



6th – 12th  
Student-Athlete  
Handbook  
2018-19

# Natomas Unified School District Student-Athlete and Parent Handbook

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## **Important!**

**The athletic forms must be completed and submitted to the school's Athletic Director prior to the first practice. A student-athlete will not be allowed to practice until all of the forms are submitted.**

# Natomas Unified School District Philosophy

The Natomas Unified School District recognizes the important contribution of extracurricular programs to the overall education of a student. It is the District's goal that these programs help students to become a part of the school community and its traditions. The District believes extracurricular programs provide an environment in which students may assume positions of leadership, apply the skills necessary to work successfully as a team, and to display individual talents outside the classroom. The District believes that extracurricular programs allow students additional opportunities to transfer learning from school to other aspects of their lives.

## Natomas Unified School District Athletic Code

### I. ATHLETIC GOALS AND OBJECTIVES

- A. **Goal** - The student shall become an effective citizen in a democratic society.
- B. **Objectives** – To work with others in a democratic society, a person must develop self-discipline, respect for authority, and a spirit of hard work and sacrifice. A student-athlete must place the team and its objectives higher than personal desires.
  1. **To Be Successful** – Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication.
  2. **Sportsmanship** – A student-athlete must learn to accept both success and defeat like a true sportsman, knowing we have done our best. We must learn to treat others, as we would have others treat us. We will develop desirable social traits, including emotional control, honesty, cooperation and dependability.
  3. **To Improve** – Continual personal and social improvement is essential to good citizenship. As a student-athlete, you must establish a goal and constantly try to reach that goal. You should try to better yourself in the skills involved and in those characteristics set forth as being desirable.
  4. **Rewarding** – It is necessary for us to acknowledge all of the personal rewards we derive from athletics, and to give sufficiently of ourselves in order to preserve and improve the program.
  5. **Develop Desirable Personal Health Habits** – To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits and to develop a desire to maintain this level of physical fitness after formal competition has been completed.
  6. **Integrity** - Supports and demonstrates district/school rules to reflect the high integrity of district, school and athletic program.

## II. ATHLETIC CODE OF CONDUCT

The conduct of a student-athlete is closely observed in many areas of life. It is important that your behavior be above reproach in all of the following areas:

- A. **On the Field** – in the area of athletic competition, a student-athlete will not use profanity or illegal tactics, and will learn quickly that losing is also part of the game. A student-athlete should be gracious at all times whether in victory or defeat.
- B. **In the Classroom** – A student-athlete is expected to demonstrate success in the classroom as well as in the arena of competition. A student-athlete must develop time management skills that provide sufficient time and energy to achieve acceptable grades as well as participate in the required activities associated with the sport in which the athlete is participating. A student-athlete shall demonstrate good citizenship; give respectful attention to classroom activities, fellow students and staff. A student-athlete shall maintain a good attendance record without instances of truancy.
- C. **On Campus** – The way we act and look on campus is of great importance. Student-athletes should be leaders and exhibit traits that will inspire fellow students to follow the example of student-athletes.
- D. **As Visiting Student-Athletes** – The manner in which we conduct ourselves as well as our appearance when traveling is of great importance. Student-athletes are representing the Natomas Unified School District and their respective schools; therefore, student-athletes shall act and dress accordingly.
- E. **Participation** – Athletics is a voluntary activity. Participation is not a graduation requirement; therefore, being on an athletic team is a privilege, which must be earned. With that privilege come responsibilities to maintain the established standards of conduct of the Natomas Unified School District, both on and off the field, as defined in the Activity Code, Code of Ethics and CIF Code of Ethics.
- F. **Athletics as Part of the Educational Program** – Athletics are just one of many parts of the educational program provided to students. The reason students attend school is to learn; consequently, academics always come first. Academic eligibility can also be lost because of poor attendance and or citizenship. Participating in athletics and being a member of a team will require an athlete to make choices that place priorities on academic success and team commitment.
- G. **Team Membership** – Student-athletes learn many skills to play their chosen sport, but the most important skill that must be learned is teamwork. To be successful, every member of the team must work together to make the whole greater than the sum of the parts.
- H. **Prepared to Play** – Student-athletes should come to practice on time, ready to listen and ready to learn. Student-athletes should be prepared physically and mentally for the season including training in the preseason and taking care of your body and mind at all times.

- I. **Conduct During Competition** – Student-athletes shall demonstrate respect towards their teammates, coaches, opponents, fans and officials at all times. Student-athletes shall play by the rules at all times.
- J. **Sportsmanship** – Athletics means more than competition between individuals and/or teams representing different schools. It is a means of learning the lessons of life. Winning and losing are part of competition and should be done with modesty in victory and graciousness in defeat.

