

High School Athletics Clearance Packet

Introduction

Welcome to the world of sports! Thank you for becoming an athlete. Data has shown that students who participate in school sports are successful academically and have a well-rounded experience in their academic career.

Parents/Guardians and Students, Please Note:

This athletic packet contains important information about:

- Assumption of Risk
- Scholastic Eligibility and Dates of Determination
- Androgenic/Anabolic Steroid Policy
- Concussion
- Sudden Cardiac Arrest (SCA)
- Citizenship Standards
- NCS Ejection Policy
- Hazing
- Parent, Spectator, Coach Code of Conduct
- PCS Athletics Chain of Command
- College Athletics Info
- Athletic Donations

To participate in athletics at Petaluma City Schools, complete the following steps:

- Step 1:** Schedule an appointment with your physician for your physical. Have your physician complete and sign a medical clearance form.
- Step 2:** Athlete and parent(s)/guardian(s) carefully review the contents of this packet.
- Step 3:** Complete the signature page indicating that you have read and understand the information in this athletic packet.
- Step 4:** Return the following forms* to your school's Athletic Secretary:
- Signature Page (page 12)
 - Emergency Contact/Medical Certification completed by a physician (page 13)

***If you plan on playing more than one sport per school year, you will need to update and/or confirm your information before the beginning of the sports' season.**



High School Athletics Clearance Packet

Voluntary Activities Acknowledgement and Assumption of Risk

By submitting athletic and medical clearance forms, a student demonstrates interest and intent to participate in the District-sponsored athletic program. By submitting those forms, the student and parent(s)/guardian(s) agree to the following:

- We understand and acknowledge that these activities, by their very nature, pose the *potential risk of serious injury/illness* to individuals who participate in such activities.
- We understand and acknowledge that some of the injuries/illnesses which may result from participating in these activities include, but are not limited to, the following: sprains/strains, fractured bones, unconsciousness, head and/or back injury, paralysis, loss of eyesight, communicable diseases, and death.
- We understand and acknowledge that *participation in these activities is completely voluntary* and as such is not required by the School.
- We understand and acknowledge that in order to participate in these activities, the *parent/legal guardian agrees to assume liability and responsibility* for any and all potential risks that may be associated with participation in such activities.
- We understand, acknowledge and agree that the *School, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered by the student athlete* which is incident to and/or in association with preparing for and/or participating in this activity.

Scholastic Eligibility / Dates of Determination

As a member of the California Interscholastic Federation and North Coast Section, Petaluma City Schools Athletics adheres to the following mandated scholastic eligibility requirements:

- All student athletes must maintain a 2.00 G.P.A. on a 4.00 G.P.A scale per each six-week grading period to be eligible to participate on a Petaluma City Schools athletic team. Extra grade points granted in some Honors and all AP classes will not be calculated into a student athlete's G.P.A.
- Student eligibility is determined by official six-week grading period report cards, **not** by weekly progress reports or Aeries grade book reports.
- All student athletes must pass 20 credits (4 classes) per grading period.
- Student athletes who do not meet the 2.00 G.P.A requirement and/or the 20 credit passed requirement at the end of each grading period will become immediately ineligible to participate in scrimmages and contests.
- Student athletes receiving an "I" or Incomplete on their report card will have two weeks to make up the work needed to change the "I" to a letter grade. After two weeks the "I" Incomplete grade will turn into an "F" on their report card and their G.P.A will be recalculated with the new grade.
- Student athletes who become academically ineligible may be allowed to participate in practice with their respective team, however, this is an administrative decision. They may not dress for athletic events.
- All student athletes will become eligible and ineligible on the Date of Determination, which will be approximately 10 days after the end date of each grading period. Please refer to your site's website for exact Dates of Determination for each grading period.
- The Dates of Determination are submitted to the North Bay League, South County League and North Coast Section office at the beginning of the school year and cannot be changed.
- Student athletes will not be granted athletic eligibility prior to the Dates of Determination.



