ROSELAND CHARTER SCHOOL

2026-2027 ATHLETIC HANDBOOK

PROCEDURE FOR COMPLETING ATHLETIC CLEARANCE:

The online athletic registration must be completed by the student's parent/guardian and student, approval of registration is REQUIRED by your athletic director prior to athletic participation. When the athletic director has completed the approval process, they will notify parent, student, and coach that they have been approved to participate in tryouts. **No student is allowed to participate in a tryout, practice, or athletic contest until clearance from the athletic director has been obtained.**

RAMS
https://sportsnethost.com/rams-parent

RUP
https://sportsnethost.com/rup-parent

In order to participate in athletics your student must:

- Have at least a 2.0 GPA ("c" average) in all courses from their previous grading period and maintain at least a 2.0 GPA throughout the season(s) of sport(s)
- Have their online registration completed on SportsNet - both the athlete and parent must complete the registration together
    - For returning students, the registration opens in June 2026
    - For new students, the registration opens in mid-July 2026
- **Have a physical form signed by a doctor, nurse practitioner, or osteopath prior to tryouts and upload a copy of the physical to SportsNet.**
- *Be in attendance at their pre-season team sports meeting (dates to be determined).*

PHYSICAL EXAMINATION INFORMATION:

The physical Examination must be dated **June 1 or later for the current school year.** The physical examination is valid until July 1 of the same school year (i.e., A physical examination for the 2026-27 school year is valid until June 2026). The physical examination must be conducted by a medical doctor, nurse practitioner or osteopath. **Any physical performed by a Chiropractor will not be accepted.**

SPORTS TRANSPORTATION:

Due to budget constraints, we will be unable to provide busing to school sports games. This means that parents will need to provide transportation for their own students, or students with a valid driver's license and vehicle can transport themselves to sports games.

INSTRUCTIONS FOR REGISTERING YOUR ATHLETE ON SPORTSNET INC.

SportsNet Inc. provides secure online registration services for school athletic programs. Below are instructions for creating a parent/guardian user account and registering one or more athletes at Roseland Charter Schools.

Creating an Account

Please visit the correct registration page based on your student's school enrollment and follow the instructions below:

- **RAMS Parent: https://sportsnethost.com/rams-parent**
- **RUP Parent: https://sportsnethost.com/rup-parent**
  - ➢ Click the Create an Account link near the bottom of the screen
  - ➢ Enter the required information and submit the form (required information is listed below)
  - ➢ Log in to the system with your email address and password
  - ➢ Follow the instructions inside the system

  Important: If you have created a parent account to register one of your children, you can register additional children with the same account. When registering additional children please make sure to select their corresponding school.

Before You Begin

Make sure you have the following prior to attempting to register your child:

- Your child's student identification number
- The exact spelling of your child's first and last name as it appears in official school records
- **A scanned copy of your child's completed Pre-Participation Physical Exam on your computer (to be uploaded during registration)**
- Your child's active health insurance coverage information, including the name of the provider and the policy ID

Registration Process

Be sure to carefully read the instructions on each screen and provide all required information. If you are unable to finish in a single session, the information you have already submitted will be saved and you can log back in at a later time to finish.

Important: The school will not receive your submission until you complete the entire process, ending with your final electronic signature on the last available screen. Be sure to check your email for a confirmation message after you have finished.

Athletic Clearance

Once you have completed the registration process, your athletic director will then review your child's application and confirm completion of the registration. Your child's athletic director will communicate with you if there are any issues with the application received. Once you receive the confirmation from your athletic director, the child is cleared to participate in the sport(s) selected based on the application.

Support

Please contact your child's school directly if you need specific information about your child's registration.
For general assistance, please email our support team at support@sportsnetinc.com.

STATE AND SECTION AFFILIATION AND SPORTS OFFERED

Roseland University Prep (RUP) is a member of the Coastal Mountain Conference, the North Coast Section, and California Interscholastic Federation. For more information on this conference please go to the following web addresses: http://www.cmc-sports.org, https://www.cifncs.org/landing/index & https://www.cifstate.org/landing/index

Roseland Accelerated Middle Schools (RAMS) is a member of the West County Athletics League.

Athletic Teams Sanctioned by Roseland Charter School		
Roseland University Prep Sports:		
Fall	**Winter**	**Spring**
Co-Ed Cross Country Co-Ed Football Co-Ed Cheer Girls' Volleyball	Boys' Basketball Girls' Basketball Boys' Soccer Girls' Soccer	Co-ed Badminton Boys' Volleyball
Official High School Fall season starting date: Monday, August 10, 2026	Official High School Winter season starting date: Monday, November 2, 2026	Official High School season starting date: Monday, February 8, 2027
Roseland Accelerated Middle School Sports:		
Fall (Aug. - Oct.)	**Winter** (dates vary see below)	**Spring**
Co-Ed Cross Country Girls' Basketball Boys' Flag Football	Girls' Volleyball (Nov. - Jan.) Boys' Basketball (Jan. - Mar.) Co-Ed Cheer (Nov. - March)	no sports

ACADEMIC REQUIREMENTS FOR EXTRACURRICULAR ACTIVITIES

Participation in extracurricular activities is a privilege. It is presumed that students who are representing the Roseland Charter District in various activities are maximizing the educational opportunities that are available to them. Continued eligibility for participation in extracurricular activities is contingent upon the student's maintaining scholastic eligibility as defined by the California Interscholastic Federation (CIF).

A. **Scholastic eligibility:** Students who intend to participate in athletics must meet Scholastic Eligibility guidelines:
    a. Must achieve an **unweighted** 2.0 grade-point average, on a 4.0 scale, in enrolled courses at the end of the conclusion of the previous grading period.
    b. The Roseland District's scholastic eligibility applies to all incoming ninth grade students. This means that incoming ninth graders must have a 2.0 GPA from their previous grading period as an eighth grade student.
    c. Students must be currently enrolled in at least 20 semester credits of work.
    d. C.I.F. rules require that semester grades be used to determine eligibility. Roseland Charter has determined that continued eligibility for Roseland University Prep and Roseland Collegiate Prep will be based on quarterly grades.
        i. This is the date on which all students become eligible and ineligible based on their officially posted grades in the immediately previous grading period. This day is identified as the "date of determination"
        ii. Grades cannot be changed following the grading period for purpose of addressing any deficiency in an individual student's scholastic eligibility

