

SIERRA-PLUMAS JOINT UNIFIED SCHOOL DISTRICT
SIERRA COUNTY OFFICE OF EDUCATION
EMERGENCY MEDICAL FORM

Student Name: _____ Grade: _____

Student Date of Birth: _____ Last Tetanus Toxoid Booster: _____

Allergies to Drugs or Foods: _____

Special Medications or Pertinent Medical Information: _____

Mother: NAME: _____ Home Phone: _____ Cell Phone: _____

Other Living with Student: NAME: _____ Phone: _____ Relationship: _____

Father: NAME: _____ Home Phone: _____ Cell Phone: _____

Other Living with Student: NAME: _____ Phone: _____ Relationship: _____

Student Address: _____
PO Box or Street City State ZIP

Family Physician: _____ Phone: _____

Physician's Address: _____

Insurance Company: _____ Policy Number: _____

I (We), the undersigned parent, parents, or legal guardian(s) of the student listed above, a minor, do hereby authorize and consent to any x-ray examination, anesthetic, medical, or surgical diagnosis rendered under the general or special supervision of any member of the medical staff and emergency room staff licensed under the provisions of the Medicine Practice Act or a Dentist licensed under the provisions of the Dental Practice Act and on the staff of any acute general hospital holding a current license to operate a hospital from the State of California Department of Public Health. It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required, but is given to provide authority and power to render care which the aforementioned physician, in the exercise of his/her best judgment, may deem advisable. It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if the undersigned cannot be reached.

This authorization is given pursuant to the provisions of Section 25.8 of the Civil Code of California.

Date Signature(s) of Father, Mother, and/or Legal Guardian(s)

This consent shall remain effective through June 30 of the current school year.

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with 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 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.

Symptoms may include one or more of the following:

- | | |
|--|--|
| <ul style="list-style-type: none">• 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 | <ul style="list-style-type: none">• Amnesia• "Don't feel right"• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
|--|--|

Signs observed by teammates, parents and coaches include:

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

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

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the 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.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day."

and

"A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the education and management of concussion and receives written clearance to return to play from that health care provider".

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 miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions, you can go to:

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

Signature of Student

Date

Signature of Parent

Date

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 5/20/2010

ATHLETIC TRANSPORTATION

PERMISSION FORM

I give permission for my student athlete to travel to all "AWAY" games during his/her athletic season of play. I understand that this transportation may take place on a bus, in school vehicles or in district approved personal vehicles driven by district approved people.

Athlete's Name

Parent/Guardian Name

date

SPORT GUIDELINES REGARDING ATTENDANCE, ABSENCES, DETENTIONS AND ELLIGIBILITY

ATTENDANCE:

Athletes who miss any part of a day for illness or who miss any part of a day without notifying the office at least the day before the absence of an appointment, MAY NOT participate in practice or games that day.

ABSENCES THE DAY OF SPORTS' PRACTICES AND GAMES:

Athletes who have doctor, dental, or DMV appointments must get activity permits the day before missing school and return with verification from the medical/DMV office if they wish to attend sports practice or play in an athletic event later that day. Athletes who miss any part of a day for any other reason MAY NOT practice or compete that day. Some coaches will not allow athletes to compete if they miss practice the day before competition.

DETENTIONS:

All detentions MUST be served before attending practice or a game.

ELIGIBILITY:

In order to participate in athletics and other school activities, Grade 9-12 students must have earned at least a 2.0 grade point average and not failed any courses. CIF eligibility is determined at Quarter 1, Semester 1, Quarter 3 and Semester 2. Also, because athletic participation is a privilege and not a right, athletes are held to a higher standard of behavior and attendance than non-participating students. In addition to CIF eligibility, the staff has decided to institute a weekly grade check for athletes and students participating in other extra and co-curricular activities. Every Monday grades will be checked, and students with an "F" in any subject WILL NOT be able to participate in games or field trips for the remainder of the week. Also, athletes with an "F" will not be allowed to practice unless they have attended lunch and/or after school tutoring from 3:10-4:00 each day that week. A full week of tutoring is necessary regardless whether or not the "F" has been raised to a higher grade. The following Monday, grades will be checked once again. If an athlete decides to skip tutoring, he/she forfeits the right to play in the next game. If an athlete skips more than one tutoring during a season, he/she is removed from the team. It is our hope that this new policy will promote ongoing academic success.

I understand and agree to abide by the guidelines stated above.