Androgenic/Anabolic Steroids Policy

As a condition of membership in the California Interscholastic Federation (CIF), all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the American Medical Association (AMA) to treat a medical condition (Bylaw 524). By signing on the signature page of this packet, both the participating student-athlete and the parent/legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. It is recognized that under CIF Bylaw 200.D., there could be penalties for false or fraudulent information. It is also understood that the PCS policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Concussion Information

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and in most sports, concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Concussion symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Concussion signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness



Concussion Information Continued...

If it is suspected that an athlete has suffered a concussion

Any athlete even suspected of suffering a concussion will be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. You should also inform your child’s coach if you think that your child may have a concussion. Remember it is better to miss one game than to miss the whole season. When in doubt, the athlete sits out.

CA STATE LAW AB 2127

RETURN TO PLAY (I.E., COMPETITION) CANNOT BE SOONER THAN 7 DAYS AFTER EVALUATION BY A PHYSICIAN (MD/DO) WHO HAS MADE THE DIAGNOSIS OF CONCUSSION, AND ONLY AFTER COMPLETING A GRADUATED RETURN TO PLAY PROTOCOL.

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

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

For more information, please visit this website:

<http://cifss.org/wp-content/uploads/2015/06/CIF-CONCUSSION-RETURN-TO-PLAY-PROTOCOL-4-21-15.pdf>



For more information on concussions please visit the following websites:

<http://www.cdc.gov/ConcussionInYouthSports/>

<http://www.cifncs.org>





Sudden Cardiac Arrest (SCA) in Student-Athletes

What Is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) is not a heart attack. It's an abnormality in the heart's electrical system that abruptly stops the heartbeat. It's caused by an undetected congenital or genetic heart condition.

First Symptom May Be Death

Possible Warning Signs: Unexplained fainting, shortness of breath, lightheadedness, chest pain, heart palpitations, family history of SCA or unexplained sudden death under the age of 50.

1 Youth Athlete Dies Every 3 Days in the United States

SCA is 60% more likely to occur during exercise or sports activity, so athletes are at greater risk. SCA is also the leading cause of death on school campuses.

Time Critical

If not properly treated within minutes, SCA is fatal in 92% of cases.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- Dizziness
- Lightheadedness
- Shortness of breath
- Difficulty breathing
- Racing or fluttering heartbeat (palpitations)
- Syncope (fainting)
- Fatigue (extreme tiredness)
- Weakness
- Nausea
- chest pains

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.



Citizenship Standards

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

A. Citizenship standards apply to all students, however, higher standards are expected of student athletes because they represent the school and the community and other students recognize these students as role models.

1. Any student who commits a violation of California Education Code 48900 (a), (b), (c), (d), or (n) that results in suspension for up to five days shall not participate in athletics/activities and all related practices for a period of 25 school days beginning at the date of the suspension. (*Refer to student handbook for an explanation of the infractions on the Petaluma City Schools Discipline Grid, or visit <http://goo.gl/ext8wR> to view the 48900 section of the Education Code.*)

A student may be suspended or expelled for any acts listed above related to school activity or attendance which occur at any time, including, but not limited to any of the following:

1. While on school grounds.
 2. While going to or coming from school.
 3. During the lunch period, whether on or off campus.
 4. During, or while going to or coming from, a school sponsored event.
2. Prior to the imposition of consequences as described above, the parent/guardian, student, site administrator and Assistant Superintendent of Student Services shall meet for a site hearing for the student to present their side of the case and comment on the offense or infraction violated.
 3. Students who commit a violation of California Education Code 48900 for infractions not listed in number 1, that results in suspension shall not participate in athletics/activities and all related practices one week from the date of the suspension. One to three days of suspension shall result in one week non-participation; he/she shall sit out one week from the date of the suspension. If the infraction was committed on a Friday, the student shall not participate in any athletic/activities or practice the following week. Five days of suspension shall result in five weeks (25 school days) non-participation; he/she shall sit out five weeks from the date of the infraction. If the days of suspension are changed to a lesser amount for academic reasons, the number of days a student shall sit out will remain the same. For example, a student's suspension is changed from five days to three days. The student will still sit out for 25 school days.
 4. In order to be eligible to practice or to participate in an extracurricular activity on any school day, participants must be in school for 2/3's of the school day. Exceptions to this rule will be allowed in unusual cases if cleared through the school principal or designee. Advanced notice is needed if possible.