Grading Period	**Date of Determination** (grade check day)	**Participation Eligibility Dates**
Quarter 1 (Qtr 1)	First Friday following end of Qtr 1	Monday following the Qtr 1 Grade Check to Sem 1 grade check
Semester 1 (Sem 1)	First Friday following end of Winter Break	Monday following the Sem 1 Grade check to Qtr 3 grade check
Quarter 3 (Qtr 3)	First Friday following end of Spring Break	Monday following the Qtr 3 Grade Check to Sem 2 grade check
Semester 2 (Sem 2)	First Day of the upcoming Fall season - First Monday of August	First day of the upcoming Fall Season -First Monday of August to Qtr 1 grade check

e. Student/athletes must maintain a 2.0 GPA while passing 20 credits at each grading period to remain eligible during their season of sport.
f. Student/athletes **MUST** also be on track to graduate and have passed the number of credits established by the Roseland School District.
g. Student/athletes **MUST** attend a minimum of four hours of school on the day(s) of participation in their sport. If the athletic competition is to take place during the instructional day or some portion thereof, the student is to attend all classes up to the time of departure. **The student is responsible for any work missed during the day.**

Probationary Period: The CIF has approved a provision that allows students, who do not maintain minimal progress towards meeting graduation requirements and/or maintain a 2.0 Grade Point Average in the previous grading period, to remain eligible to participate in extra-curricular and co-curricular activities during a probationary period.

h. The probationary period may not exceed one grading period (Quarter).
i. Probationary periods cannot be used back-to-back.
j. A student can access only one probation per school year and a maximum of two probation periods during their four years in high school.
k. A student may access probation if he/she has:
    i. Achieved at least a 2.0 GPA, and passed four classes during the most recent grading period and is on track to graduate.
    ii. Achieved a 1.50-1.99 GPA during the previous grading period (before season of sport)
    iii. During the probationary period, school staff, in cooperation with the guardians and students, will develop and implement an academic plan to remediate the grade(s).
    iv. The probationary waiver needs to be signed by all parties involved and given to the athletic director.
    v. District eligibility policy applies to all incoming ninth grade students.
    vi. Any special case or extenuating circumstances surrounding disputed eligibility of a student shall be reviewed by the athletic director.
    vii. A student may access a second probationary period if the first one is fulfilled and all expectations are met. (Maximum of two per high school career)
    viii. If a student fails to complete or does not meet the expectations, they may not participate in extracurricular activities for the rest of the school year. (Freshman, sophomore, junior, senior)

ix. Students on probation must maintain a 2.0 average to participate in any extracurricular activities. Students will have to complete a bi-weekly progress report, failure to turn in a report may result in loss of extracurricular privileges.

NOTICE OF ATHLETIC TRANSFER RULES

TRANSFERRING SCHOOLS MAY AFFECT YOUR ATHLETIC ELIGIBILITY

Transferring from one school to another school may affect a student's athletic eligibility under NCS or CIF rules. It is your responsibility to see the school principal for a copy of the eligibility rules, or information where eligibility rules may be viewed. Students who transfer as a result of disciplinary action are subject to the conditions of Bylaw 209 and may be ineligible for one calendar year from enrollment in your new school.
All eligibility transfer information/applications must be true, correct, accurate, complete and/or not false or fraudulent. Go to www.cifncs.org for further information. Click on "Eligibility Transfer Information".

NOTICE ON SERIOUS, CATASTROPHIC, AND PERHAPS FATAL ACCIDENTS

Roseland Charter School provides an extensive athletic program and makes every effort to ensure that the program is educational, beneficial, and as safe as possible for students. Yet, by its very nature, competitive athletics may put students in situations in which SERIOUS, CATASTROPHIC, and perhaps FATAL accidents may occur.
Many forms of athletic competition result in physical contact among players, strenuous physical exertion, and the use of equipment that may result in accidents and numerous other exposures to risk of injury.
Student-athletes and their parents/guardians must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risks of injury. Just as driving an automobile involves choice of risk; athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated.
By granting permission for your student to participate 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 utilization, and must refrain from improper uses and techniques.
I understand and acknowledge that in order to participate in athletic activities, I agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities. I also understand, acknowledge and agree that the District, its employees, officials, agents or volunteers shall not be held liable for injuries/illnesses suffered incidental to and/or associated with preparing for and/or participating in athletic activities. I further waive, release and discharge them from any further claims, demands, obligations, or causes of action for any injury/illness or property damage suffered by my son/daughter arising as a result of engaging or receiving instruction in said activity that is incidental thereto.
If any of the foregoing is not completely understood, please contact your school principal for further information.

CITIZENSHIP STANDARDS AND SERIOUS INFRACTIONS

The following policies apply to all students involved in extracurricular activities. If you have any questions, please talk to your coach, athletic director, or the administrator at your school who oversees the athletic program.

CITIZENSHIP STANDARDS

1. While there are citizenship standards applicable to all students, higher standards are expected of student athletes because the community and other students recognize these students as models and leaders.
    a. Any student who commits a violation of Education Code 48900 that results in suspension could be removed from participation on any athletic team they currently reside. Team rules and expectations are reviewed by coaches at preseason meetings for parents and students. (See your school handbook or Board Policy for a list of suspension offenses.) (See the Roseland Website (http://www.roselandsd.org/District/3688-Charter-Policies.html).

b. Prior to the imposition of penalties as described above, the parent/guardian and student will be provided an opportunity to have a conference with school officials to present their side of the case and to comment on the offense and penalty involved.
c. Each district school and each coach/athletic director is authorized to seek and enforce reasonable standards of conduct and reasonable penalties for violation thereof. These must be in writing and are subject to the approval of the school athletic director and the principal or designee.
d. <u>In order to be eligible to practice or participate in an activity on any school day, participants must be in school for a full day. Exceptions to this rule will be allowed in unusual cases if cleared through the school principal or designee. Advance notice is preferred, if possible.</u>
e. Students must not play on an "outside" team in the same sport while participating in the high school season of sport. Students may practice with the outside team, but may not play in scrimmages or contests. CIF Exception: it is permissible for a female student to compete on an outside soccer team during the Fall Soccer Season, because the NCS Season of Sport is in the winter.

2. It is the responsibility of the principal or designee to insure that:
    a. Each coach/activity sponsor reviews these regulations with each team/club/group at the beginning of each sport or activity each year.
    b. Effort is made to notify students and parents/guardians of these regulations annually in writing.

<u>SERIOUS INFRACTIONS -- EDUCATION CODE 48900</u>

1. Infractions of Education Code 48900 for which students may be suspended are listed in the Parental Annual Notice in the section “Excerpts From California Education Code”.
2. A pupil may be suspended or expelled for acts listed in Education Code 48900 and related to school activity or attendance which occur at any time, including, but not limited to, any of the following:
    a. While on school grounds.
    b. While going to or coming from school.
    c. During the lunch period, whether on or off the campus.
    d. During, or while going to or coming from, a school sponsored activity.
3. Regarding eligibility to participate in athletics/activities, a student is automatically reinstated after 25 school days from the day he or she is suspended.