Athlete's Signature

date

Parent/Guardian Signature

date

PARTICIPATION WARNING TO STUDENTS AND PARENTS!

SERIOUS CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION.

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 violent physical contact among players. Even the use of equipment may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury.

Students and parents 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 risk 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 making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent, guardian acknowledges that such risks exist.

By choosing to participate, you, the student acknowledges that such risks exist.

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.

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury.

If any of the foregoing is not completely understood, please contact the principal at your school for further information.

PLEASE COMPLETE AND SIGN IN THE SPACES PROVIDED.

STUDENT'S NAME: _____ SPORTS (S) _____

A SPECIAL WARNING TO FOOTBALL PLAYERS:

DO NOT USE HELMET TO BUTT, RAM OR SPEAR AN OPPOSING PLAYER. THIS IS IN VIOLATION OF THE FOOTBALL RULES AND SUCH USE CAN RESULT IN SEVERE HEAD OR NECK INJURIES, PARALYSIS OR DEATH TO YOUR OPPONENT. NO HELMET CAN PREVENT ALL HEAD OR NECK INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN FOOTBALL.

The signature below will acknowledge that we have read and understand the material contained in this warning to students and parents or guardians.

I hereby give my consent for the above-named student to compete in sports. I authorize the student to go with and be supervised by a representative of the school on any trips. In case this student becomes ill or is injured, you are authorized to have the student treated and I authorize the medical agency to render treatment.

☒ SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

☒ SIGNATURE OF STUDENT: _____ DATE: _____

ATHLETIC FUNDRAISING

Because the L.H.S. athletic programs are funded by our Booster Club, it is important for the teams to do fundraising each season. Each athlete is responsible to do his/her part to raise money that will help provide necessary items for the team. For any athlete who chooses not to participate in the team fundraiser, a flat fee of \$25 will be accepted. It is the athlete's responsibility to communicate his/her decision to the appropriate coach. If the team chooses to order personal t-shirts, hoodies, or other items, additional money may be required to cover the costs. Information will be provided before orders are placed.

I, _____ agree to support my
Athlete's Name
team by participating in the fundraising opportunities
that my coach provides. If I choose not to participate, I agree to
pay \$25 in order to help cover team expenses.

Athlete's Signature

Date

Parent/Guardian Signature

Date

CIF – Loyaltton High School

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_{sm}"). 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

1. *Trustworthiness* — be worthy of trust in all I do.

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.

Honesty — live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

Reliability — fulfill commitments; do what I say I will do; be on time to practices and games.

Loyalty — be loyal to my school and team; put the team above personal glory.

RESPECT

2. *Respect* — treat all people with respect all the time and require the same of other student-athletes.
3. *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.
4. *Disrespectful Conduct* — don't 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.
5. *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

6. *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.
7. *Role-Modeling* — Remember, participation in sports is a privilege, not a right 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.
8. *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.

9. *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.
10. *Integrity of the Game* — protect the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS

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

CARING

12. *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.
13. *Teammates* — help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

14. *Play by the Rules* — maintain a thorough knowledge of and abide by all applicable game and competition rules.
16. *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.

I have read and understand the requirements of this Code of Conduct. I understand that I'm expected to perform according to this code and I understand that there may be sanctions or penalties if I do not.

Student-Athlete Signature

Date

LOYALTON HIGH SCHOOL

P.O. Box 37
Loyalton, CA 96118
(530) 993-4454

INTERSCHOLASTIC SPORTS AGREEMENT

Participation in interscholastic sports at Loyalton High School requires of athletes and parents a serious commitment of time, energy, and team cooperation. Athletes are expected to maintain good grades, to conduct themselves at school, games, and practices in a cooperative and respectful manner and to refrain from debilitating vices like tobacco, alcohol, marijuana, and other illegal drugs. Unfortunately, a limited school budget dictates that athletes and parents shoulder part of the expense of sport participation as well. Listed below are specific expectations for Loyalton High athletes. It is our hope that parents will read and accept these expectations and help their sons and daughters to meet them.

Academics

Athletes are required to maintain a 2.0 grade point average with no F's in any classes. Participation in sports requires a great deal of time, and athletes must set priorities to ensure that academics get adequate attention. Coaches and teachers are available to help athletes with academic difficulties, but athletes must seek help early to avoid ineligibility.

