



ATHLETIC FORMS PACKET

TABLE OF CONTENTS

	• Student Athlete & Parent/Guardian Guidelines	PG. 1-5
	• Agreement for Team Participation	PG. 6-7
	• Student Accident/Health Insurance Information	PG. 8
	• Heat-Related Illness Information	PG. 9-10
	• Concussion Advisement	PG. 11
	• Sudden Cardiac Arrest Information	PG. 12-13
	• Opioid Risk Information	PG. 14
	• Non-Sponsored Transportation Acknowledgment	PG. 15
	• Signature Page (Return to Coach)	PG. 15



IMPORTANT REMINDER

Before participating in any sport, students must have already completed a **Sports Tryout Permission Slip**, available from the school office or on our district website.



Student Athlete & Parent/Guardian Guidelines

Enterprise Elementary School District (EESD) recognizes the importance of athletics as an integral component of a student's complete educational development. We believe that all students should have an opportunity to participate in some form of interscholastic athletics and that such participation should encourage positive scholastic and social growth and achievement. All participants and teams will represent the school and community in a positive manner and will reflect the dedication and hard work that will be required to compete and be successful. Success will not be measured by records that are achieved by teams or individuals, but rather by the knowledge that each participant gave his/her best effort and prepared for each contest to the best of his/her ability. EESD recognizes that an effective athletic program is the product of responsible cooperation among the student-athlete, the coaching staff, the parents, and the administration.

SPORTSMANSHIP

Participation in the athletic program requires adherence to the highest standards of good sportsmanship. Aspects of good sportsmanship include ensuring fairness in competition and exhibiting respect for the people and institutions associated with athletic contests. 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 court/field, as positive role models who exemplify good character. Student athletes will be held responsible for their actions in all areas where their school and team is represented, on the court and in the classroom.

GENERAL BEHAVIOR

Behavior at contests, functions, practices, or while on any school campus is subject to all school rules. Profanity, unsportsmanlike conduct, throwing of equipment or any similar displays of disrespect to any person or institution will not be tolerated. Athletes accept responsibility for their actions both on and off the court/field. Defiant behavior and back-talk toward any coach, school official, or game official will also not be tolerated. Students who quit during the season or are removed for behavioral reasons may not be eligible to participate in the subsequent season sport without administrator approval.

Violations of the school's behavioral expectations may result in benching, the suspension or termination of the participation privilege and is within the sole discretion of the school administration.

EQUIPMENT

The Enterprise School District provides money to purchase and maintain proper equipment. Equipment is to be handled properly for financial reasons as well as to teach students responsibility.

1. All equipment/uniforms will be inventoried, numbered, and checked out by coaches.
2. Students are responsible for the security of their equipment and uniforms. In some cases, particularly with game uniforms, the replacement fee may be higher than the original purchase price because special processing and printing may be required to duplicate the uniform.
3. Students are expected to turn in the same piece(s) of equipment checked out to them.
4. Equipment should be returned in the same condition as it was received. Equipment and uniforms should be cleaned and washed before being returned. Students are expected to make arrangements to have torn or ripped clothing repaired prior to turning it in to the coach.
5. All equipment must be returned within one week of the last game.
6. Students must return or pay for all equipment before they can practice or participate.



PARENT/GUARDIAN GUIDELINES

The role of the parent in the education of a student is crucial. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school and in life.

At EESD we believe that the principles and value systems taught at home will echo at school and in the realm of athletic competition. We expect parents to help nurture an atmosphere of good sportsmanship. Respect, responsibility, compassion, and integrity are lifetime values taught through athletics. These are the principles of good sportsmanship and character. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

As a parent/guardian of a student-athlete at our school, your goals should include:

1. Promote a healthy lifestyle;
2. Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game;
3. Encourage our students to perform their best, just as we would urge them on with their class work;
 - Participate in positive cheers that encourage our student-athletes; discourage any cheers that would redirect that focus – including those that taunt and intimidate opponents, their fans and officials;
 - Learn, understand, and respect the rules of the game, the officials who administer them and their decisions;
 - Respect the task that our coaches face as teachers; and support them as they strive to educate our youth. Please do not approach a coach following a game if you need to discuss his/her decisions and or strategies. Wait until the following school day at a more appropriate time to discuss your concerns.
 - In grades 6-8, there is no rule regarding playing time. Playing time is at the sole discretion of the coach. Though our coaches care about developing each individual athlete and their skills, he/she will almost always make a decision based upon what is best for the TEAM and not individuals in game situations.
 - Respect our opponents as student-athletes, and acknowledge them for striving to do their best; and
 - Develop a sense of dignity and civility under all circumstances.