### III. REQUIREMENTS FOR PARTICIPATION

A student-athlete is eligible to participate in a sport once the following items have been completed:

1. Student and parent complete the signature page indicating receipt of the student athletic handbook and knowledge of its contents
2. Agreement for Team Participation
3. Natomas Unified School District HS Athletic Physical Screening
4. Concussion & Head Injury Form
5. NUSD Steroid Agreement
6. SCA Information Sheet
7. Emergency Card (Transportation/Medical)

**Under state law, school districts are required to ensure that all members of school athletic teams (this includes cheerleaders, mascots, bands, drill teams, etc.) have accidental injury insurance that covers medical and hospital expenses (\$1,500 minimum coverage). This insurance requirement can be met by the school district offering insurance or other health benefits that cover medical and hospital expenses. Some students 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 at [www.natomasunified.org](http://www.natomasunified.org).**

### IV. DISCIPLINE POLICY AND JUSTIFICATION FOR SUSPENSION OR REMOVAL FROM A TEAM.

- A. **Immediate Suspension or Removal** – A student-athlete may be immediately suspended or removed from a team at any time under the following circumstances:
  1. Fails to follow the direction of an athletic coach
  2. Caused, attempted to cause, or threatened to cause physical injury to another person, official, coach or other school personnel.
  3. Committed verbal abuse of a coach, official or other school personnel.
  4. Engage in disruptive behavior in and around the athletic team during practice, school, school time, travel, competition, etc.
  5. Engage in harassing other students, coaches, officials, fans or other school personnel.

6. Committing an obscene act or gesture, or engaging in habitual profanity or vulgarity.
7. Violation of the Athletic Code of Conduct.
8. Academic ineligibility.

**Student-athletes will not be able to participate in practice or games while they are suspended from a team. If a student-athlete is dismissed from a team, he/she shall not participate in another sport until the sport from which he/she was dismissed has concluded.**

## **V. ELIGIBILITY FOR EXTRACURRICULAR ACTIVITIES**

An extracurricular activity is not part of the regular school curriculum, is not graded and does not offer credit. Examples of such activities shall include, but are not limited to, student government, public performances of music, dance, drama and speech events, law enforcement events and trips, spirit leaders, dances, junior/senior prom, and club activities, field trips and competition.

Student-athletes who represent the Natomas Unified School District in any sport sanctioned by the California Interscholastic Federation (CIF) or any district comprehensive school or their respective associated student body (ASB) must comply with eligibility rules of the NUSD and CIF. Students, who participate in extracurricular activities approved by the principal, which are not requirements of a course of student, must meet the same eligibility requirements as student-athletes.

### **A. General Eligibility**

1. A student, whose 19<sup>th</sup> birthday is attained prior to June 15, shall not participate or practice on any team in the following school year. A student, whose 19<sup>th</sup> birthday is on or before June 14 is ineligible. (CIF 203)
2. Upon entering the ninth (9<sup>th</sup>) grade, a student has (not to exceed) eight consecutive semesters of athletic eligibility to compete in high school athletics in the state of California. Enrollment and/or attendance for fifteen (15) days or more shall count as one of the eight (8) consecutive semesters.

### **B. Academic Eligibility Standards:**

1. A minimum of a "C" average (2.0 GPA). Specifically designated honor-level courses offer one additional grade point for a grade of A, B or C, but no additional point is given for a D or F grade.
2. No more than one (1) "F" in the certification period.
3. Incomplete grade (I) count as "F" for eligibility *purposes* until a letter grade is assigned. When the letter grade is determined, the student's grade point average is recalculated. Students have fifteen (15) school days to from the day grades were due to complete the work necessary to change an incomplete to a letter grade. For eligibility purposes, and without mutual agreement between teachers

and students, the grade is computed as an “F” after fifteen school days even if the incomplete is later changed to a letter grade.

4. Students will meet the eligibility criteria if they have no more than one F and a 2.0 GPA for the combined total of their second semester and summer school coursework. A student may use “like for like” classes during summer school to replace up to 2 F’s earned during the fourth quarter. In this case, the calculation would not include the replaced F’s from the like for like classes.

**NOTE: Eligibility will be determined on the second Monday after the close of the grading period. Specific dates are reflected in the school’s calendar.**

The Natomas Unified School District Governing Board also requires students in athletics or activities be satisfactorily progressing toward the District’s graduation requirements in order to participate. Satisfactory progress is hereby defined as the ability to graduate with one’s class within conventional timelines, i.e. eight consecutive semesters from freshman entrance, including summer sessions.