Commitment

Game schedules are set by league committee. Practice schedules are set by the coaches with Athletic Director approval to accommodate coaches and the majority of players. Athletes will be expected to adjust their personal schedules in order to attend all games and practices. Coaches need to be notified well in advance of absences that cannot be avoided. Missed practices and games hurt the team effort and could result in benching, suspension from games, or removal from the team.

Athletes will be expected to work toward individual and team excellence with persistent physical effort, good sportsmanship, and a cooperative attitude.

Behavior

Loyalton High athletes represent our school and are in positions of leadership. They are expected to follow all school, district, league, and CIF rules; to have excellent attendance; and to maintain good grades.

Athletes whose school behavior results in referrals to the office will be warned on the first referral, suspended from a game at the second referral, and dropped from the team for the remainder of the season if a third referral is made. Truancies will be treated as referrals.

Athletes possessing or using alcohol, marijuana, or other illegal drugs, no matter how substances are obtained or who furnishes the illegal substances, will be dropped from the team for the remainder of the season. Athletes possessing or using tobacco products will be suspended from one game on the first offense and dropped from the team for the remainder of the season on the second offense. Student guilt will be determined by the principal based on physical evidence or behavior observed by coaches, school staff, or law enforcement officers.

Loyalton High athletes who are under the supervision of adults from other schools must comply not only with Loyalton High School Student Handbook rules and regulations but also host family and host school requirements, rules, and regulations. Athletes must stay with adult leaders unless permission is granted to leave the school or host home. Any athlete leaving the supervising school or host home without permission will be dropped from the team.

Athletes who are truant or have unexcused absences will not be allowed to practice or to play in games the day of the absence. All exceptions must be cleared in advance of the absence with the principal.

Coaches may limit playing time or recommend to the principal that a player be dropped from the team for repeated displays of poor sportsmanship, vulgarity, or lack of cooperation.

Athletes will be expected to dress for athletic trips and events according to or above school dress regulations as directed by the coaches.

Uniforms and Equipment

All athletes with the exception of cheerleaders will be provided with the basic equipment and uniforms to participate in their chosen sport. They are responsible for maintaining uniforms and equipment and returning them in good condition to coaches at the end of the season. Athletes will need to provide undergarments and footwear. Athletes may also be asked to buy some optional apparel such as kneepads for volleyball and baseball caps. Soccer players will need to purchase shin guards. Students will own and keep such items. No such items are sold on credit.

Transportation

Participation in interscholastic sports at Loyalton High School requires a great deal of travel to away games. Transportation will be by bus for some contests. The Loyalton Booster Club funds the majority of the bus travel, but athletes may be asked to donate to assist in covering the costs. Parents or guardians of athletes will need to find their own transportation to events when bussing is not provided. (See SPJUSD Operations Policies 807.1 and 807.2). Students are not allowed to drive themselves or others to athletic competitive events. Parents driving children other than their own need to submit DMV and insurance forms to the district office.

Fitness to Participate in Athletics

All high school sports present athletes with a very real risk of injury. Parents are responsible for all medical costs that may occur from injury. Students will be required to show that they have health insurance to address the potentially expensive cost of a sport injury. An inexpensive policy that covers only sports injuries is available through the school office.

Athletes are required to present to the coach or the school office an official physical form with a doctor's statement as to the fitness of the athlete to participate in school sports before they begin practices. Athletes kept from practice or games due to serious illness or injury will be expected to present to the coach a doctor's note clearing them to play before they resume full participation.

CIF requires that all high school athletes be under age 19 as of August 31, be undergraduates in high school having completed no more than 8 semesters, and be amateur. They further require that athletes have not competed on an outside team in the same sport during the school season of that sport and have not been expelled from any high school during the past year.

Loyalton High School requires all participating athletes to have cleared all fines, detentions, and unpaid school bills before starting practices.

Loyalton High School believes that student participation in school sports should be a positive and enriching experience. A great deal of effort and considerable resources have been committed to provide facilities, uniforms, equipment, organization, and leadership for our sport program. We urge parents to be involved and hope all of our athletes will have safe, exciting, and fulfilling seasons this year. Please direct questions or concerns to our coaches, our Athletic Director or our Principal.

I have read the list of expectations for athletes participating in Interscholastic Sports at Loyalton High School and give _____ permission to play _____
son/daughter name of sport
for the current season.