<u>HAZING</u>

Education Code 32050

As used in this article, "hazing" includes any initiation or pre-initiation into a student organization or any pastime or amusement engaged in with respect to such an organization, which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any student or other person attending any school, community college, college, university, or other educational institution in this state; but 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.

Roseland Charter School Board Policy

No student shall conspire in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily physical harm or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person. Persons violating this policy shall be subject to district discipline, misdemeanor penalties, and forfeiture of entitlements.

ANABOLIC STEROIDS AND ILLEGAL DRUGS

As a condition of membership in the California Interscholastic Federation (CIF) and the governing board of the Roseland Charter School a Board Policy prohibiting the use of anabolic steroids and illegal drugs. CIF Bylaw 524 requires that all participating students and their parents/guardians sign an agreement.

Student-athletes and parents/guardians recognition of this requirement is an agreement that the student-athlete not use androgen/anabolic steroids or other illegal drugs without a written prescription of a fully licensed physician as recognized by the American Medical Association, to treat a medical condition.

Student-athletes must also recognize that under CIF Bylaw 200.D, the student may be subject to penalties if the student or parent/guardian provides false or fraudulent information to the CIF, NCS, CMC, WCAL, or Roseland Charter School including ineligibility for any CIF competition. The Roseland Charter School policy regarding the use of illegal drugs will be enforced for any violations of these rules which will result in disciplinary measures for the student. These measures may include, but are not limited to, restriction from athletics, suspension or expulsion.

UNIFORM GUIDANCE

Students that play sports must return the uniforms used for that particular sport within two weeks after the end of the season. The uniforms must be washed and cleaned prior to returning to the Athletic Director. Any tears, rips, or lost uniforms must be paid for by the person who checked the uniform out for the season.If the student has not returned a uniform(s) or paid what they owe then they will forfeit the opportunity to participate in school activities and/or participate with any extracurricular club or athletic team. Including, but not limited to: school dances, athletic teams, intramural sports, field trips and graduation ceremony. The school may also withhold grades, transcripts, and diplomas. Limits to participation may roll over into the following school year until uniforms are returned or the replacement fee is paid.

Student-athletes must keep the uniform number they are assigned at the beginning of the season and at no time may they change their uniform with a teammate without permission of the coach. The Athletic Director must be notified either by the athlete or coach if changes are made.

ROSELAND CHARTER SCHOOLS CODE OF CONDUCT FOR INTERSCHOLASTIC STUDENT-ATHLETES

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, responsibility, 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

A. **Trustworthiness**-- be worthy of trust in all I do.
B. **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.
C. **Honesty**—live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
D. **Reliability**—fulfill commitments; do what I say I will do; be on time to practices and games.
E. **Loyalty**— be loyal to my school and team; put the team above personal glory.

RESPECT

A. **Respect**-- treat all people with respect all the time and require the same of other student-athletes.
B. **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 sincere respect in pre- and post-game rituals.
C. **Disrespectful Conduc**t --do not 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.
D. **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

A. **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 academically or the character to represent their institution honorably.

B. **Role-Modeling** -- Remember, participation in sports is a privilege, not a fight and that 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.
C. **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.
D. **Healthy Lifestyle** -- safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
E. **Integrity of the Game** -- protect the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS

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

CARING

A. **Concern for Others** -- demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to others or myself.
B. **Teammates** -- help promote the well being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

A. **Play by the Rules** – maintain a thorough knowledge of and abide by all applicable game and competition rules.
B. **Spirit of 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.

ROSELAND CHARTER SCHOOLS
CODE OF CONDUCT FOR PARENTS/GUARDIANS

The role of the parent/guardian in the education of a student is vital. The support shown in the home is often manifested in the ability of a student to accept the opportunities presented at the school. **Referees, Athletic Directors, and School Administration, may remove any spectator they feel is threatening, unduly negative, or creating a hostile and threatening environment.**

There is a value system - established in the school, nurtured in the school - that young people are developing. Their involvement in the classroom and other activities contributes to that development. Trustworthiness, citizenship, caring, fairness, and respect are some of the 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 relationships and graceful acceptance of results.

As a parent/guardian of a student-athlete attending a Roseland Charter School, your goals should include:

1. Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of an athletic contest.
2. Encourage our students to perform their best, just as you would urge them to excel with their classes.
3. Participate in positive cheers that encourage our student athletes while discouraging any cheers that would re-direct that focus including those that are meant to ridicule, embarrass, taunt, or demean an opponent or official.
4. Refrain from any activity before, during or after a contest that is meant to ridicule, embarrass, taunt, or demean and opponent or official.
5. Learn, understand and respect the rules of the game, the officials who administer them and their decisions.
6. Respect the task our coaches face as teachers and support them as they strive to educate our youth, both in life and learning more about themselves
7. Respect our athletic opponents as student- athletes and acknowledge them for striving to do their best.
8. 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 your child and our community for the years to come. In the end, sports played are just a game. It is a place where we allow others the opportunity to challenge themselves to improve their skills, motivate themselves to excel, learn more about themselves and develop life skills.

Pledge of Good Sportsmanship - "Victory with Honor"
Roseland Charter School has adopted the CIF/NCS "Victory with Honor" principles as a guideline for the promotion of good sportsmanship among athletes, coaches and spectators. We ask for your cooperation towards achieving the goal of making this district and its schools known as a place where we maintain a proper perspective, practice good sportsmanship, and acts of concern and respect.

GUIDELINES FOR GENDER IDENTITY PARTICIPATION

GENDER IDENTITY PARTICIPATION -

All students should have the opportunity to participate in CIF activities in a manner that is consistent with their gender identity, irrespective of the gender listed on a student's records. Once the student has been granted eligibility to participate in interscholastic athletics consistent with his/her gender identity, the eligibility is granted for the duration of the student's participation and does not need to be renewed every sports season or school year. All discussion and documentation will be kept confidential, and the proceedings will be sealed unless the student and family make a specific request.
NOTICE TO THE SCHOOL: The student and/or parents shall contact the school administrator or athletic director indicating that the student has a consistent gender identity different than the gender listed on the student's school registration records, and that the student desires to participate in activities in a manner consistent with his/her gender identity. For additional information on Gender Identity please see the Gender Diversity Toolkit online at www.ciftate.org (https://www.cifstate.org/coaches-admin/CA_Gender_Diversity_Toolkit.pdf)

PROCEDURE FOR MAKING A COMPLAINT AGAINST A COACH

Please note: All letters of complaint first made to the Roseland District Office will be automatically sent back to the school level for the athletic director and/or principal's attention.
If a problem arises concerning a member of the coaching staff regarding personal behavior, ethics, coaching practices or philosophy, a student or parent/guardian should follow the following procedure.

