS

STUDENT-ATHLETE ELIGIBILTY PACKET

1108 Bissell Ave. Richmond, CA. 94804 510.231.1100

EXTRACURRICULAR & ATHLETIC PROGRAM AGREEMENT

As a representative of the West Contra School Unified District, I agree to adhere to the following policies and principles as a participant in extracurricular activities and athletics. I realize that my participation in these programs is a privilege and any failure to abide by the foregoing guidelines will result in my dismissal from a program or team at my respective school:

- **Maintain a minimum of at least a 2.0 grade point average with no more than one "F" grade per a semester grading period.**
- **Ensure that all required emergency information is on file prior to any participation or involvement: medical release form, parent permission and consent for treatment form, insurance information.**
- **Ensure that all school fees have been resolved: student activity fees, uniform costs, library fees, etc.**
- **Maintain 95% attendance, with the exception of an on-going illness or emergency, and report all absences to the school immediately.**
- **Be punctual and on-time for all classes.**
- **Maintain solid citizenship at school and avoid any disciplinary matter that may lead to expulsion from a school. Any student participating in extra curricular activities or on athletic teams will forfeit their privilege to participate if he or she exceeds more than 5 days of suspension during a semester.**
- **Maintain reasonable progress toward graduation. Any student who falls behind one or more grade levels relative to his or her peers will not be allowed to participate in extracurricular activities or athletics.**
- **Attend all practices and competitions as outlined by your advisor or athletic coach.**

I have reviewed the following guidelines, and I will make every effort to ensure that I abide by the preceding principles:

Student Name: _____

Student Signature: _____ Date: _____

WEST CONTRA COSTA UNIFIED SCHOOL DISTRICT ATHLETICS

STUDENT-ATHLETE ELIGIBILTY PACKET

1108 Bissell Ave. Richmond, CA. 94804 510.231.1100

ATHLETE EJECTION POLICY NOTIFICATION FORM

The following rules and minimum penalties are applicable to players as adopted by the NCS Board of Managers on April 21, 1995. The policy will be in effect beginning with the 1995-1996 school year, (and will include non-league, league, invitation tournaments/events, post-season, league section or state playoffs, etc.).

1. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.

   Penalty: The player shall be ineligible to participate in the remainder of the contest and the next contest (non-league, league, invitational tournament, postseason (league, section or state) playoff, etc.) The player must also complete the NFHS online Sportsmanship course at https://nfhslearn.com/courses/sportsmanship-2.

2. Illegal participation in the next contest by a player ejected in a previous contest.

   Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.

3. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during the season.

   Penalty: The player shall be ineligible for the next three contests. If the team participates in less than three contests during the reaminder of the season, the player must sit out the remaining number of contests the next year. The player must also complete the NFHS online Sportsmanship course.

4. When one or more players leave the bench to begin or participate in an altercation.

   Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next three contests (non-league, league, invitational tournament, post-season (league, section or state) playoff, etc.). The player must also complete the NFHS online Sportsmanship course.

I have read and understand the rules and regulations of the Ejection Policy. Athletes may not participate in any contest until this documentation is filed with the school.

Student Name: _____

Student Signature: _____ Date: _____

WEST CONTRA COSTA UNIFIED SCHOOL DISTRICT ATHLETICS

STUDENT-ATHLETE ELIGIBILTY PACKET

1108 Bissell Ave. Richmond, CA. 94804 510.231.1100

Note: The signed policy statements are to be maintained at each school. An Ejection Policy Notification Form is to be filed, according to the league policy, either the league commissioner or with the North Coast Section.

AGREEMENT FOR STUDENT-ATHLETE & PARENT/GUARDIAN USE OF STERIODS

As a condition of membership in the California Interscholastic Federation (CIF), the Governing Board of the West Contra Costa Unified School District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids, dietary supplements, and/or other performance-enhancing supplements. CIF Bylaw 524 requires that all participating students and their parents/guardians sign this agreement.

By signing below, we agree that the student shall not use androgenic/anabolic steroids, dietary supplements, and/or other performance-enhancing supplements without the written prescription of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.

We recognize that under CIF Bylaw 200.D the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent guardian provides false or fraudulent information to the CIF.

We understand that the student's violation of the district's policy regarding steroids, dietary supplements, and/or other performance-enhancing supplements may result in discipline against the student, including, but not limited to, restriction from athletics, suspension, or expulsion.

Student Name: _____

Student Signature: _____ Date: _____

WEST CONTRA COSTA UNIFIED SCHOOL DISTRICT ATHLETICS

STUDENT-ATHLETE ELIGIBILTY PACKET

1108 Bissell Ave. Richmond, CA. 94804 510.231.1100

CONCUSSION INFORMATION SHEET

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 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 concussions may show up right after the injury or can take hours of days to fully appear. If you 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 on 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 incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizure or convulsions
- Any change in typical behavior or personality
- Loses consciousness

WEST CONTRA COSTA UNIFIED SCHOOL DISTRICT ATHLETICS

STUDENT-ATHLETE ELIGIBILTY PACKET

1108 Bissell Ave. Richmond, CA. 94804 510.231.1100

CONCUSSION INFORMATION SHEET

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

Student-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 student-athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after the 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 athletes will often under-report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for the student-athlete's safety.

If you think your child has suffered a concussion

Any student-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 student-athlete should continue for several hours. The new CIF Bylaws 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 the health care provider."

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

For current and up-to-date information on concussions:
https://www.cdc.gov/headsup/basics/return_to_sports.html

Student Name: _____

Student Signature: _____ Date: _____

WEST CONTRA COSTA UNIFIED SCHOOL DISTRICT ATHLETICS

STUDENT-ATHLETE ELIGIBILTY PACKET

1108 Bissell Ave. Richmond, CA. 94804 510.231.1100

STUDENT MEDIA CONSENT AND RELEASE FORM

Throughout the school year, students may be highlighted in efforts to promote WCCUSD activities and achievements. For example, students may be featured in materials to train teachers and/or increase public awareness of our schools through newspapers, radio, TV, the web, DVDs, displays, brochures, and other types of media.

It is understood that WCCUSD is not responsible for inappropriate content posted by my student or another person on any social media site that may be used in school (i.e. Facebook, Twitter, TikTok, Instagram, Reddit, Snapchat, Discord, WhatsApp, YouTube, etc.).

Parents will have the option to check one of the boxes on the Parent Consent Form

I hereby give permission for my student's name/image to appear in any newspaper, television show (news or any type of educational program), or through the Internet (video, blog, article) originating from WCCUSD school activities. The appearance could include name, photo, video, and/or resemblance. I also grant permission for the WCCUSD to publish positive, educational content created by my student (blogs, pictures, videos, etc.).

I do not give permission for my student to appear in any newspapers, television show, or through Internet materials originating from WCCUSD school activities.

Student Name: _____

Student Signature: _____ Date: _____

WEST CONTRA COSTA UNIFIED SCHOOL DISTRICT ATHLETICS

STUDENT-ATHLETE ELIGIBILTY PACKET

1108 Bissell Ave. Richmond, CA. 94804 510.231.1100

FOR SCHOOL/DISTRICT USE ONLY

Checklist:	**YES**	**NO**
Verify address:	☐	☐
Verify GPA:	☐	☐
Verify units completed:	☐	☐
Medical card completed:	☐	☐
Verify insurance:	☐	☐
Steroid form Completed:	☐	☐
Transfer papers completed:	☐	☐
Concussion form completed:	☐	☐
NCS Ejection form completed:	☐	☐
Eligible to participate:	☐	☐

Athletic Director Signature: _____ Date: _____

Principal Signature: _____ Date: _____