Player Signature

Parent/Guardian Signature

Date

LOYALTON HIGH SCHOOL

STUDENT TRAVEL CONTRACT

I agree to the following while traveling as a student of Loyalton High School:

1. I will not have in my possession or use alcohol, tobacco, or drugs during any time on the trip.
2. I will respect the vehicle in which I am riding - bus, car, van, or public transportation.
3. I will respect the housing provided on the trip - motel, hotel, home, or campground.
4. On overnight trips, I agree to stay in my assigned room when the evening curfew begins and not visit other rooms or leave the room.
5. On overnight trips, I agree to be quiet in my room and not disturb others.
6. I agree to abide by the school dress code on all school trips.
7. I agree not to leave the school group at any time without permission of the teacher or coach in charge.
8. I agree to follow all school rules while attending a school trip.
9. If I cancel after agreeing to attend a tournament, contest, or conference, I will pay my portion of any fees. I understand this may include costs for registration, rooms, and activities that the school has paid for that cannot be refunded.

I understand that if I do not follow the above, there could be consequences including:

1. Disqualification from future school trips.
2. LHS discipline referral.
3. A call to law authorities.
4. A call to your parents requiring they pick you up.

Student Signature

Parent Signature

Date

Date

Pursuing Victory With Honor[®]

Code of Conduct for Parents/Guardians

Athletic competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"SM). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role and their good-faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child's sports experience.

TRUSTWORTHINESS

- *Trustworthiness* — Be worthy of trust in all you do.
- *Integrity* — Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what's right even when it's unpopular or personally costly.
- *Honesty* — Live honorably. Don't lie, cheat, steal or engage in any other dishonest conduct.
- *Reliability* — Fulfill commitments. Do what you say you will do.
- *Loyalty* — Be loyal to the school and team; Put the interests of the team above your child's personal glory.

RESPECT

- *Respect* — Treat all people with respect at all times and require the same of your student-athletes.
- *Class* — Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
- *Disrespectful Conduct* — Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- *Respect for Officials* — Treat game officials with respect. Don't complain or argue about calls or decisions during or after an athletic event.

RESPONSIBILITY

- *Importance of Education* — Support the concept of "being a student first." Commit your child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student-athletes who do not have a serious commitment to their education. Be the lead contact for college and university coaches in the recruiting process.
- *Role Modeling* — Remember, participation in sports is a privilege, not a right. Parents/guardians too should represent the school, coach and teammates

with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.

- *Self-Control* — Exercise self-control. Don't fight or show excessive displays of anger or frustration.
- *Healthy Lifestyle* — Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco, drugs and some over-the-counter nutritional supplements, as well as of unhealthy techniques to gain, lose or maintain weight.
- *Integrity of the Game* — Protect the integrity of the game. Don't gamble or associate with gamblers.
- *Sexual Conduct* — Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden. Report misconduct to the proper authorities.

FAIRNESS

- *Fairness and Openness* — Live up to high standards of fair play. Be open-minded, always willing to listen and learn.

CARING

- *Caring Environment* — Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

CITIZENSHIP

- *Spirit of the Rules* — Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

I have read and understand the requirements of this Code of Conduct and acknowledge that I may be disciplined if I violate any of its provisions.

Parent/Guardian Signature

Date



Parental Consent for Participation

I hereby give my consent for the above student to engage in approved sports activities. I also give my consent for my student to be transported in connection with participation in athletic activities. It is my clear understanding that participation in athletic activities creates risks normally associated with such activities and that the risk increases as the sport becomes more vigorous and/or involves bodily contact. I further give my permission for appropriate school staff or their designees to render emergency treatment associated with an injury and agree to hold the school district and its employees harmless in the administration of such emergency assistance.

Parent/Guardian Signature _____ Date: _____

Physician's Statement (To be completed by examining physician.)

Absolute Contraindications:

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Three concussions 2. Large cranial defect 3. History of retinal detachment 4. Absence of one eye 5. Amblyopia of one eye 20/200 6. Congenital glaucoma 7. Symptomatic lung infection 8. Severe mitral stenosis 9. Cyanotic heart disease 10. Aortic stenosis | <ol style="list-style-type: none"> 11. Active myocarditis 12. Symptomatic pulmonary hypertension 13. Blood coagulation defects 14. Any enlarged abdominal organ 15. Undescended testicle over pubic tubercle 16. Chronic osteomyelitis 17. Symptomatic spinal epiphysitis 18. Painful spondylolisthesis or spondylolysis 19. Active kidney problems |
|--|--|