### **C. Eligibility Waiver**

1. The Superintendent may grant an ineligible student a probationary period for not more than one eligibility period. (BP 6145).
2. Students granted an eligibility waiver must meet the required eligibility standards by the end of the next eligibility period.
3. The Superintendent may revoke a student’s eligibility waiver for extracurricular and co-curricular activities when the student’s poor citizenship is serious enough to warrant loss of this privilege.

### **D. Probationary Period**

Board Policies 6145(b) and 6145.2(b) provide for a probationary period not to exceed one semester to allow student athletes who are academically ineligible to participate in athletics for the remainder of the probationary period. The probationary period will terminate at the end of the grading period following the date the student is placed on probation. A probation request must be submitted to the school’s Athletic Director to be approved by the District Athletic Committee. Students granted probationary eligibility must meet the required academic standards by the end of the probationary period in order to remain eligible for participation. The Natomas Unified School District probation standards and protocols are as follows:

1. A student can be given only one probationary period per school year
2. A student can be given only two probationary periods per four years of eligibility
3. A student must earn a minimum of a 1.5 GPA for the grading period in which probation is being requested
4. A student must be enrolled in at least 20 units to participate in sports and to qualify for probation
5. Students, including modified day students, must pass four classes to qualify for probation
6. Students must be on track to graduate and must have earned at least:
  - a. 45 credits at the beginning of their sophomore year

- b. 100 credits at the beginning of their junior year
- c. 155 credits at the beginning of their senior year

## **E. Attendance Eligibility**

### **1. School Attendance**

Coaches recognize the importance of school attendance and expect student-athletes to establish good attendance patterns:

- a. Students must attend at a minimum of four (4) class periods in order to participate in either practice or competition on that day or the day prior to a non-school day.
- b. Excused and approved absences per district attendance guidelines may count as periods of attendance for purposes of this requirement. A doctor's note or Principal's approval may be required.
- c. Students suspended from school are not allowed to attend practice or to participate in athletic/cheerleading activities for the duration of their suspension.

### **2. Practice Attendance**

Students who participate in athletics and cheerleading make a commitment to a team and are expected to maintain good practice attendance.

- a. Students are expected to attend all practices and contests unless they are absent from school due to illness or the coach excuses them. Students are expected to communicate directly with the coach when they cannot attend a practice.
- b. Unexcused absences from practice, or failure to maintain good attendance, may be cause for removal from a team.
- c. Coaches may adopt individual rules for practice and contest attendance.

## **VI. CONFLICTS IN EXTRACURRICULAR ACTIVITIES**

An individual student who attempts to participate in more than one activity simultaneously will undoubtedly, be in a position of conflict of obligations. The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities; and to this end, will attempt to schedule events in a manner so as to minimize conflicts.

Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being careful not to belong to too many activities in which conflicts are bound to occur. The student also has the responsibility to notify faculty advisors/coaches involved immediately when a conflict occurs.

When conflicts do arise, the staff sponsors will meet to work out a solution so that a student is not in a "no-win" situation. If a solution can not be reached then the principal will have to make the decision based on the following:



- A. The relative importance of each event.
- B. The importance of each event to the student.
- C. The relative contribution the student can make to or gain from the experience.
- D. How long each event has been scheduled.
- E. Input from the parents.

Once the decision has been made and the student has followed the decision, they will not be penalized in any way by the staff sponsor. If it becomes obvious that a student cannot fulfill the prearranged obligation of a school activity, they shall withdraw from the activity.

**VII. NON-USE OF ALCOHOL, TOBACCO OR CONTROLLED SUBSTANCES**  
(Including the Use of Steroids)

In order for a student-athlete to achieve both team and personal goals, and to be a positive role model, possessing or using alcohol, unauthorized controlled drugs or other substances, or tobacco products is unacceptable, not just during the season of sport, but both in and out of school during the entire school year. If a student-athlete uses, possesses or found to be under the influence of any of the aforementioned substances, the student will be assigned disciplinary consequences consistent with the California Education Code and Natomas Unified School District policy/procedures. In addition, the student athlete will be removed from a team on which he/she is participating and will forfeit the award of a letter. If a student-athlete becomes ineligible under this section, he/she may not try out for the next sport if the tryout period occurs during the term of the suspension.

These athletic code requirements are minimums. Each coach reserves the right to make more strict standards if he/she chooses to do so.