You can have a major influence on your student's attitude about academics and athletics. The leadership role you take will help influence on your child, and our community, for years to come.

Violation of the above parent/guardian guidelines could result in one or more of the following: a warning, removal from the venue, suspension, or further discipline to be decided by the administration.



JR. HIGH ONLY

SCHOOL/TEAM ATTENDANCE

Attending all classes is a high priority for all student-athletes. Students must attend 50% (minimum) of the school day, excluding lunch, in order to participate in practice or games that day (doctor's appointments excluded). An athlete must be present at all practices and games except for illness and family emergencies. Each athlete is personally responsible for notifying his or her coach prior to an absence whenever possible. Coaches will provide athletes with their contact information. An unexcused absence from practice or a game may result in a limitation or suspension of playing time. A pattern of unexcused absences from practices and/or games will ultimately result in the athlete's removal from the team.

ACADEMIC ELIGIBILITY

All student-athletes who wish to participate in an athletic activity at EESD ***must*** meet the following requirements:

1. Maintain a minimum "C" average (2.0 GPA) with no "F's" in their overall academic program for the progress report period prior to their participation and for each succeeding progress report period during participation.
 - a. Athletic grade checks will be conducted every three weeks during a trimester. Grade checks will be completed on Monday and eligibility issues will be reported to the coaches immediately following with the prohibition period beginning that Thursday and remaining in place until cleared. If a student athlete becomes ineligible they will be allowed to practice but not play in any games or dress
 - b. down. If a student athlete is put on prohibition twice in the same sports season, they will be removed from the
 - c. team.
2. Meet standards of satisfactory citizenship (responsibility).
3. Have a satisfactory attendance record as defined by board policy.



AGREEMENT FOR TEAM PARTICIPATION

This Agreement must be read and the Signature Page must be signed for student participation.

In consideration of the Student's ability to participate on a Team [including any Sport, Cheerleading or Dance], including try-outs, practices, pre-season or seasonal strength or training sessions or training camps, or actual participation in Team events, shows, performances, or competitions, or the traveling to or from any of these activities ("Team Activities"), the Student and Parent/Legal Guardian ("Adult") signing this Agreement agree as follows:

It is a privilege, not a right, to participate in extracurricular activities, including Team Activities. The privilege may be revoked at any time, for any reason that does not violate Federal or State law or District policies or procedures. There is no guarantee that the Student will make a Team, remain on a Team, or actively participate in Team events, shows, performances, or competitions. Such matters shall remain exclusively within the judgment and discretion of the supervising District employee or volunteer coach. The Student and the Adult understand the nature of the Team, including the inherent or potential risks of Team Activities. The Student is in sufficiently good health and physical condition to participate in Team Activities, and voluntarily wishes to participate in Team Activities. Before participating in any Team Activity, a Concussion Head Injury Advisement and Sudden Cardiac Arrest Acknowledgment shall be signed and submitted to the school office (valid for one academic year, Fall/Winter/Spring Activities).

The Student shall comply with the instruction and directions of Team Activity teachers, coaches, supervisors, chaperones, and instructors. During the Student's participation in Team Activities, as well as academic and/or other school activities, the Student shall comply with all applicable Codes of Conduct. The Student shall also generally conduct himself/herself at all times in keeping with the highest moral and ethical standards so as to reflect positively on himself/ herself, the Team and the District. Failure to meet these obligations may, in the discretion of the District, result in removal from the Team and/or Team Activities. Should the Student's violation of these obligations result in bodily injury or property damage, the Adult agrees to (a) pay to restore or replace the damaged property, (b) pay for bodily injury damages to an individual, and (c) defend, protect and hold the District harmless from such claims. Team Activities contain potential risks of harm or injury, including harm or injury that may lead to permanent or serious physical injury to the Student, including paralysis, brain injury, or death ("Injuries"). Injuries might arise from the Student's actions or inactions, the actions or inactions of another Student or participant in a Team Activity, or the actual or alleged failure by District employees, agents or volunteers to adequately coach, train, instruct, or supervise Team Activities.