Height _____ Weight _____ Resting Pulse _____ Blood Pressure _____

Visual Acuity: with glasses Both _____ R _____ L _____

without glasses Both _____ R _____ L _____

Urine: Protein/Sugar _____

Head _____ Lungs _____ Scoliosis _____

Eyes _____ Heart _____ Back _____

Ears _____ Abdominal _____ Upper Extremities _____

Mouth _____ Hernia _____ Lower Extremities _____

Teeth _____ Genitalia _____ Skin _____

Neck _____

N = normal
X = abnormal
O = not examined

I certify that _____ has been examined by me on _____. He/she is physically qualified to participate in contact sports (football, wrestling, basketball, soccer) and non-contact sports, with the following limitations:

Physician's Signature _____ Date _____

Use this section for additional notations

PLUMAS UNIFIED SCHOOL DISTRICT - MEDICAL/PARENTAL CONSENT FOR ATHLETIC PARTICIPATION

Student Name: _____

Date of Birth: _____

Address: _____

Sec: _____

School: _____

Grade: _____

Sports: _____

Family History (Parents)

	Yes	No
High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>
Strokes	<input type="checkbox"/>	<input type="checkbox"/>
Heart Trouble	<input type="checkbox"/>	<input type="checkbox"/>
Blackout Spells	<input type="checkbox"/>	<input type="checkbox"/>
Seizures or Fits	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>
Kidney Disease	<input type="checkbox"/>	<input type="checkbox"/>
Sudden Deaths	<input type="checkbox"/>	<input type="checkbox"/>
Blindness	<input type="checkbox"/>	<input type="checkbox"/>
Bleeding Disorders	<input type="checkbox"/>	<input type="checkbox"/>

Explain all yes answers:

Medical History (Student)

Have you ever had the following illnesses?

	Yes	Date	No
TB	<input type="checkbox"/>	_____	<input type="checkbox"/>
Mononucleosis	<input type="checkbox"/>	_____	<input type="checkbox"/>
Rheumatic Fever	<input type="checkbox"/>	_____	<input type="checkbox"/>
Measles	<input type="checkbox"/>	_____	<input type="checkbox"/>
Chicken Pox	<input type="checkbox"/>	_____	<input type="checkbox"/>
Mumps	<input type="checkbox"/>	_____	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	_____	<input type="checkbox"/>

Medical History (Student continued)

Allergies: None _____

Medications: None _____

Hospitalizations: None _____

Operations: None _____

Immunizations: Date

DPT _____

Mumps _____

Measles _____

Polio _____

Rubella _____

Health History (Student)

Have you recently had or do you now have:

	Yes	No
Frequent headaches	<input type="checkbox"/>	<input type="checkbox"/>
Concussion	<input type="checkbox"/>	<input type="checkbox"/>
Seizures or Fits	<input type="checkbox"/>	<input type="checkbox"/>
Blackouts	<input type="checkbox"/>	<input type="checkbox"/>
Heat Stroke	<input type="checkbox"/>	<input type="checkbox"/>
Double Vision	<input type="checkbox"/>	<input type="checkbox"/>
Eyeglasses or Contact Lens	<input type="checkbox"/>	<input type="checkbox"/>
Blindness of Either Eye	<input type="checkbox"/>	<input type="checkbox"/>
Dental Appliances	<input type="checkbox"/>	<input type="checkbox"/>
(braces, false teeth)		
Dizzy Spells	<input type="checkbox"/>	<input type="checkbox"/>
Poor Hearing	<input type="checkbox"/>	<input type="checkbox"/>
Frequent Earaches	<input type="checkbox"/>	<input type="checkbox"/>
Nosebleeds	<input type="checkbox"/>	<input type="checkbox"/>
Rapid Heart Beat at Rest	<input type="checkbox"/>	<input type="checkbox"/>
Irregular Heart Beat	<input type="checkbox"/>	<input type="checkbox"/>
High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>
Heart Murmur	<input type="checkbox"/>	<input type="checkbox"/>
Heart Trouble	<input type="checkbox"/>	<input type="checkbox"/>
Swollen Ankles	<input type="checkbox"/>	<input type="checkbox"/>
(other than sprains)		
Shortness of Breath	<input type="checkbox"/>	<input type="checkbox"/>
Asthma	<input type="checkbox"/>	<input type="checkbox"/>
Pneumonia	<input type="checkbox"/>	<input type="checkbox"/>
Other Lung conditions	<input type="checkbox"/>	<input type="checkbox"/>
Chest Pain	<input type="checkbox"/>	<input type="checkbox"/>
Constant Coughing	<input type="checkbox"/>	<input type="checkbox"/>
Ulcers	<input type="checkbox"/>	<input type="checkbox"/>
Worms	<input type="checkbox"/>	<input type="checkbox"/>
Yellow Jaundice	<input type="checkbox"/>	<input type="checkbox"/>
Unexplained Fevers	<input type="checkbox"/>	<input type="checkbox"/>
Kidney Problems	<input type="checkbox"/>	<input type="checkbox"/>
Bladder Infections	<input type="checkbox"/>	<input type="checkbox"/>
Blood in Urine	<input type="checkbox"/>	<input type="checkbox"/>
Blood Transfusion	<input type="checkbox"/>	<input type="checkbox"/>
Anemia (low blood)	<input type="checkbox"/>	<input type="checkbox"/>
Thyroid Trouble	<input type="checkbox"/>	<input type="checkbox"/>
Free Bleeding	<input type="checkbox"/>	<input type="checkbox"/>
Easy Bruising	<input type="checkbox"/>	<input type="checkbox"/>
Hot or Cold Spells	<input type="checkbox"/>	<input type="checkbox"/>
Arthritis	<input type="checkbox"/>	<input type="checkbox"/>
Knee injury	<input type="checkbox"/>	<input type="checkbox"/>
Knee pain	<input type="checkbox"/>	<input type="checkbox"/>
Dislocations	<input type="checkbox"/>	<input type="checkbox"/>
Fractures	<input type="checkbox"/>	<input type="checkbox"/>
Neck Injury	<input type="checkbox"/>	<input type="checkbox"/>
Weak Ankles	<input type="checkbox"/>	<input type="checkbox"/>
Back Ache	<input type="checkbox"/>	<input type="checkbox"/>