**VIII. MISCELLANEOUS ATHLETIC DEPARTMENT POLICIES**

**A. Dropping or Transferring Sports** – On occasion, a student-athlete may find it necessary to drop or quit a sport. If this does occur, the student-athlete is required to adhere to the following procedures:

1. Talk with the coach of the team and then the varsity head coach.
2. Report the situation to the Athletic Director.
3. Check in all equipment.

If a student-athlete wishes to change or quit a sport during the season, he/she must receive approval from both coaches concerned and the Athletic Director. Failure to follow these procedures in dropping, quitting or changing sports can result in the loss of all athletic privileges. No student-athlete who has dropped a sport may practice or compete in another sport until all events in the dropped sport, including playoffs, have been completed (Unless released by the coach of the team the athlete dropped).

- B. Equipment** – School equipment checked out to the student-athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss or loss of use, of any equipment is the athlete’s financial obligation. A student-athlete must turn in all uniforms and equipment for one sport before being issued a uniform or equipment for the next sport.
- C. Missing Practice** – A student-athlete should always consult his/her coach before missing practice or leaving campus. Missing practice or a game without a valid reason will be dealt with at the discretion of the coach. Sudden illness or a family emergency would be examples of a valid reason for missing practice or a game. It is the student-athlete’s responsibility to inform the coach prior to the event the student-athlete will miss.
- D. Travel** – All student-athletes must travel to athletic contests with the team on NUSD-provided transportation. Student-athletes will remain with their team and under the supervision of the coach while attending away contests. Student-athletes must return from contests on NUSD-provided transportation unless riding home with the student’s own parent or guardian. All district transportation rules will be followed.
- E. Minimum Attendance** – While students are expected to attend all classes each school day, a student must attend a minimum of four classes to be eligible to participate on the day of a contest. Students at block schedule schools must attend a minimum of three classes to be eligible to participate on the day of a contest.

**IX. CHAIN OF COMMAND**

There are times when questions or conflicts arise either between student-athletes, student-athlete and coach, and/or parent and coach. The athletic department believes that most conflicts can be resolved quickly and fairly if the appropriate parties meet to discuss the issue. When conflicts do occur, there is an appropriate chain of command to be followed:

- A. Player to Coach
- B. Player to Head Coach
- C. Parent to Coach
- D. Parent to Head Coach
- E. Player/Parent to Athletic Director
- F. Parent/Player to Principal
- G. Player/Parent to Superintendent or the Superintendent’s designee.
- H. Player/Parent to NUSD Governing Board

**X. PARENT CONDUCT**

As role models for their student-athlete, parents have a responsibility to exhibit good sportsmanship and appropriate behavior at school events. Parents want their student-athletes to be successful on and off the field of competition. The athletic department

strives to mesh the needs of the individual with the goals and objectives of the athletic department and its teams. Each student-athlete is given a fair opportunity to become a member of a team and to improve his/her individual skills. It is important that parents understand that effort does not always equate with skills. It is the coach's determination based on experience, observation at practice and the needs of the team as to who makes the team, starts, plays, and plays in which position and substitutes.

The coaches will be happy to discuss with parents (and student-athletes) things such as attitude (coach's and/or players), behavior, discipline and the student-athlete's role on the team and what a player can do to change that role. There may be a time when a parent may not be satisfied with the explanation given by the coach. If the issue in question is who make the team, starts, plays, plays in which position, substitutes, or non-agreement about the role of the student-athlete, the coach's decision is final.

Additionally, coaches are not able to discuss with any parent information or opinions about other student-athletes.

## **XI. TRANSFER FROM ONE SCHOOL TO ANOTHER SCHOOL**

Once a student establishes residency at a school, CIF regulations must be completed BEFORE a transferring student can compete in athletics at his/her new school of attendance. All incoming transfer students MUST meet with the athletic director to complete CIF eligibility determination procedures.

## **XII. CIF CODE OF ETHICS**

The California Interscholastic Federation Constitution and Bylaws are located at [http://www.cifsjs.org/about\\_cif-sjs/constitutions\\_and\\_bylaws](http://www.cifsjs.org/about_cif-sjs/constitutions_and_bylaws).

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a friendly relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgment by the players on a team.

9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of individual players.