1. Every effort should be made to resolve a complaint at the earliest possible stage. The complainant should communicate directly to the coach in order to resolve concerns. It is recommended that the student approach the coach first in a respectful manner, before the parent/guardian intervenes. If for any reason the student does not feel comfortable communicating with the coach on the issue, the parent/guardian should approach the coach and discuss it with him/her. Please do not berate or abuse the coach at any time. If no agreement can be reached that is mutually agreed upon by both parties, proceed to step #2.
2. If a complaint is unable or unwilling to resolve the complaint directly with the coach, he/she may submit an oral or written complaint to the athletic director. Complainant must be submitted within a reasonable period of time not to exceed one month from the event giving rise to the complaint.
3. If a complaint is not resolved with the athletic director, it may then go to the principal for further action toward resolution. All complaints related to district personnel other than administrators shall be submitted in writing to the principal.

PROCEDURE FOR MAKING A COMPLAINT AGAINST UNSPORTSMANLIKE BEHAVIOR BASED ON DISCRIMINATION OR HARASSMENT AT AN INTERSCHOLASTIC EVENT

Please note: All letters of complaint first made to the Roseland District Office will be automatically sent back to the school level for the athletic director and/or principal's attention.

If you or someone is experiencing unsportsmanlike conduct based on discrimination or harassment at an interscholastic event, please submit a complaint to your athletic director and principal. The CIF recommends that whenever possible, that the complainant speak with his/her/their school administrator or the school district's local compliance coordinator regarding his/her/their complaint. The school site/school should investigate complaints of poor sportsmanship based on discrimination or harassment in a prompt and thorough manner. A complainant may choose to use the school district's or school site's applicable complaint form procedures in addressing matters of discrimination based on racial discrimination or harassment. The form can be found on our Roseland District Website in the Athletics webpage, here is the link https://www.roselandsd.org/educational-programs/athletics.

INSURANCE INFORMATION

California State Education Code Section 32221.5

"Under state law, school districts are required to ensure members of school athletic teams have accidental injury insurance that covers medical and hospital expenses resulting from accidental bodily injuries in one of the following amounts:

1. A group or individual medical plan with accidental benefits of at least two hundred dollars ($200) for each occurrence and major medical coverage of at least ten thousand dollars ($10,) with no more than one hundred dollars ($100) deductible and no less than eighty percent ($80) payable for each occurrence.
2. Group or individual medical plans which are certified by the Insurance Commissioner to be equivalent to the required coverage of at least one thousand, five hundred dollars ($1,500).
3. At least one thousand, five hundred dollars ($1,500) for all such medical and hospital expenses.

This insurance requirement can be met by the school district offering school insurance or other health benefits that cover medical and hospital expenses.

The insurance otherwise required by this section shall not be required for any individual team member or student who has such insurance or a reasonable equivalent of health coverage provided for him/her in any other way or manner, including, but not limited to, purchase by himself/herself or by the parent/guardian. This would include personal or family insurance.

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 1-800-427-8982."

Possible no-cost or low-cost local, state, or federally sponsored health insurance programs are as follows:

- California Kids/Partnership Health Plan – 1-800-467-8736
- Kaiser Permanente Child Health Plan – 1-800-819-1354
- Healthy Families Program – 1-800-880-5305
- Myers – Stevens & Toohey & Company Inc. - 1-800-827-4695
- Redwood Community Health Coalition – 544-6911 Ext. 1079
- Southwest Community Health Center – 547-2222 Ext. 106
- St. Joseph Health System of Sonoma County – 547- 2149
- Sutter Family Practice Center – 576-4497

PROSPECTIVE COLLEGE ATHLETE

What do I need to do and when?

Grade 9	Enroll in College Prep (P) level Courses, earn good grades, and register @ NCAA Eligibility Center Website. www.ncaa.org.
Grade 10	Continue Academic Plan as above and begin speaking to your coach about "good fit colleges" you can begin to reach out to.
Grade 11	1. Make sure your NCAA Eligibility Portal is updated 2. Make sure you are on course to meet core course requirements (verify you have the correct number of core courses and that the core courses are on your school's 48-H with the Eligibility Center). 3. Upon completion of the junior year, have your high school registrar send a copy of your transcript to the NCAA. If you have attended any other high school, make sure the transcript is sent to the Eligibility Center from each high school. 4. When registering for the ACT or SAT, request test scores to be sent to the Eligibility Center (code is "9999"). 5. Begin your amateurism questionnaire on your NCAA Portal. 6. Continue to send films and talk to "good fit colleges". 7. Formal and Informal visits to colleges arranged by the college coach.
Grade 12	1. Complete the amateurism questionnaire and sign the final authorization signature online on or after April 1, if you are expecting to enroll in college in the Fall Semester. If you are expecting to enroll in the Spring Semester, sign the final authorization signature on or after October 1 of the year prior to the enrollment. 2. Send a final transcript with proof of graduation to the College Eligibility Center. 3. Singing of letter of intent to D1 or D2 colleges. 4. Notify the front office or your Athletic Director if you sign a letter of intent.

ROSELAND PUBLIC SCHOOLS
"Destination College"

Roseland Charter Sports Health Notice - Communicable Diseases

HEALTH MONITORING AND ILLNESS REPORTING

I (and my student) agree to the following:

- To monitor for symptoms of communicable illness and stay home when sick, in accordance with public health guidance.
- To keep my student home from school and all school-related activities if they have symptoms that:
  - prevent meaningful participation, or
  - require care that cannot be provided without compromising the health and safety of others.
- To follow school district guidance for exclusion and return to school/activities, based on current recommendations from the California Department of Public Health and local county public health authorities.
- To notify the school (e.g., Athletic Director, coach, or school office) if my student has a diagnosed or suspected communicable disease, when reporting is recommended or required.
- To follow public health guidance for testing and/or medical evaluation when appropriate (e.g., for respiratory viruses or outbreak situations).

ILLNESS PREVENTION AND HEALTH PRACTICES

I (and my student) agree to the following:

- To practice good personal hygiene, including frequent handwashing and/or use of hand sanitizer.
- To follow respiratory etiquette (covering coughs and sneezes).
- To follow recommended preventive measures during periods of increased illness transmission, which may include masking or other strategies as advised by public health authorities.
- To support general prevention strategies such as staying up to date on immunizations, when applicable.

PUBLIC HEALTH GUIDELINES COMPLIANCE

I and my student understand and agree to the following:

- Participation in school activities requires adherence to current local, state, and federal public health guidance for communicable diseases.
- We agree to follow all school district policies and procedures, as well as guidance from the California Department of Public Health and local county health departments.
- We understand that guidance may change based on current public health conditions, and we agree to comply with updated requirements.
- We understand that schools may exclude students from participation when illness poses a risk to others, consistent with California Education Code.