Injuries might also arise from an actual or alleged failure to properly maintain, use, repair, or replace physical facilities or equipment available for Team Activities. Injuries might also arise from undiagnosed, improperly diagnosed, untreated, improperly treated, or untimely treated actual or potential physical conditions or Injuries, whether or not caused by or related to the Student's participation in Team Activities. All such risks are deemed to be inherent to the Student's participation in Team Activities. To the fullest extent allowed by law, the Student and Adult therefore also fully assume all such risks and waive and release any potential future claim they might otherwise have been able to assert against the District and any Board Member, employee, agent, or volunteer of the District ("Released Parties"), including any claim that could otherwise have been made on behalf of the Student or any parent, administrator, executor, trustee, guardian, assignee or family member. The Student and Adult further understand that Team Activities and transportation to and/or from Team Activities are "field trips" for which there is immunity from liability pursuant to Education Code Section 35330.



If the Student believes that an unsafe condition or circumstance exists, or otherwise feels or believes that continued participation in a Team Activity might present a risk of Injury, the Student will immediately discontinue further participation in the Team Activity, notify School personnel of the Student's belief, and notify a parent or guardian of the Student's belief. The parent or guardian shall thereafter prevent the Student from participating in the Team Activity until the unsafe condition or circumstance is addressed or remedied to their satisfaction. Emergency medical information regarding the Student is on file with the District and is current. The Adult agrees to provide updated medical information during the course of the Student's participation in Team Activities. If an injury or medical emergency occurs during Team Activities, District employees, agents or volunteers have my express permission to administer or to authorize the administration of urgent or emergency care, including the transportation of the Student to an urgent care or emergency care provider. In such circumstances, notice to me and/or the Emergency Contact of the injury or medical emergency may be delayed. Therefore, any urgent or emergency care provider has my express authority to conduct diagnostic or anesthetic procedures, and/or to provide medical care or treatment (including surgery), as they may deem reasonable or necessary under all existing circumstances. All costs and expenses associated with such care are solely my responsibility. An Adult can only withhold this authorization by filing an Objection to Medical Care (Education 49407) that is based on their personally held religious beliefs.

Education Code Section 32221.5 requires us to notify you that: Under state law, school districts are required to ensure that all members of school athletic teams have accidental injury insurance that covers medical and hospital expenses. This insurance requirement can be met by the school district offering insurance or other health benefits that cover medical and hospital expenses. Some pupils may qualify to enroll in no-cost or low-cost local, state, or federally sponsored health insurance programs. Information about these programs may be obtained by calling the District. Education Code Section 32221 requires that such insurance cover medical and hospital expenses resulting from bodily injuries in one of the following amounts: (a) a group or individual medical plan with accident benefits of at least \$200 for each occurrence and major medical coverage of at least \$10,000, with no more than \$100 deductible and no less than 80% payable for each occurrence; (b) group or individual medical plans which are certified by the Insurance Commissioner to be equivalent to the required coverage of at least \$1,500; or (c) at least \$1,500 for all such medical and hospital expenses. You may meet this obligation in one of two ways:

Option 1: Private medical insurance/or Medical. The Adult agrees that the Student is covered, and will remain covered during the length of the Team season and that coverage exists in the amounts required by Section 32221.

Option 2: Purchase insurance meeting the requirements of Section 32221, for the period during which the Student is participating on the Team, through a coverage provider made available through the District [please contact the District to gain additional information regarding this program or see attached brochure]. If you are financially unable to pay for such, and if no other alternate funding is available through private or charitable organizations, the District will obtain financing for, or provide, the required coverage.