Note: Individual programs may have more stringent guidelines and rules. Please see your coach for more information.



NCS Ejection Policy

1. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.
Penalty: The player shall be ineligible for the next contest, non-league, league, invitational tournament, post-season league, or section or state playoff.
2. Illegal participation in the next contest by a player ejected in a previous contest.
Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for next contest.
3. Second ejection of a player for unsportsmanlike or dangerous conduct for a contest during one season.
Penalty: The player shall be ineligible for the remainder of the season.
4. When one or more players leave the bench to begin or participate in an altercation.
Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest, non-league, league, invitational tournament, post-season league, or section or state playoff.
5. Coaches are responsible for determining the cause of ejection for any of their players and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a player's ejection shall not be the basis for allowing a student who has been ejected under an applicable rule to avoid sanctions by the Ejection Policy. Should a student who is in violation of the Ejection Policy play in a subsequent contest, the contest will be forfeited.

Hazing

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.

It is the responsibility of the principal or designee to insure that:

1. Each coach/activity sponsor reviews these regulations with each team/club/group at the beginning of each sport or activity each year.
2. Each student shall return a copy signed by a parent/guardian of the letter to acknowledge they understand the contents and terms of the Citizenship Standards and Serious Infractions Explanation **before participating** in a sport or extracurricular program.

Regarding eligibility to participate in athletics/activities:

1. A student is reinstated to participate in sports/activities after 25 school days with the consent of all parties involved (student, parent, coaches and administrators).

Note: Individual programs may have more stringent guidelines and rules. Please see your coach for more information.



Parent, Spectator and Coach Code of Conduct

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.

As a parent/guardian or coach of a student-athlete attending a Petaluma City Schools event, the expectations are to:

- Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of an athletic contest.
- Encourage our students to perform their best, just as you would urge them to excel with their classes.
- Participate in positive cheers that encourage our student athletes while discouraging any cheers that would redirect that focus including those that are meant to ridicule, embarrass, taunt, or demean an opponent or official.
- Refrain from any activity before, during or after a contest that is meant to ridicule, embarrass, taunt, or demean and opponent or official
- Learn, understand and respect the rules of the game, the officials who administer them and their decisions.
- 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
- Respect our athletic opponents as student- athletes and acknowledge them for striving to do their best.
- 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 are just a tool for character development. It is a place where we allow others the opportunity to challenge themselves, to improve their skills, to motivate themselves to excel, to learn more about themselves and to develop life skills.

Failure to follow the above guidelines may result in a warning, request to leave the facility, and/or involvement with law enforcement.