### **XIII. CALIFORNIA EDUCATION CODE SECTION 271 ARTICLE 10. ATHLETE'S BILL OF RIGHTS**

271. The following list of rights, which are based on the relevant provisions of the federal regulations implementing Title IX of the Education Amendments of 1972 (20 U.S.C. Sec. 1681 et seq.), may be used by the department for purposes of Section 270:

- (a) You have the right to fair and equitable treatment and you shall not be discriminated against based on your sex.
- (b) You have the right to be provided with an equitable opportunity to participate in all academic extracurricular activities, including athletics.
- (c) You have the right to inquire of the athletic director of your school as to the athletic opportunities offered by the school.
- (d) You have the right to apply for athletic scholarships.
- (e) You have the right to receive equitable treatment and benefits in the provision of all of the following:
  - (1) Equipment and supplies.
  - (2) Scheduling of games and practices.
  - (3) Transportation and daily allowances.
  - (4) Access to tutoring.
  - (5) Coaching.
  - (6) Locker rooms.
  - (7) Practice and competitive facilities.
  - (8) Medical and training facilities and services.
  - (9) Publicity.
- (f) You have the right to have access to a gender equity coordinator to answer questions regarding gender equity laws.
- (g) You have the right to contact the State Department of Education and the California Interscholastic Federation to access information on gender equity laws.
- (h) You have the right to file a confidential discrimination complaint with the United States Office of Civil Rights or the State Department of Education if you believe you have been discriminated against or if you believe you have received unequal treatment on the basis of your sex.
- (i) You have the right to pursue civil remedies if you have been discriminated against.
- (j) You have the right to be protected against retaliation if you file a discrimination complaint.

**Sportsmanship – Citizenship – Character**

**2018-19**



# **Student-Athlete Clearance Packet**

- HB-1 Student-Athlete Handbook Signature Page
- CPF-1 Agreement for Team Participation
- CPF-2 Sports Physical Examination Form
- CPF-3 Concussion & Head Injury Form/Information
- CPF-4 NUSD Steroid Agreement
- CPF-5 Emergency Card (Transportation/Medical)

**HB1**



**Natomas Unified School District**  
Receipt of the NUSD Student Athlete Handbook

I have received a copy of the current Natomas Unified School District Student-Athlete Handbook and have knowledge of its contents. I understand that I am responsible for abiding by all California Interscholastic Federation-San Joaquin Section by-laws, Natomas Unified School District Policies and Procedures and school rules as specified in the NUSD Student-Athlete Handbook.

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**Name of Student (please print)**

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**Signature of Student**

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**Name of Parent/Guardian (please print)**

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**Signature of Parent/Guardian**

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**Date**



# 2018-2019

## **AGREEMENT FOR TEAM PARTICIPATION** [Including Waivers and Releases of Potential Claims]

This Agreement must be signed and returned to the School Office before a Student can participate in Team Activities  
Each Team must be listed below. If not listed, a separate Participation Agreement will be required.

*Additional Required Forms – Concussion and Head Injury Information Sheet & Sports Physical Examination Form*

Student:	Address:
Grade:	DOB:
School:	Telephone:
Team(s):	

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

1. It is a privilege, not a right, to participate in extra-curricular activities, including Team Activities. The privilege may be revoked at any time, for any reason that does not violate Federal or State law or District policies or procedures. There is no guarantee that the Student will make a Team, remain on a Team, or actively participate in Team events, shows, performances, or competitions. Such matters shall remain exclusively within the judgment and discretion of the supervising District employee or volunteer coach.
2. The Student and the Adult understand the nature of the Team, including the inherent or potential risks of Team Activities. The Student is in sufficiently good health and physical condition to participate in Team Activities, and voluntarily wishes to participate in Team Activities. Before participating in any Team Activity, a properly executed Sports Physical Examination Form and Concussion Head Injury Sheet shall be submitted to the school office (valid for one academic year, Fall/Winter/Spring Activities).
3. The Student shall comply with the instruction and directions of Team Activity teachers, coaches, supervisors, chaperones, and instructors. During the Student’s participation in Team Activities, as well as academic and/or other school activities, the Student shall comply with all applicable Codes of Conduct. The Student shall also generally conduct himself/herself at all times in keeping with the highest moral and ethical standards so as to reflect positively on himself/herself, the Team and the District. Failure to meet these obligations may, in the discretion of the District, result in removal from the Team and/or Team Activities. Should the Student’s violation of these obligations result in bodily injury or property damage, the Adult agrees to (a) pay to restore or replace the damaged property, (b) pay for bodily injury damages to an individual, and (c) defend, protect and hold the District harmless from such claims.
4. Team Activities contain potential risks of harm or injury, including harm or injury that may lead to permanent or serious physical injury to the Student, including paralysis, brain injury, or death (“Injuries”). Injuries might arise from the Student’s actions or inactions, the actions or inactions of another Student or participant in a Team Activity, or the actual or alleged failure by District employees, agents or volunteers to adequately coach, train, instruct, or supervise Team Activities. Injuries might also arise from an actual or alleged failure to properly maintain, use, repair, or replace physical facilities or equipment available for Team Activities. Injuries might also arise from undiagnosed, improperly diagnosed, untreated, improperly treated, or untimely treated actual or potential physical conditions or Injuries, whether or not caused by or related to the Student’s participation in Team Activities. All such risks are deemed to be inherent to the Student’s participation in Team Activities. To the fullest extent allowed by law, the Student and Adult therefore also fully assume all such risks and waive and release any potential future claim they might otherwise have been able to assert against the District and any Board Member, employee, agent, or volunteer of the District (“Released Parties”), including any claim that could otherwise have been made on behalf of the Student or any parent, administrator, executor, trustee, guardian, assignee or family member. The Student and Adult further understand that Team Activities and transportation to and/or from Team Activities are “field trips” for which there is immunity from liability pursuant to Education Code Section 35330.
5. If the Student believes that an unsafe condition or circumstance exists, or otherwise feels or believes that continued participation in a Team Activity might present a risk of Injury, the Student will immediately discontinue further participation in the Team Activity, notify School personnel of the Student’s belief, and notify a parent or guardian of the Student’s belief. The parent or guardian shall thereafter prevent the Student from participating in the Team Activity until the unsafe condition or circumstance is addressed or remedied to their satisfaction.
6. Emergency medical information regarding the Student is on file with the District and is current. The Adult agrees to provide updated medical information during the course of the Student’s participation in Team Activities. If an injury or medical emergency occurs during Team Activities, District employees, agents or volunteers have my express permission to administer or to authorize the administration of urgent or emergency care, including the transportation of the Student to an urgent care or emergency care provider.