This Agreement is to be broadly construed to enforce the purposes and agreements set forth above, and shall not be construed against the Released Parties solely on the basis that this Agreement was drafted by the District. If any part of this Agreement is deemed invalid or ineffective, all other provisions shall remain in force. No oral modification of this Agreement, or alleged change or modification of its terms by subsequent conduct or oral statement, is allowed. This Agreement contains the sole and exclusive understanding of the parties, with no other representation relied upon by the Adult or Student in determining whether to execute this Agreement or in agreeing to participate in Team Activities.



Student Accident/Health Insurance Information

STUDENT ACCIDENT INSURANCE / HEALTH INSURANCE 2026-2027 School Year

Dear Parents:

The Enterprise Elementary School District **does not provide medical, accident or dental insurance** for pupils injured on school premises or through school activities. In accordance with Education Code Section 49472, the District is making available a low cost medical/dental accident insurance program, and we urge that serious consideration be given to these programs.

Accident Only Plans: The purpose of these plans is to provide assistance at a minimum cost to meet some of the expenses for accidental injury. The plans pay the first \$500.00 in benefits in addition to other insurance, which can help you meet your primary insurance deductibles and/or co-payments.

The plan costs are in the chart below. Please visit your Child's School Office to obtain a detailed brochure/application, or you may obtain one and sign up online at www.peinsurance.com (click on Products, then Student Insurance). Please read the Students Benefits Plan Brochure to select the plan that best meets your needs.

All Plans Are A ONE TIME ANNUAL Payment

Options		Low	High
At School Plan	Grades P-8	\$ 11.00	\$ 25.00
	Grades 9-12	\$ 24.00	\$ 54.00
24-Hr-a-Day Plan	Grades P-8	\$ 75.00	\$161.00
	Grades 9-12	\$ 92.00	\$192.00

Please see brochure for complete plan details.

Health Insurance Plans Pacific Educators can now assist people in applying for health insurance plans that meet the guidelines of the **Affordable Care Act** and help you avoid potential tax penalties. Some may **qualify for tax savings and government assistance.** We will be happy to help you get all the potential assistance/subsidies you are eligible for. Please call the number below or visit our website at www.peinsurance.com click 'products' and then 'health insurance.'

If you have further questions, please call Pacific Educators, Inc., at (800) 722-3365 or (714) 639-0962.

Heather Armelino
Superintendent

SEGURO ESTUDIANTIL CONTRA ACCIDENTES / SEGURO DE SALUD Año escolar 2026-2027

Estimados padres:

El Distrito Escolar Primario de Enterprise **no provee seguro médico o dental en caso de accidentes** para alumnos lesionados en las instalaciones escolares o en actividades de la escuela. Para ayudarles a proveer cobertura para su estudiante, el distrito tiene un programa de seguro de accidente médico/dental disponible a bajo costo, es urgente que usted considere seriamente este programa.

Planes solamente de Accidente

El propósito de este plan es el de proveer ayuda a un costo mínimo para cubrir algunos de los gastos por accidente o lesión. El plan no provee cobertura ilimitada, pero ofrece ayuda considerable en caso de accidente.

El costo del plan se muestra a continuación. **Por favor visite la oficina de la escuela desu hijo para obtener un folleto/ solicitud detallado, o puede obtenerlo en Internet en el sitio web www.peinsurance.com (Seleccione en "Productos," (productos) después en "Student Insurance" (Seguro de estudiante). Por favor lea el folleto de Plan de beneficios estudiantiles para elegir el plan que mejor cumpla con sus necesidades.**

Todos los Planes son UNA VEZ Pago ANUAL

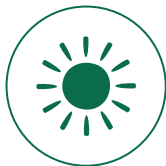
Opciones		Baja	Alta
Plan para la Escuela	Grados P-8	\$11.00	\$25.00
	Grados 9-12	\$24.00	\$54.00
Plan 24-Hr al día	Grados P-8	\$75.00	\$161.00
	Grados 9-12	\$92.00	\$192.00

Por favor, vea folleto para completar los detalles del plan

Los planes de seguros de salud Pacific Educators ahora pueden ayudar a las personas en la aplicación de los planes de seguros de salud que cumplan con las directrices de la Ley de Atención asequible y ayudarle a evitar posibles sanciones fiscales. Algunos podrán beneficiarse de los ahorros fiscales y asistencia del gobierno. Estaremos encantados de ayudarle a obtener todas las posibilidades de ayuda y las subvenciones que puede optar. Por favor, llame al número que aparece a continuación o visite nuestro sitio web en www.peinsurance.com haga clic en "productos" y luego "seguro de salud."