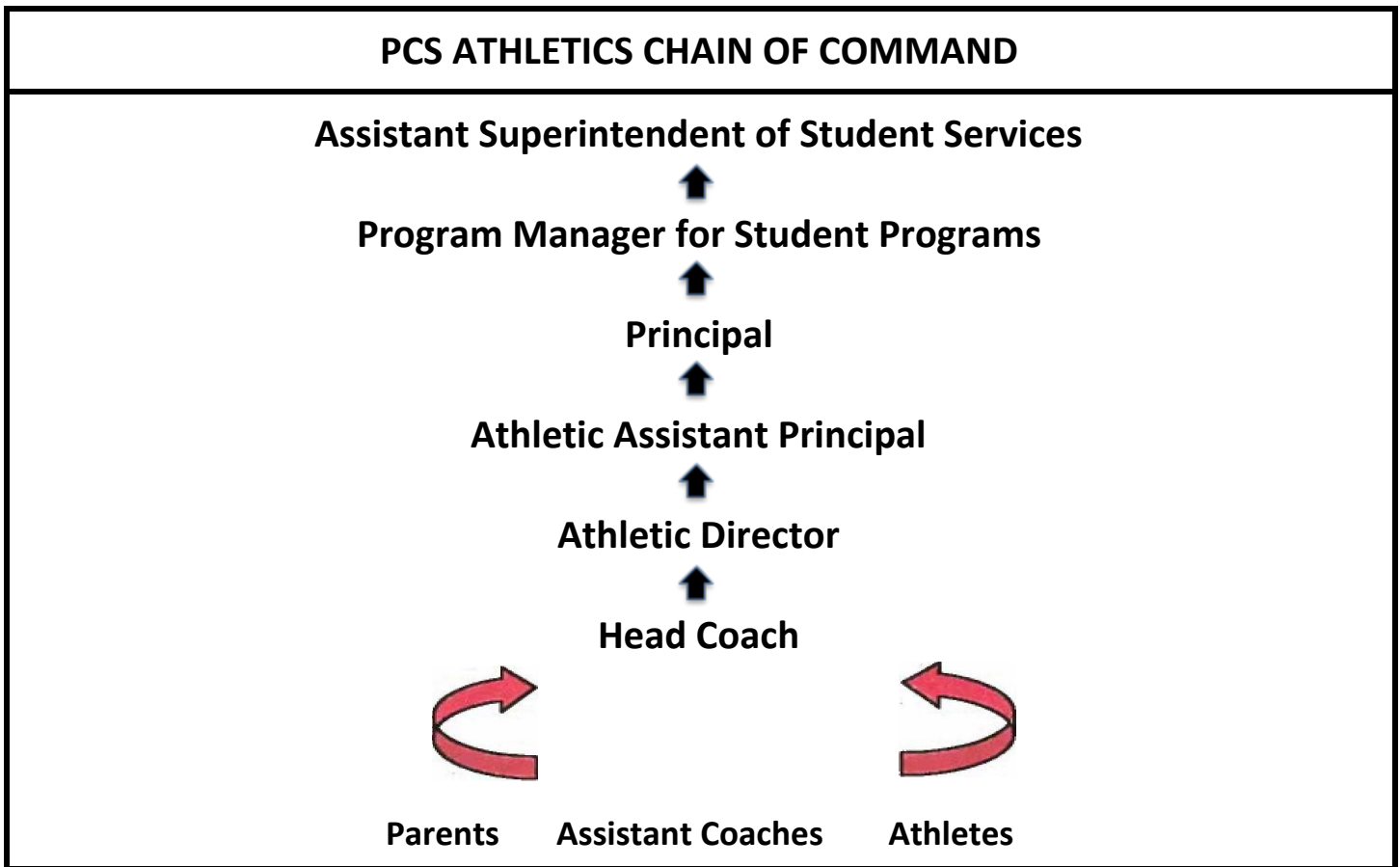


EXPRESSING CONCERNS ABOUT A STUDENT’S ATHLETIC EXPERIENCE

If anyone has a concern, express it at the appropriate time and place. Below is the Petaluma City Schools Athletic Chain of Command. The District asks that people refrain from confronting coaches immediately after games or at practices. It is expected that concerns will be addressed first with the coaches involved before proceeding through the Athletic Chain of Command. Anonymous letters or phone calls will NOT be treated with any credibility.

Parents and athletes are asked to follow these steps in order until they feel the issue is resolved.

- Have the athlete speak to the coach. Sometimes the coach is unaware of the athlete's concerns or feelings.
- Arrange an appointment to speak with the coach. Coaches will respond to parents as quickly as possible.
- If either parent or coach is not satisfied, call or write the Athletic Director and follow the Chain of Command.
- Keep all oral and written communications professional and avoid being verbally abusive to anyone.
- Use email with discretion. When emotions are involved, direct communication is usually more appropriate.





COLLEGE ATHLETICS INFORMATION

What do I need to know 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

- Make sure your NCAA Eligibility Portal is updated.
- 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 A-G with the Eligibility Center).
- Upon completion of the junior year, have your high school registrar send a copy of your transcript to NCAA. If you have attended any other high school, make sure the transcript is sent to the Eligibility Center from each high school.
- When registering for the ACT or SAT, request test scores to be sent to the Eligibility Center (code is "9999").
- Begin your amateurism questionnaire on your NCAA Portal.
- Continue to send film and talk to "good fit colleges".
- Formal and Informal visits to colleges arranged by the college coach.