2018-19 SPORTS PHYSICAL EXAMINATION FORM

**PART 1** (TO BE COMPLETED BY A PARENT OR LEGAL GUARDIAN)

STUDENT LAST NAME:		STUDENT FIRST NAME:		ID #:
GRADE:	BIRTHDATE:	FALL SPORT:	WINTER SPORT:	SPRING SPORT:

**HEALTH HISTORY** (Must be Completed Prior to the Examination)

YES	NO	Has this student had any:	YES	NO	Does this student:
		1 Chronic or recurrent illness?			16 Wear eyeglasses or contact lenses?
		2 Illness lasting over 1 week?			17 Wear dental bridges, braces or plates?
		3 Hospitalization or Surgeries?			18 Take any medications? (List below):
		4 Nervous, psychiatric, or neurologic condition?			
		5 Loss or nonfunctioning of organs (eye, kidney, liver, testicle) or glands?	YES	NO	Is there any history of:
		6 Allergies (medicines, insect bites, food)?			19 Injuries requiring medical care or treatment?
		7 Problems with heart or blood pressure?			20 Neck or back pain or injury?
		8 Chest pain or severe shortness of breath with exercise?			21 Knee pain or injury?
		9 Dizziness or fainting with exercise?			22 Shoulder or elbow injury?
		10 Fainting, bad headaches or convulsions?			23 Ankle pain or injury?
		11 Concussion or loss of consciousness?			24 Other serious Joint injury?
		12 Heat exhaustion, heatstroke or other problems with heat?			25 Broken bones (fractures)?
		13 Racing heart, skipped, irregular heartbeats, or heart murmur?	YES	NO	Further history:
		14 Seizures?			26 Birth defects (corrected or not)?
		15 Severe or repeated instances of muscle cramps?			27 Death of a parent or grandparent less than 40 years of age due to medical cause or condition?
		Date of last known tetanus (lockjaw) shot:			28 Parent or grandparent requiring treatment for heart condition less than 50 years of age?
		Date of last complete physical examination:			29 Been seen by a physician on an emergency or urgent basis in the last 12 months?

**Explain all "YES" answers here along with any other fact or circumstance that should be disclosed prior to the examination (use reverse side of form):**

**PARENT/GUARDIAN'S AUTHORIZATION:** I authorize a physician or duly authorized and supervised physician's assistant or nurse practitioner to perform a Sports Physical Evaluation on the student. The information set forth above is complete and accurate and I know of no reason why the student cannot fully and safely participate in the listed sports. I understand that this is solely a screening examination and that the absence of any health conditions or concerns listed below does not mean that student is free from actual or potential harmful health conditions that may cause the student injury or death while participating in sports. Any question or concern I may have regarding the student's health or safety will be referred to our personal physician or health care provider for review and evaluation.