Si tiene preguntas, por favor llame a Pacific Educators, Inc., Student Accident Department al (800) 722-3365 o (714) 639-0962.

Heather Armelino
Superintendent



HEAT RELATED ILLNESSES:

Exposure to abnormal or prolonged amounts of heat and humidity without relief or adequate fluid intake can cause various types of heat-related illness. Children and teens adjust more slowly than adults do to changes in environmental heat. They also produce more heat with activity than adults, and sweat less. Sweating is one of the body's normal cooling mechanisms. Children and teens often do not think to rest when having fun and may not drink enough fluids when playing, exercising, or participating in sports.

HEAT RELATED ILLNESSES ARE ALL PREVENTABLE

There are several ways to prevent heat illness from occurring:

Adequate Hydration

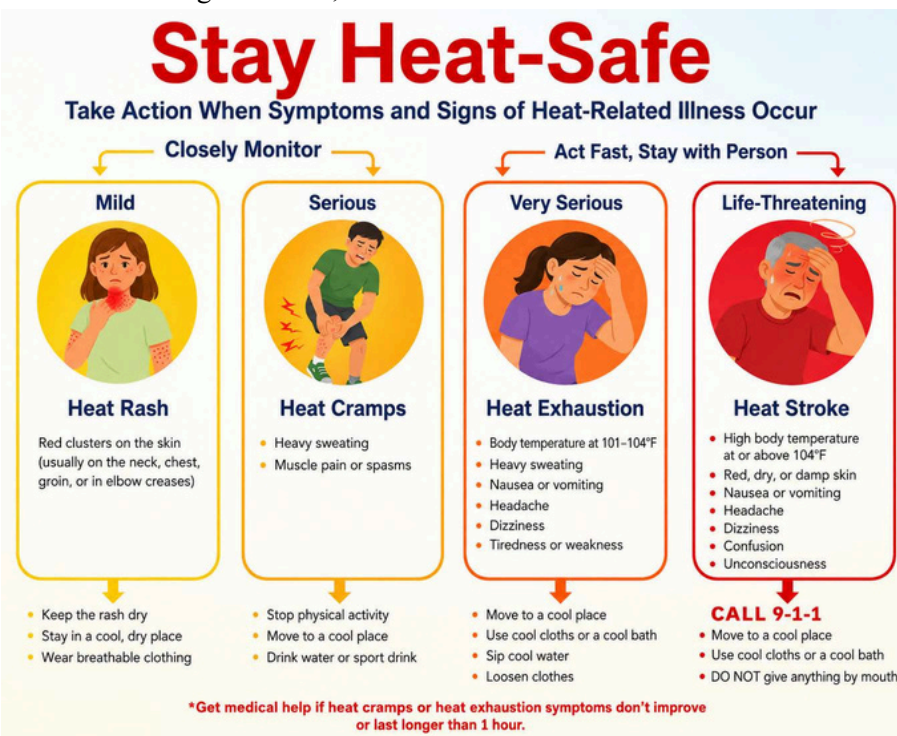
- The athlete should arrive to practices, games, and in-between exercise sessions well-hydrated to reduce the risk of dehydration
- Water should be freely accessible and water breaks should be given in the shade if available at least every 15-20 minutes and should be long enough to allow athletes to ingest adequate volumes of fluid. Unnecessary equipment should be removed during breaks.

Gradual Acclimatization

- Intensity and duration of exercise should be gradually increased over a period of 7-14 days to give athletes time to build fitness levels and become accustomed to practicing in the heat.
- Protective equipment should be introduced in phases.