GENERAL SYMPTOMS OF COMMUNICABLE ILLNESS

(Students should stay home if experiencing these symptoms):

- Fever or chills
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- New loss of taste or smell

Parent/Student CIF Heat Illness Information Sheet

WHY AM I GETTING THIS INFORMATION SHEET?

You are receiving this information sheet about Heat Illness because of California state law AB 2800 (effective January 1, 2019), now Education Code § 35179 and CIF Bylaws 22.B.(9) and 503.K (Approved Federated Council January 31, 2019):

1. *CIF rules require a student athlete, who has been removed from practice or play after displaying signs and symptoms associated with heat illness, must receive a written note from a licensed health care provider before returning to practice.*
2. *Before an athlete can start the season and begin practice in a sport, a Heat Illness information sheet must be signed and returned to the school by the athlete and the parent or guardian.*

Every 2 years all coaches are required to receive separate trainings about concussions (AB 1451), sudden cardiac arrest (AB 1639), and heat illness (AB 2800), as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).

WHAT IS HEAT ILLNESS AND HOW WOULD I RECOGNIZE IT?

Intense and prolonged exercise, hot and humid weather and dehydration can seriously compromise athlete performance and increase the risk of exertional heat injury. Exercise produces heat within the body and when performed on a hot or humid day with additional barriers to heat loss, such as padding and equipment, the athlete's core body temperature can become dangerously high. If left untreated, this elevation of core body temperature can cause organ systems to shut down in the body.

Young athletes should be pre-screened at their pre-participation physical evaluation for heat illness risk factors including medication/supplement use, cardiac disease, history of sickle cell trait, febrile or gastrointestinal illness, obesity, and previous heat injury. Athletes with non-modifiable risk factors should be closely supervised during strenuous activities in a hot or humid climate.

Sweating is one way the body tries to reduce an elevated core temperature. Once sweat (salt and water) leaves the body, it must be replaced. Water is the best hydration replacement, but for those athletes exercising for long periods of time where electrolytes may be lost, commercial sports drinks with electrolytes are available. Energy drinks that contain caffeine or other "natural" stimulants are not adequate or appropriate hydration for athletes and can even be dangerous by causing abnormal heart rhythms.

PREVENTION There are several ways to try to prevent heat illness:

ADEQUATE HYDRATION

Arrive well-hydrated at practices, games and in between exercise sessions. Urine appears clear or light yellow (like lemonade) in well-hydrated individuals and dark (like apple juice) in dehydrated individuals. Water/sports drinks should be readily available and served chilled in containers that allow adequate volumes of fluid to be ingested. Water breaks should occur at least every 15-20 minutes and should be long enough to allow athletes to ingest adequate fluid volumes (4-8 ounces).

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 (start with helmet, progress to helmet and shoulder pads, and finally fully equipped).

ADDITIONAL PREVENTION MEASURES

Wear light-colored, light-weight synthetic clothing, when possible, to aid heat loss. Allow for adequate rest breaks in the shade if available. Avoid drinks containing stimulants such as ephedrine or high doses of caffeine. Be ready to alter practice or game plans in extreme environmental conditions. Eat a well-balanced diet which aids in replacing lost electrolytes.

A **FREE** online course "Heat Illness Prevention" is available through the CIF and NFHS at https://nfhslearn.com/courses/61140/heat-illness-prevention.

Parent/Student CIF Heat Illness Information Sheet

HEAT EXHAUSTION

Inability to continue exercise due to heat-induced symptoms. Occurs with an elevated core body temperature between 97 and 104 degrees Fahrenheit.

- Dizziness, lightheadedness, weakness
- Headache
- Nausea
- Diarrhea, urge to defecate
- Pallor, chills
- Profuse sweating
- Cool, clammy skin
- Hyperventilation
- Decreased urine output

TREATMENT OF HEAT EXHAUSTION

Stop exercise, move player to a cool place, remove excess clothing, give fluids if conscious, COOL BODY: fans, cold water, ice towels, ice bath or ice packs. Fluid replacement should occur as soon as possible. The Emergency Medical System (EMS) should be activated if recovery is not rapid. When in doubt, CALL 911. Athletes with heat exhaustion should be assessed by a physician as soon as possible in all cases.

HEAT STROKE

Dysfunction or shutdown of body systems due to elevated body temperature which cannot be controlled. This occurs with a core body temperature greater than 107 degrees Fahrenheit. ***Signs observed by teammates, parents, and coaches include:***

- Dizziness
- Drowsiness, loss of consciousness
- Seizures
- Staggering, disorientation
- Behavioral/cognitive changes (confusion, irritability, aggressiveness, hysteria, emotional instability)
- Weakness
- Hot and wet or dry skin
- Rapid heartbeat, low blood pressure
- Hyperventilation
- Vomiting, diarrhea

TREATMENT OF HEAT STROKE

This is a MEDICAL EMERGENCY. Death may result if not treated properly and rapidly.

Stop exercise, Call 911, remove from heat, remove clothing, immerse athlete in cold water for aggressive, rapid cooling (if immersion is not possible, cool the athlete as described for heat exhaustion), monitor vital signs until paramedics arrive.

FINAL THOUGHTS FOR PARENTS AND GUARDIANS

Heat stress should be considered when planning and preparing for any sports activity. Summer and fall sports are conducted in very hot and humid weather across regions of California. While exertional heat illness can affect any athlete, the incidence is consistently highest among football athletes due to additional protective equipment which hinders heat dissipation. Several heatstroke deaths continue to occur in high school sports each season in the United States. Heatstroke deaths are preventable, if the proper precautions are taken.

You should also feel comfortable talking to the coaches or athletic trainer about preventative measures and potential signs and symptoms of heat illness that you may be seeing in your child.

I acknowledge that I have received and read the CIF Heat Illness Information Sheet.

Student-Athlete Name *Printed*	Student-Athlete *Signature*	Date
Parent or Legal Guardian Name *Printed*	Parent or Legal Guardian *Signature*	Date

Keep Their Heart in the Game

A Sudden Cardiac Arrest Information Sheet for Athletes and Parents/Guardians

What is sudden cardiac arrest?

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

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, as it is the #2 cause of death under 25 and the #1 killer of student athletes during exercise.

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.

FAINTING is the #1 SYMPTOM OF A HEART CONDITION

What should you do if your student-athlete is experiencing any of these 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 primary care physician. 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.

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 restore 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 rescuer cannot accidently 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.



The Cardiac Chain of Survival

On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delay 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.

Early Recognition of Sudden Cardiac Arrest



Collapsed and unresponsive.
Gasping, gurgling, snorting, moaning or labored breathing noises.
Seizure-like activity.

Early Access to 9-1-1



Confirm unresponsiveness.
Call 9-1-1 and follow emergency dispatcher's instructions.
Call any on-site Emergency Responders.