PRINT PARENT/GUARDIAN NAME:	SIGNATURE OF PARENT/GUARDIAN:		
ADDRESS:	WORK #:	HOME #:	DATE:
REGULAR PHYSICIANS NAME:	OFFICE #:	PROVIDER/ORGANIZATION:	

**PART 2** (TO BE COMPLETED BY THE EXAMINING PHYSICIAN/PHYSICIAN'S ASSISTANT/NURSE PRACTITIONER)

	NORMAL	ABNORMAL (Describe)	
EYES/EARS/NOSE/THROAT			HEIGHT:
SKIN			WEIGHT:
HEART			PULSE:
ABDOMEN			PULSE AFTER Ex:
GENITAL/HERNIA(MALES) MUSCULOSKETAL			BP:
A. NECK/SPINE/SHOULDERS/BACK			<b>RECOMMENDATION:</b>
B. ARMS/HANDS/FINGERS			Unlimited participation
C. HIPS/THIGHS/KNEES/LEGS			Limited participation/specific sports, events, activities
D. FEET/ANKLES			Clearance withheld pending further testing/evaluation
NEUROLOGIC SCREENING EXAM (NSE)			No athletic participation
			<b>ONE OF THE ABOVE MUST BE CHECKED</b>
<b>COMMENTS (use reverse side of form):</b>			

PRINT NAME OF PHYSICIAN (M.D., D.O., P.A. OR N.P. ONLY)	PHYSICIAN'S SIGNATURE	DATE
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# Natomas Unified School District

2018-19

## CONCUSSION AND HEAD INJURY (FORM) INFORMATION SHEET

Student:	Address:
Grade:	DOB:
School:	Telephone:

Pursuant to Education Code Section 49475, before a Student may try-out, practice, or compete in any District- sponsored extracurricular athletic program, including interscholastic, intramural, or other sport or recreation programs (including cheer/dance teams and marching band), but excluding physical education courses for credit, the student and parent/legal guardian must review and execute this Concussion and Head Injury Information Sheet. Once signed, the Sheet is good for one academic year (Fall through Spring) and is applicable to all athletic programs in which the Student may participate.

### IMPORTANT INFORMATION REGARDING CONCUSSIONS

If a Student is suspected of sustaining a concussion or head injury during an athletic activity, the Student shall be immediately removed from the activity. The Student will not be allowed to resume any participation in the activity until he/she has been evaluated by a licensed health care provider (MD or DO for CIF-governed interscholastic sports; MD, DO, nurse practitioner, or physician’s assistant for all other sports/athletic activities), who must affirmatively state (1) that he/she has been trained in concussion management and is acting within the scope of his/her licensed medical practice, and (2) the student has been personally evaluated by the health care provider and has received a full medical clearance to resume participation in the activity. By law, there can be no exceptions to this medical clearance requirement.

Depending on the circumstances of a particular practice or game, a supervising referee/umpire, coach/assistant coach, athletic trainer, or attending health care provider may determine that a student should be removed from an activity based on a suspected or potential concussion or head injury. The following guidelines will be used: (1) in the case of an actual or perceived loss of consciousness, the student must be immediately removed from the activity; (2) in all other cases, standardized concussion assessment tools (e.g., Sideline Concussion Assessment Tool (SCAT-II), Standardized Assessment of Concussion (SAC), or Balance Error Scoring System (BESS) protocol) will be used as the basis to determine whether the student should be removed from the activity. For the safety and protection of the student, once a supervising individual makes a determination that a student must be withdrawn from activity due to the potential existence of a concussion or head injury, no other coach, player, parent or other involved individual may overrule this determination.

Once a student is removed from an activity, the parent/guardian should promptly seek a medical evaluation by a licensed health care provider, even if the student does not immediately describe or show physical symptoms of a concussion (headache, pressure in the head, neck pain, nausea or vomiting, dizziness, blurred vision, balance problems, sensitivity to light or sound, feeling “slow,” “foggy,” or “not right,” difficulty with concentration or memory, confusion, drowsiness, irritability or emotionality, anxiety or nervousness, or difficulty falling asleep). If the student reports or shows any of these symptoms, immediate medical health care should be obtained. If a parent or legal guardian is not immediately available to make health care decisions, the District reserves the right to have the student taken for emergency or urgent evaluation or medical care in keeping with the authorization contained in the Agreement for Team Participation.

\_\_\_\_\_  
SIGNATURE OF STUDENT ATHLETE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN

\_\_\_\_\_  
DATE

# Natomas Unified School District

## AGREEMENT FOR STUDENT ATHLETE AND PARENT/GUARDIAN REGARDING USE OF STEROIDS

Name of Student Athlete:

\_\_\_\_\_  
PLEASE PRINT

Grade Level:

\_\_\_\_\_  
PLEASE PRINT

School:

\_\_\_\_\_  
PLEASE PRINT

As a condition of membership in the California Interscholastic Federation (CIF) and in accordance with Education Code 49030, the Board of Trustees of the Natomas Unified School District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids as specified below. CIF Bylaw 524 requires that all participating students and their parents/guardians sign this agreement.