Guidelines to prevent heat related illnesses:

- Drink plenty of fluids during vigorous or outdoor activities (including sunbathing), especially on hot days. Drinks of choice include water and sports drinks; avoid fluids with caffeine, such as tea, coffee, and cola, as these can lead to dehydration.
 - Make sure your child dresses in light-colored, lightweight, tightly-woven, loose-fitting clothing on hot days.
 - Schedule vigorous activity and sports for cooler times of the day. Take rest periods in shady or cool areas.
 - Make sure your child is protected from the sun and wears a hat and sunglasses. Use a sunscreen that is at least SPF (sun protection factor) 15.
 - Increase time spent outdoors gradually to get your child's body used to the heat.
 - Teach children to take frequent drink breaks and "wet down" or mist themselves with a spray bottle to avoid becoming overheated.
 - Try to spend as much time indoors as possible on very hot and humid days.
- Teach your child to warm-up and cool-down before and after exercising.
If your child has a medical condition or is taking medicine, consult his or her doctor for further advice for preventing heat-related illnesses.





Concussion Advisement Information

CONCUSSION [EC§49470-49475] A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even what seems to be a mild bump or blow to the head can be serious. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the initial injury. In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. Signs and symptoms include: headache, nausea or vomiting, dizziness, balance difficulties, double or blurred vision, sensitivity to light and/or noise, feeling sluggish, hazy, foggy or groggy, difficulty concentrating, confusion or memory difficulties, or not “feeling right.”

School districts that offer an athletic program must provide families of intended athletes written information on concussion and head injury (EC 49470-49475). Coaches must remove an athlete suspected of a concussion or head injury from a game or practice until cleared medically to return to play/practice. Written notification of clearance, signed by a healthcare professional must be submitted to the coach and copied to the athletic program director. A gradual schedule of return spanning no less than seven days will be implemented. The athlete should remain under the supervision of the licensed health care provider and continue to be monitored by the coaching staff. The athlete should notify the coaching staff and the health care provider if any ongoing or newly developing signs and symptoms of concussion or head injury are identified.

If a coach/supervising individual identifies, or an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be removed from practice/play for the remainder of the day. Do not judge the severity of the injury. Once removed the athlete should promptly receive medical evaluation by a licensed health care provider, even if the student does not immediately describe or show physical symptoms. If they exhibit any of the following danger signs: loss of consciousness, appear dazed or confused, present with difficulty with balance, memory, or has behavioral changes, has unequal pupil size, is drowsy, or cannot be awakened, has a headache that gets worse, complains of weakness, numbness, is vomiting or is nauseous, or has slurred speech or seizures, they should receive immediate medical attention. Rest is the key to recovering from a concussion or head injury. The athlete should rest; avoid exercise and activities that involve a lot of concentration. Remember, concussions affect people differently. While most athletes recover quickly and fully, some will have symptoms that last for days, weeks, or even months. Remain observant.

Athletes and Parents/Guardians: Repeated concussions can increase the time it takes to recover. In rare cases, repeated concussions in young athletes can result in brain swelling or permanent damage to the brain. They can even be fatal. If you notice any signs and symptoms listed above following a blow, bump, or jolt to your head or body during a game or practice, notify your coach immediately.

SPORTS CONCUSSION AWARENESS			SAFE ATHLETES KNOW A concussion is brain injury with the potential to cause short- and long-term changes in brain function.
SYMPTOMS • Headache • Dizziness • Nausea • Sensitivity to light and/or sound • Difficulty concentrating	WHEN TO SIT OUT • Any suspected hit • Feeling “off” • Headache • Vision changes • Balance issues	WHEN TO SEEK HELP • Loss of consciousness • Worsening symptoms • Persistent confusion • Severe neck pain • Seizures	
Seek medical attention or call 911.			
NO GAME IS WORTH THE RISK TO YOUR BRAIN HEALTH.			



Keep Their Heart in the Game

Sudden Cardiac Arrest Information for Athletes & Parents/Guardians

What is sudden cardiac arrest?

When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

How common is sudden cardiac arrest in the United States?

As the leading cause of death in the U.S., there are more than 300,000 cardiac arrests outside hospitals each year, with nine out of 10 resulting in death. Thousands of sudden cardiac arrests occur among youth each year, as it is the #1 killer of student athletes and the leading cause of death on school campuses.