Early CPR



Begin cardiopulmonary resuscitation (CPR) immediately. Hands-only CPR involves fast and continual two-inch chest compressions—about 100 per minute.

Early Defibrillation



Immediately retrieve and use an automated external defibrillator (AED) as soon as possible to restore the heart to its normal rhythm. Mobile AED units have step-by-step instructions for a bystander to use in an emergency situation.

Early Advanced Care



Emergency Medical Services (EMS) Responders begin advanced life support including additional resuscitative measures and transfer to a hospital.

Cardiac Chain of Survival Courtesy of Parent Heart Watch

Keep Their Heart in the Game

Recognize the Warning Signs & Risk Factors of Sudden Cardiac Arrest (SCA)

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

Potential Indicators That SCA May Occur

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

Factors That Increase the Risk of SCA

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

What is CIF doing to help protect student-athletes?

CIF amended its bylaws to include language that adds SCA training to coach certification and practice and game protocol that empowers coaches to remove from play a student-athlete who exhibits fainting—the number one warning sign of a potential heart condition. A student-athlete who has been removed from play after displaying signs or symptoms associated with SCA may not return to play until he or she is evaluated and cleared by a licensed health care provider. Parents, guardians and caregivers are urged to dialogue with student-athletes about their heart health and everyone associated with high school sports should be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency.

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

STUDENT-ATHLETE SIGNATURE	PRINT STUDENT-ATHLETE'S NAME	DATE
PARENT/GUARDIAN SIGNATURE	PRINT PARENT/GUARDIAN'S NAME	DATE

For more information about Sudden Cardiac Arrest visit

California Interscholastic Federation
http.www.cifstate.org

Eric Paredes Save A Life Foundation
http:www.epsavealife.org

National Federation of High Schools
(20-minute training video)
https://nfhslearn.com/courses/61032

Concussion
INFORMATION SHEET

CDC HEADS UP
SAFE BRAIN. STRONGER FUTURE.

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.

Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*

CDC

cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to cdc.gov/HEADSUP

CDC HEADS UP

Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

- ○ I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

  Athlete's Name Printed:_____ Date:_____

  Athlete's Signature:_____

- ○ I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

  Parent or Legal Guardian's Name Printed:_____ Date:_____

  Parent or Legal Guardian's Signature:_____

Revised January 2019

PRESCRIPTION OPIOIDS: WHAT YOU NEED TO KNOW

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

WHAT ARE THE RISKS AND SIDE EFFECTS OF OPIOID USE?

Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. An opioid overdose, often marked by slowed breathing, can cause sudden death. The use of prescription opioids can have a number of side effects as well, even when taken as directed:

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



receiving prescription opioids long term in a primary care setting struggles with addiction.

* Findings from one study

RISKS ARE GREATER WITH:

- History of drug misuse, substance use disorder, or overdose
- Mental health conditions (such as depression or anxiety)
- Sleep apnea
- Older age (65 years or older)
- Pregnancy

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

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

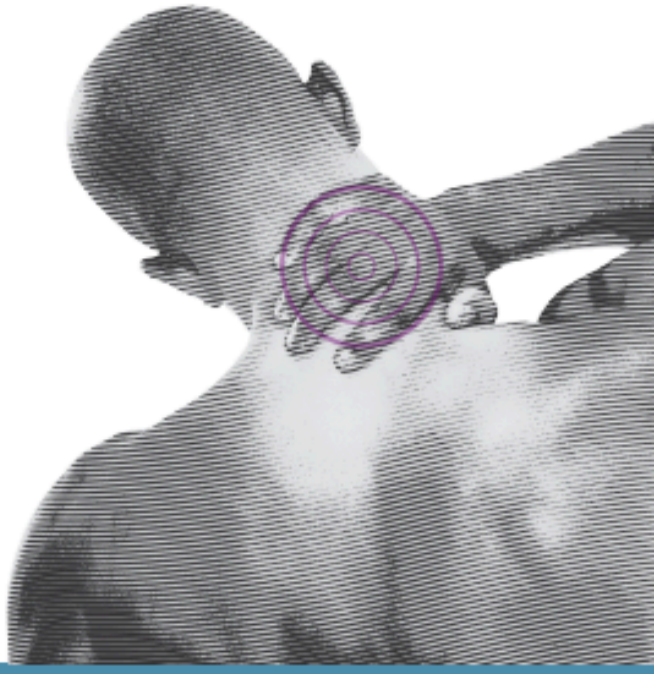
CDC U.S. Department of Health and Human Services Centers for Disease Control and Prevention

American Hospital Association®

KNOW YOUR OPTIONS

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

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





Be Informed!

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

IF YOU ARE PRESCRIBED OPIOIDS FOR PAIN:

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

LEARN MORE | www.cdc.gov/drugoverdose/prescribing/guideline.html

ROSELAND PUBLIC SCHOOLS
"Destination College"

ATHLETIC / EXTRACURRICULAR ACTIVITY: ASSUMPTION OF RISK/WAIVER OF LIABILITY/ INDEMNIFICATION AGREEMENT

In consideration of allowing the below identified minor to participate in _____(Activity) offered by Roseland Public Schools and related events and activities, including transportation associated with such Activity, the undersigned acknowledges and agrees that:

1. The Roseland Public Schools, their governing board, trustees, officers, agents, employees, volunteers, and representatives (collectively "Released Parties") shall not be liable for any injury or illness suffered by my son/daughter which is related to or arises out of preparing for and/or participating in this Activity, and to the fullest extent allowed by law, on behalf of my child and myself, I voluntarily assume all known and unknown risks of injury or illness, howsoever caused, even if caused, in whole or in part, by the action or inaction of the Released Parties;
2. Participation in Activity includes possible exposure to, illness, and death from infectious diseases including, but not limited to, methicillin-resistant Staphylococcus aureus (MRSA), influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist;
3. I knowingly and freely assume all such risks, both known and unknown, and assume full responsibility for my child's participation;
4. I agree to comply with all applicable federal, state, and local public health requirements, as well as District policies, rules, and protocols, related to communicable or infectious diseases. I understand that public health guidance may change and that the District will follow guidance from agencies including the Centers for Disease Control and Prevention (CDC), the California Department of Public Health (CDPH), and the Sonoma County Department of Health Services (SCDHS), as applicable.
5. I acknowledge my responsibility to review and follow current District communications regarding health and safety requirements for participation. I further agree that my child will not participate in any Activity if they are experiencing symptoms of illness, have been advised to isolate or stay home by a healthcare provider or public health authority, or otherwise do not meet applicable health and safety requirements.
6. I have discussed with my child the risks associated with participation, including the potential for exposure to communicable diseases, and the importance of following all applicable health and safety rules.
7. To the fullest extent permitted by law, I, for myself, and on behalf of my child, heirs, assigns, and representatives hereby release and hold harmless the Released Parties with respect to any and all illness, injury, disability, death, of my child related to or arising out of preparing for and/or participating in the Activity.