Grade 12

- Complete the amateurism questionnaire and sign the final authorization signature online on or after April 1st, 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 1st of the year prior to the enrollment.
- Send a final transcript with proof of graduation to the College Eligibility Center.
- Signing letter of intent to DI or D2 colleges.
- Notify your Athletic Director if you sign a **letter of intent**.

Other Resources:

Parents and Athletes may want to visit their counselor and/or school site websites for more information on:

- NCAA student-athlete requirements
- Dates of Determination for Athletic GPA eligibility
- GPA requirements for graduation and post secondary education
- Official Season Practice Start Date



High School Athletics Clearance Packet

Athletic Donations

Interscholastic athletics are an integral part of the Casa Grande and Petaluma High School educational programs and are designed to have a positive influence on students. Our athletic programs support student participation in multiple sports and promote equal opportunities and experiences for all students. A donation of \$150 is recommended, as this is the approximate cost for the average student participating in athletics. **All money will go to the sport your student athlete is participating in.**

Donations are essential to maintain the Casa Grande and Petaluma High School sports programs. Athletic donations offset the cost for the expenses of the sport.

Donate Online*

Follow these steps to make your athletic donation online (all major credit cards accepted):

1. Go to the Petaluma City Schools Web Store: <https://petaluma.revtrak.net/tek9.asp>
 - a. A link to the web store can also be found on the Casa Grande and Petaluma High School websites



2. Select **your school** on the web store home screen:



3. Select **Athletics** from the next screen.



4. Select the **Season** of your sport.



5. Select the desired sport and follow the payment instructions.

* Cash and Check donations will still be accepted and should be submitted to the school's Athletic Secretary.



High School Athletics Clearance Packet

SIGNATURE PAGE (Detach and return this page to the school athletic secretary)

Student Name _____ Gender _____ Birth date _____

Sport(s) _____

Grade Level _____ School Attended Last Year _____

If you played another sport during this current school year, please list here:

Initial each box to indicate that both the student and parent/guardian have read and understand the contents of this packet.

Student's Initials	Parent's/Guardian's Initials	Section
		Voluntary Activities – Acknowledgement Assumption of Risk
		<i>Scholastic Eligibility & Dates of Determination</i>
		<i>Androgenic/Anabolic Steroids Policy</i> – Prohibits use of steroids
		<i>Concussion Information</i> – Signs of Concussion and Protocol
		<i>Sudden Cardiac Arrest</i> – Symptoms and Warning Signs of Cardiac Arrest
		<i>Citizenship Standards</i> – Explanation of Conduct with possible penalties
		<i>NCS Ejection Policy</i> – Penalties for unsportsmanlike conduct
		<i>Hazing</i> – Explanation of Hazing and consequences
		<i>Parent, Spectator and Coach Code of Conduct</i> – Explanation of Proper Behavior
		<i>Expressing Concerns and Chain of Command</i> – Explanation of procedure for expressing concern
		<i>College Athletics Information</i> – How to prepare an athlete to be eligible for college sports

I have read and understand all the terms and conditions included in this Athletics Packet

Student's Signature

Parent's /Guardian's Signature

Detach and return this page to the school athletics secretary



High School Athletics Clearance Packet

Emergency Contact and Medical Certification

*** It is the responsibility of the athlete/parent/guardian to notify the athletics secretary should this information change***

Student Name _____

In case of emergency, please contact:

- 1. Name: _____ Phone: _____
- 2. Name: _____ Phone: _____
- 3. Name: _____ Phone: _____

Please list any health concerns (ie. allergies, medications, pre-existing health conditions):

Insurance Certification: This certifies that the above-named student is covered by personal accident insurance in case of injury while participating in interscholastic athletics during the coming school year. **ALL STUDENTS MUST HAVE MEDICAL INSURANCE.**

Insurance Carrier _____ **Policy # (mandatory)** _____

Medical Certification

Have your physician complete the following *or* provide their own medical clearance form

**** One physical exam is required per school year (must be dated after June 10 of the current school year)****

This certifies that the above-named student is physically able to participate in all interscholastic athletics during the coming school year - with exceptions (if any) listed below:

Physician: List any exceptions

Physician Name (please print)

Medical Office Stamp
Or attach physical exam with date

X _____

Physician Signature

Date

Detach and return this page to the school athletics secretary