Explain all yes answers:

I certify that the information on the above form is true:

Parent/Guardian Signature: _____

Business Phone: _____ Home Phone: _____

SPORTS PARENTING

- 1 Make sure your child knows win or lose, that you love them, you appreciate their efforts and **you are not disappointed in them.**
- 2 Try your best to be **completely honest** about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.
- 3 **Be helpful but don't "coach"** on the way to the track, diamond or court... on the way home... at breakfast... and so on.
- 4 Teach them to **enjoy the thrills of competition**, trying, working, improving their skills and attitudes... taking the physical bumps and coming back for more.
- 5 Try not to relive your athletic life through your child in a way that creates pressure. Remember, you fumbled too; you lost as well as won; you were frightened; you backed off at times; and you were not always heroic. **Don't pressure them because of your pride.**
- 6 **Don't compete with the coach.** The young athlete often comes home and chatters on about "coach says this, coach says that." This is often hard to take, especially for a father or mother who has had some sports experience.
- 7 **Don't compare** the skill, courage or attitudes of your child with that of other members of the squad or team, at least not in front of them.
- 8 You should get to know the coach, so that you can be assured that his or her philosophy, attitudes, ethics and knowledge are a **good influence** on your child.
- 9 Always remember that children tend to exaggerate both when praised and when criticized. **Temper your reactions** to their tales of woe or heroics they bring home.
- 10 Make a point of **understanding courage**, and the fact that it is relative. Explain to your youngster that courage does not mean an absence of fear but means doing something in spite of fear or discomfort.
- 11 Never approach a coach **on game day** to talk about your child, before, during or after a contest.

A parent's "Coaching Job" is the toughest one of all and takes a lot of effort. Sometimes in your desire to help your child, best intentions can end up being counterproductive. Applying the Rules for Parents will go a long way towards fostering an environment your child can use to enjoy and excel in their sport.



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 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.

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>





BETTER ATHLETES
BETTER PEOPLE

Student-Athlete Social Media Agreement

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

Recognizing the above:

- _____ I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.
- _____ I will not degrade my opponents before, during, or after games.
- _____ I will post only positive things about my teammates, coaches, opponents and officials.
- _____ I will use social media to purposefully promote abilities, team, community, and social values.
- _____ I will consider "Is this the me I want you to see?" before I post anything online.
- _____ I will ignore any negative comments about me and will not retaliate.
- _____ If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain, or a coach.
- _____ I am aware that I represent my sport(s), school, team, family and community at all times, and will do so in a positive manner.

Student-Athlete Signature _____

Date _____



Thanks to PCA's National Student Athlete Advisory Board for helping produce this agreement.

For more Resources, visit: www.PCAdEvZone.org
For more information on Positive Coaching Alliance, visit: www.PositiveCoach.org