Who is at risk for sudden cardiac arrest?

SCA is more likely to occur during exercise or physical activity, so student-athletes are at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think they're out of shape and need to train harder, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA.

What should you do if your student-athlete is experiencing symptoms?

We need to let student-athletes know that if they experience any SCA-related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a physician, surgeon, nurse practitioner or physician assistant. If the athlete has any of the SCA risk factors, these should also be discussed with a doctor to determine if further testing is needed. Wait for your doctor's feedback before returning to play, and alert your coach, trainer and school nurse about any diagnosed conditions.

Recognize the Signs & Risk Factors

Tell Your Coach and Consult Your Doctor if These Conditions are Present in Your Student-Athlete

Potential Indicators That SCA May Occur

- D Fainting or seizure, especially during or right after exercise
- D Fainting repeatedly or with excitement or startle
- D Excessive shortness of breath during exercise
- D Racing or fluttering heart palpitations or irregular heartbeat
- D Repeated dizziness or lightheadedness
- D Chest pain or discomfort with exercise
- D Excessive, unexpected fatigue during or after exercise

Factors That Increase the Risk of SCA

- D Family history of known heart abnormalities or sudden death before age 50
- D Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- D Family members with unexplained fainting, seizures, drowning or near drowning or car accidents
- D Known structural heart abnormality, repaired or unrepaired
- D Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks, diet pills or performance-enhancing supplements

Cardiac Chain of Survival

On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delayed in attending to a sudden cardiac arrest victim decreases the chance of survival by 10%. Everyone should be prepared to take action in the first minutes of collapse.

Recognition of Sudden Cardiac Arrest

Victim is collapsed, unresponsive and not breathing, even if gasping, gurgling, exhibiting breathing noises or seizure-like activity.

Call 9-1-1

Follow emergency dispatcher's instructions.
Call any on-site Emergency Responders.

Hands-Only CPR

Begin CPR immediately. Hands-only CPR involves fast and continual two-inch chest compressions-about 100 per minute.

Defibrillation

Immediately retrieve and use an automated external defibrillator to restore the heart to its normal rhythm. Follow step-by-step audio instructions from the AED.

Advanced Care

Designate a bystander to direct EMS to the victim for quick transfer to the hospital.

Cardiac Chain of Survival Courtesy of Parent Heart Watch



Keep Their Heart in the Game

Sudden Cardiac Arrest Information for Athletes & Parents/Guardians

What is an AED?



An automated external defibrillator (AED) is the only way to save a sudden cardiac arrest victim. An AED is a portable, user- friendly device that automatically diagnoses potentially life-threatening heart rhythms and delivers an electric shock to re- store normal rhythm. Anyone can operate an AED, regardless of training. Simple audio direction instructs the rescuer when to press a button to deliver the shock, while other AEDs provide an automatic shock if a fatal heart rhythm is detected. A res- cuer cannot accidentally hurt a victim with an AED—quick action can only help. AEDs are designed to only shock victims whose hearts need to be restored to a healthy rhythm. Check with your school for locations of on-campus AEDs.

What are we doing to help protect student athletes?

The State of California passed the Eric Paredes Sudden Cardiac Arrest Prevention Act in 2016 to protect K-12 students participating in school-sponsored athletic activities. New policy adds sudden cardiac arrest (SCA) training to coach certification, and new protocol that empowers coaches to remove from play a student-athlete who exhibits fainting—the number one warning sign of a potential heart condition, and potentially for other conditions if they are believed to be cardiac related. A student-athlete who has been removed from play after displaying signs or symptoms associated with SCA may not return to play until he or she is evaluated and cleared by a licensed health care provider. Parents, guardians, caregivers and adults involved in athletic activities are urged to dialogue with student-athletes about potential warning signs and risk factors and be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency.

I have reviewed and understand the symptoms and warning signs of SCA and the new protocol to incorporate SCA prevention strategies into my/my student's sports program or activity.