I HAVE READ THIS WAIVER OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT. I FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY.

Student Athlete: _____ Student ID#: _____ Date: _____

Parent/Guardian Name: _____ Parent/GuardianSignature: _____

Return Form to School Site Administrator or Athletic Director

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Administrator or Athletic Director (Name): _____

Administrator or Athletic Director (Signature): _____ Date: _____

ROSELAND CHARTER SCHOOL

Roseland University Prep, Roseland Collegiate Prep and Roseland Accelerated Middle School

STUDENT APPLICATION FORM

Student Name:_____ **School**: _____

Grade: _____ **ID #**:_____ **Date of Birth:** _____

High School Sports(s) - circle all that apply:

Fall	**Winter**	**Spring**
Co-Ed Cheer	Co-Ed Cheer	Co-Ed Cheer
Co-Ed Cross Country	Girls' Basketball	Badminton
Girls Volleyball	Boys' Basketball	Boys' Volleyball
Girls Soccer (RCP)	Boys' Soccer (RUP)	Baseball (RCP)
Boys Soccer (RCP)	Girls' Soccer (RUP)	
eSports (RCP)		
Co-Ed Football (RUP)		

Middle School Sport(s) - circle all that apply:

Fall	**Winter**	**Spring**
Girls' Basketball	Girls' Volleyball	**no sports**
Flag Football	Boys' Basketball	
Co-Ed Cross Country	Cheer (RAMS)	

Previous High/Middle School(s) Attended: _____

This application to compete in interscholastic athletics for the above school is entirely voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules and regulations of the California Interscholastic Federation and have read and signed all the necessary documents in the Student Athletic Clearance Packet.

Student Signature_____ Date:_____

PARENT/GUARDIAN PERMISSION FORM

(This section is to be completed by the parent/guardian)

I hereby give my consent for the above named student:

1) to represent his/her school in all athletic activities and participate in all District approved sports except: _____; (See page 2 of this Student Athletic Handbook - Athletic Teams Sanctioned)
2) to accompany any team of which he/she is a member on its local or out-of -town trips;
3) I authorize the school to obtain, through a physician of its own choice, any emergency medical care that may become reasonably necessary for the student in the course of such athletic activities or such travel;
4) I understand that it is imperative that my child strictly adheres to all safety rules, regulations and instructions as well as rules and guidelines related to sportsmanship and citizenship;
5) I further waive, release, and discharge the Roseland Charter School from any claims, demands, obligations or causes of action for any injury/illness or property damage suffered by my son/daughter arising as a result of engaging or receiving instruction in said activity or any activity that is incidental thereto.

Parent/Guardian Name:_____ **Date**:_____

Parent/Guardian Signature_____

ROSELAND CHARTER SCHOOL

Roseland University Prep, Roseland Collegiate Prep and Roseland Accelerated Middle School

HEALTH INFORMATION & PARENT/EMERGENCY CONTACT FORM

Preferred Medical Providers			
Physician/Clinic Name:		Phone:	
Preferred Hospital		Phone:	
Insurance Plan Information			
Insurance Company:		Policy #:	
Name of Plan(s):			
⬜ Please check the box if your child does not have a health insurance plan and would like to learn how to obtain insurance for your child.			
Conditions and Concerns			
Explain any significant medical concerns			
List any medications this student is currently taking:			
List of allergies:			
Other information:			
Parent & Emergency Contact Information			
Parent Name:		Phone:	
Emergency Contact Name:		Phone:	
Emergency Contact Relation to student:			

ROSELAND CHARTER SCHOOL

Roseland University Prep and Roseland Accelerated Middle School

Athletics Eligibility and Discipline Policies

Student Athletic eligibility

I. Students must have a 2.0 grade point average before joining an athletic team and must maintain a 2.0 grade point average during the season to remain on the team.
II. A signed parent/guardian permission slip must be turned in for each athlete prior to first practice.
III. The student and their parent or guardian must sign a responsibility and policies contract prior to first practice.
IV. A physical form signed by a licensed physician declaring the student in good health to play the particular sport must be received prior to the first practice.
V. Students with below a 2.0 grade average but above a 1.7 grade point average may practice if there is an opening on the team.
    A. This student may not travel to or play in games.
    B. This student has until the first grading period after joining the team to raise his/her grades to a 2.0 grade point average or above.
    C. If the grade is not raised by the first grading period then the student must leave the team.
VI. No student may join an athletic team after it has played its first league game of the season.
VII. No student may be removed from a team by a coach without first consulting the athletic director.
VIII. The school administration reserves all right to remove any student athlete from a team at any time.
IX. Tutorials may be mandatory. Please see your coach or Athletic Director for more information.
X. Students may not participate on an athletic team outside of school while on an athletic team at Roseland Charter School.

Student Athletic Discipline Policy

I. Student athletes receiving a detention will serve the detention on the specified day and time even if this interferes with games or practices. Participation in games will be determined by each school site.
II. Discipline committees may make decisions and issue consequences regarding a student athlete's eligibility.
III. For each day of suspension a student athlete receives he/she will be suspended for one week from all team activities or possibly removed from the team (up to principal or principal's designee discretion).

I have read and understand these policies and agree to abide by them as a student athlete

Student signature: _____ Date: _____

Parent signature: _____ Date: _____

**********OFFICE USE ONLY - GRADE VERIFICATION**********
must be completed by Athletic Director or Designee

Sports Season's Date of Determination GPA (use previous quarter/semester GPA):_____

Academic Status ⬜ Eligible ⬜ Probationary ⬜ Ineligible

Athletic Director Signature:_____ Date: _____

VERIFICATION OF RECEIVING, READING AND UNDERSTANDING

1. Information for Participation in School Sports: Procedure for Completing Athletic Clearance, Physical Examination Information, and Sports Transportation
2. State and Section Affiliation and Sports Offered
3. Academic Requirements for Extracurricular Activities
4. Notice of Athletic Transfer Rules
5. Notice of Serious, Catastrophic and Perhaps Fatal Accidents
6. Citizenship Standards and Serious Infractions
7. Hazing Policy
8. Anabolic Steroids and Illegal Drug Policy
9. Uniform Guidance
10. Roseland Charter Schools Code of Conduct for Interscholastic Student-Athletes
11. Roseland Charter Schools Code of Conduct for Parents/Guardians
12. Guidelines for Gender Identity Participation: Gender Identity Participation
13. Procedure for Making a Complaint Against a Coach
14. Procedure for making a complaint against Unsportsmanshiplike behavior based on Discrimination or harassment at an interscholastic event
15. Notice for Insurance Information
16. Prospective College Athlete
17. Roseland Charter Sports Health Notice - Communicable Diseases
18. Parent/Student CIF Heat Illness Information Sheet
19. Sudden Cardiac Arrest Information
20. CDC Heads Up: Concussion Information Form (California State Education Code Section 32221.5)
21. CDC Drug use: Prescription Opioids
22. Athletic/Extracurricular Activity: Assumption of Risk/Waiver of Liability/Indemnification Agreement

I have received, read and understand the following sections that have been included in the Roseland Charter Schools Student Clearance Packet.