By signing below, we agree that the student shall not use androgenic/anabolic steroids or any dietary supplement on the U.S. Anti-Doping Agency banned substance list without a written prescription from a licensed health care practitioner to treat a medical condition.

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

We understand that the student's violation of the District policy regarding steroids may result in discipline against him/her including, but not limited to, restriction from athletics or suspension or expulsion from school.

\_\_\_\_\_  
SIGNATURE OF STUDENT ATHLETE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN

\_\_\_\_\_  
DATE

# 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>

CardiacWise (20-minute training video)  
<http://www.sportsafetyinternational.org>



# 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.

### 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 accidentally hurt a

victim with an AED—quick action can only help. AEDs are designed to only shock victims whose hearts need to be restored to a healthy rhythm. Check with your school for locations of on-campus AEDs.



## 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.

NATOMAS UNIFIED SCHOOL DISTRICT  
**EMERGENCY CARD—PART ONE**

STUDENT: \_\_\_\_\_ SCHOOL YEAR: **2018-19**  
 (Please Print) LAST NAME FIRST NAME

**AUTHORIZATION FOR TRANSPORTATION**

1. The parent/guardians of the athlete/cheerleader named above hereby give permission for their child/ward to travel to school sponsored athletic events on district provided transportation.
2. I/We also give permission for my/our child/ward to ride as a passenger in a vehicle driven by another parent or coach.
3. I/We acknowledge and understand that the Natomas Unified School District may not provide transportation to all school sponsored athletic events.

**CONSENT TO TREAT** (Waiver, Consent & Release also included in the Agreement for Team Participation, CPF-1)

4. I/We understand and acknowledge that Education Code Section 35330 provides that all persons participating in the school related trip shall be deemed to have waived all claims against the district or State of California for injury, accident, illness or death occurring during or by reason of the trip.
5. I/We understand that the Natomas USD does not provide student and athletic accident insurance coverage for students injured on school premises or while participating in school-related activities. In accordance with Education Code and NUSD Board Policy, the district has made available for purchase, voluntary accident insurance. (See Student Accident Insurance letter provided in Student Athlete Clearance Packet.)
6. If an injury or medical emergency occurs during Team Activities, District employees, agents or volunteers have my express permission to administer or to authorize the administration of urgent or emergency care, including the transportation of the Student to an urgent care or emergency care provider. (In such circumstances, notice to me and/or the Emergency Contact may be delayed.)

Parent/Guardian Name (please print): \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

**EMERGENCY CARD—PART TWO**

**Emergency Medical Information** (Please Print)

Parent/Guardian Name: \_\_\_\_\_ Mobile #: \_\_\_\_\_ Other #: \_\_\_\_\_  
 Parent/Guardian Name: \_\_\_\_\_ Mobile #: \_\_\_\_\_ Other #: \_\_\_\_\_  
 Person to contact if parent/guardian cannot be reached: \_\_\_\_\_ Mobile #: \_\_\_\_\_ Other #: \_\_\_\_\_  
 Family Physician/Insurance Provider: \_\_\_\_\_ Phone #: \_\_\_\_\_

**General Medical History**—for medical practitioner in case of emergency:

Yes	No		Yes	No	
( )	( )	Diabetes	( )	( )	Hernia
( )	( )	Seizures	( )	( )	Absence of kidney
( )	( )	Bleeding disorders	( )	( )	Absence of or undescended testicle
( )	( )	Hearing Problems	( )	( )	Absence of any organ
( )	( )	Heart disease	( )	( )	Menstrual disorder
( )	( )	Allergic reactions	( )	( )	Loss of consciousness
( )	( )	Hospitalization	( )	( )	Health chance during last year
( )	( )	High or low blood pressure			
( )	( )	Asthma, Allergies, please list: _____			
( )	( )	Prescription Medication, please list type, reason, dose: _____			

Please explain any YES answers or other health concerned: \_\_\_\_\_  
 \_\_\_\_\_

Date of last tetanus shot (required every 10 years): \_\_\_\_\_

**Please give details below of type of injuries the student has had, or now has, and when they occurred.**

Shoulder, arm, elbow, wrist, fingers, or thumb injury:  
 Hip, knee, leg, calf, ankle, foot, or toe injury:  
 Head, neck, or spine injury:  
 Does the student have any injury or physical condition that should be watched? Explain: \_\_\_\_\_