For more information about Sudden Cardiac Arrest

California Department
of Education
cde.ca.gov

Eric Paredes Save A
Life Foundation
epsavealife.org

California Interscholastic
Federation (CIF)
cifstate.org

National Federation of High Schools Free
20-Min. Training Video For Coaches, Parents or
Anyone Involved in Student Sports Activities
nfhslearn.com/courses/61032



STAY INFORMED. STAY SAFE. STAY IN THE GAME.

OPIOID FACTS

KNOW THE FACTS. PROTECT YOUR FUTURE.



Opioids are a class of drugs that can be prescribed by a doctor or found illegally. They can be very harmful—even deadly—especially when misused. Make smart choices to protect your health and your future.

WHAT ARE OPIOIDS?

Opioids are a group of drugs that affect the brain and body to reduce pain. They include:



PRESCRIPTION OPIOIDS

e.g., Oxycodone, Hydrocodone, Codeine, Morphine

Only use as prescribed by a doctor.



SYNTHETIC OPIOIDS

e.g., Fentanyl

Much stronger than prescription opioids and often illegally made.



HEROIN

An illegal opioid that can be highly addictive and dangerous.

THE FACTS



Opioids can change how your brain works.

Misuse can lead to dependence, addiction, and overdose.



Overdose can happen in seconds.

It can slow or stop your breathing and be fatal.



Anyone can be at risk.

It can happen to anyone—teens, athletes, and even first-time users.



It's not worth the risk.

Protect your body, your goals, and your future.

KNOW THE RISKS

- ✗ Taking opioids not prescribed to you
- ✗ Taking more than prescribed
- ✗ Mixing opioids with alcohol or other drugs (including benzodiazepines)
- ✗ Using opioids for a "high"
- ✗ Using alone – no one to help if something goes wrong



NALOXONE SAVES LIVES

Naloxone (Narcan®) can reverse an opioid overdose. It's safe, easy to use, and can save a life. Ask a coach, nurse, or trusted adult where to find it.

PROTECT YOUR TEAM. PROTECT YOURSELF.



TALK ABOUT IT

It's okay to ask questions or talk to someone you trust.



MAKE SMART CHOICES

Don't use opioids without a prescription. Follow your doctor's instructions.



LOOK OUT FOR YOUR TEAMMATES

If you think someone is struggling, speak up and get help.



FOCUS ON YOUR GOALS

Your health today affects your performance tomorrow and your future.

GET HELP.
YOU ARE
NOT ALONE.



TALK TO SOMEONE

Coach, athletic trainer, school nurse, counselor, or a trusted adult.



NEED SUPPORT NOW?

Call or text 988
Suicide & Crisis Lifeline
Available 24/7



LEARN MORE

Visit www.cdc.gov/opioids
for facts and resources.



YOUR HEALTH. YOUR TEAM. YOUR FUTURE.



MAKE GOOD CHOICES TODAY. BE THE ATHLETE AND PERSON YOU WANT TO BE TOMORROW.



Signature Page

RETURN THIS PAGE ONLY

Please sign below and return this page only. All information must be filled in, including the insurance policy number. This page is due back to the coach by _____.

Today's Date: _____

Student Name: _____ Parent/Guardian Name: _____

Address: _____

Grade: _____ Date of Birth: _____

Telephone: _____ Email: _____

Medical Insurance Provider: _____

Policy Number: _____

Emergency Contact: _____ Phone Number: _____



Non-Sponsored Transportation Acknowledgment

The undersigned hereby acknowledges and understands that the District is ***NOT*** providing transportation to school sponsored activities and that it is the responsibility of the undersigned to arrange for transportation and that the undersigned acknowledges that the driver is not driving on behalf of or as an agent of the District. It is fully my understanding that the District is in no way responsible, nor does the District assume liability for any injuries or losses resulting from the non-district sponsored transportation.

I acknowledge that I have carefully read the following and that I understand and agree to:

- ☐ Student Athlete and Parent/Guardian Guidelines
- ☐ Agreement for Team Participation
- ☐ Student Accident Insurance/Health Insurance
- ☐ Heat Related Illness Information
- ☐ Concussion Advisement
- ☐ Sudden Cardiac Arrest Information
- ☐ Opioid Risk Information
- ☐ Non-Sponsored Transportation Acknowledgment

Parent/guardian signature: _____

Student signature: _____