Student signature: _____ Date: _____

Parent signature: _____ Date: _____

PHYSICAL EXAMINATION INFORMATION

All students that want to participate in the Roseland Charter School Athletic Program must have a completed physical examination.

⇨ **Make sure the physical examination is dated after June 1 of the current school year.**

The physical examination must be dated **June 1, 2026 or later** for the current school year. The physical examination is good until June 1 of the same school year. (i.e., Physical exam for the 2026-27 school year is good until June 1, 2026)

The physical examination may be administered by a Medical Doctor, Nurse Practitioner or Osteopath.
A physical performed by a Chiropractor will not be accepted.

NOTE: If you have turned in a valid verification of a Sports Physical after June 1, 2026 for this school year (2026-27) and you have already been cleared as a participant for a specific sport, your physical and athletic packet are on record and the documents are good for the rest of the school year, unless an injury occurs. If an injury occurs, a new Doctors note must release the athlete from restriction prior to performing. All Athletes must let their AD's know, prior to participating in another season of sport, their intent of participating in another school sport so they will have prior proof of clearance.

NEED A SPORTS PHYSICAL?

SCAN ME FOR ADDITIONAL RESOURCES

PLEASE TAKE THE NEXT PAGES TO YOUR PHYSICAL EXAMINATION APPOINTMENT

This form should be placed into the athlete's medical file and should *not* be shared with schools or sports organizations. The Medical Eligibility Form is the only form that should be submitted to a school or sports organization.

Disclaimer: Athletes who have a current Preparticipation Physical Evaluation (per state and local guidance) on file should not need to complete another History Form.

■ PREPARTICIPATION PHYSICAL EVALUATION (Interim Guidance)

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____

Date of examination: _____ Sport(s): _____

Sex assigned at birth (F, M, or intersex): _____ How do you identify your gender? (F, M, or other): _____

Have you had COVID-19? (check one): ☐ Y ☐ N

Have you been immunized for COVID-19? (check one): ☐ Y ☐ N If yes, have you had: ☐ One shot ☐ Two shots ☐ Three shots ☐ Booster date(s) _____

List past and current medical conditions. _____

Have you ever had surgery? If yes, list all past surgical procedures. _____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional).

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects).

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of ≥3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS (Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)	Yes	No
1. Do you have any concerns that you would like to discuss with your provider?		
2. Has a provider ever denied or restricted your participation in sports for any reason?		
3. Do you have any ongoing medical issues or recent illness?		
HEART HEALTH QUESTIONS ABOUT YOU	**Yes**	**No**
4. Have you ever passed out or nearly passed out during or after exercise?		
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?		
7. Has a doctor ever told you that you have any heart problems?		
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.		

HEART HEALTH QUESTIONS ABOUT YOU (*CONTINUED*)	Yes	No
9. Do you get light-headed or feel shorter of breath than your friends during exercise?		
10. Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	**Yes**	**No**
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?		
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		

BONE AND JOINT QUESTIONS	Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?		
15. Do you have a bone, muscle, ligament, or joint injury that bothers you?		
MEDICAL QUESTIONS	**Yes**	**No**
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant *Staphylococcus aureus* (MRSA)?		
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		
21. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
22. Have you ever become ill while exercising in the heat?		
23. Do you or does someone in your family have sickle cell trait or disease?		
24. Have you ever had or do you have any problems with your eyes or vision?		

MEDICAL QUESTIONS (*CONTINUED*)	Yes	No
25. Do you worry about your weight?		
26. Are you trying to or has anyone recommended that you gain or lose weight?		
27. Are you on a special diet or do you avoid certain types of foods or food groups?		
28. Have you ever had an eating disorder?		
FEMALES ONLY	**Yes**	**No**
29. Have you ever had a menstrual period?		
30. How old were you when you had your first menstrual period?		
31. When was your most recent menstrual period?		
32. How many periods have you had in the past 12 months?		

Explain "Yes" answers here.

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____

Signature of parent or guardian: _____

Date: _____

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This form should be placed into the athlete's medical file and should *not* be shared with schools or sports organizations. The Medical Eligibility Form is the only form that should be submitted to a school or sports organization.

Disclaimer: Athletes who have a current Preparticipation Physical Evaluation (per state and local guidance) on file should not need to complete another examination.

■ PREPARTICIPATION PHYSICAL EVALUATION (Interim Guidance)

PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

PHYSICIAN REMINDERS

1. Consider additional questions on more-sensitive issues.
   - Do you feel stressed out or under a lot of pressure?
   - Do you ever feel sad, hopeless, depressed, or anxious?
   - Do you feel safe at your home or residence?
   - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
   - During the past 30 days, did you use chewing tobacco, snuff, or dip?
   - Do you drink alcohol or use any other drugs?
   - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
   - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
   - Do you wear a seat belt, use a helmet, and use condoms?
2. Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History Form).

EXAMINATION		
Height: Weight:		
BP: / (/) Pulse: Vision: R 20/ L 20/ Corrected: ☐ Y ☐ N		
COVID-19 VACCINE		
Previously received COVID-19 vaccine: ☐ Y ☐ N Administered COVID-19 vaccine at this visit: ☐ Y ☐ N If yes: ☐ First dose ☐ Second dose		
MEDICAL	**NORMAL**	**ABNORMAL FINDINGS**
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)		
Eyes, ears, nose, and throat • Pupils equal • Hearing		
Lymph nodes		
Heart[a] • Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)		
Lungs		
Abdomen		
Skin • Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant *Staphylococcus aureus* (MRSA), or tinea corporis		
Neurological		
MUSCULOSKELETAL	**NORMAL**	**ABNORMAL FINDINGS**
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional • Double-leg squat test, single-leg squat test, and box drop or step drop test		

[a] Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

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■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

Name: _____ Date of birth: _____

☐ Medically eligible for all sports without restriction

☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

_____

_____

☐ Medically eligible for certain sports

_____

_____

☐ Not medically eligible pending further evaluation

☐ Not medically eligible for any sports

Recommendations: _____

_____

_____

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies: _____

_____

_____

Medications: _____

_____

_____

Other information: _____

_____

_____

Emergency contacts: _____

_____

_____

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