



Player / Parent Athletic Handbook

2022 - 2023

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SDUHSD ATHLETICS PURPOSE AND MISSION

WELCOME

Welcome to another school year and our corresponding seasons. Thank you in advance for reviewing this handbook. I believe these important rules and guidelines will help you continue our tradition of excellent results on and off the field and allow you to put your energy into our amazing student-athletes. At any time, please feel free to contact your Head Coach, Athletic Director, Assistant Principal in Charge of Athletics, Principal or my office.

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PURPOSE

The purpose of athletics is to contribute to the overall educational experience of the balanced and total student. Concepts learned through athletics include teamwork, integrity, sportsmanship, restraint, persistence, leadership, self-esteem, discipline and humility.

Participation on an athletic team is a privilege that is extended to every student who is eligible under regulations set up by CIF, CIF-San Diego Section (CIFSDS), and the San Dieguito Union High School District (SDUHSD). Every privilege includes responsibility. The conduct of a student-athlete is closely observed by many people. A student-athlete is a representative of the team, the school and the community. Therefore, it is important that each student-athlete be an individual of high moral integrity and class at all times and in all places. This extends into the classroom, beyond the playing field and within the community.

MISSION STATEMENT

Athletic competition is an integral part of the high school experience. The four San Dieguito Union High School District's high schools and CIF are uniquely positioned to foster student growth in values and ethics. All four of the SDUHSD's high schools are members of the San Diego Section of the California Interscholastic Federation (CIF). CIF's operating principles of "Pursuing Victory with Honor" provide the opportunity to dramatically influence the actions of the athletic community. All four SDUHSD high schools and CIF strive to strengthen the integrity of student-athletes and adults across the state by promoting the concepts of sportsmanship, honesty and quality academics. These priorities advance the highest principles of character – trustworthiness, respect, responsibility, fairness, caring and good citizenship.

Purpose

The purpose of athletics is to contribute to the overall educational experience of the balanced and total student. Concepts learned through athletics include teamwork, integrity, sportsmanship, restraint, persistence, leadership, self-esteem, discipline, and humility. Student-athletes will be expected to adhere to the following code of behavior:

Each Student-Athlete strives to:

- At all times represent their school in a positive manner.
- Be on time, be enthusiastic, dependable, loyal, and cooperative.
- Be responsible and open to coaching.
- Be a team player and support their teammates.
- Abide by the general rules of discipline as established for you by the CIF, CIFSDS, and SDUHSD.
- Place academics first.
- Strive to improve.
- Demonstrate respect for teachers, coaches, and fellow athletes at all times.
- Maturely accept constructive criticism and take responsibility for his/her actions.
- Use appropriate language.

Participation on an athletic team is a privilege that is extended to every student who is eligible under regulations set up by CIF, CIF-San Diego Section (CIFSDS), and the San Dieguito Union High School District (SDUHSD). Every privilege includes responsibility. The conduct of a student-athlete is closely observed by many people. A student-athlete is a representative of the team, the school, and the community. Therefore, it is important that each student-athlete be an individual of high moral integrity and class at all times and in all places. This extends into the classroom, beyond the playing field and within the community.

Governing Body

California Interscholastic Federation (CIF) - Athletic competition is an integral part of the high school experience. CIF is uniquely positioned to foster student growth in values and ethics. CIF's operating principle of "Pursuing Victory with Honor," provides the opportunity to dramatically influence the actions of the athletic community. CIF strives to strengthen the integrity of students and adults across the state by promoting the concepts of sportsmanship, honesty, and quality academics. These priorities advance the highest principles of character— trustworthiness, respect, responsibility, fairness, caring, and good citizenship.

CIF—San Diego Section

The CIF-San Diego Section is a voluntary association of public, private, and parochial high schools. The Board of Managers is the governing body. The members of the Board are public school superintendents and private school representatives of 97 member high schools and 135,000 students. It is one of ten sections throughout the State of California.

The San Diego Section encourages and assists high school students, through participation in interscholastic athletics, to develop and strengthen values, attitudes, and skills that will promote their personal growth as individuals and as members of a diverse society. In addition, its purpose is to cultivate more cordial and friendly relations among schools through good standards of sportsmanship. The San Diego Section administers and conducts varsity level championship playoffs in sports for the young men and women attending our member schools. The CIF-SDS is committed to preparing young men and women for a better tomorrow and to working with educators, parents, and the community to establish and maintain excellent high school athletic programs. For more information, visit their website www.cifsd.org.

Eligibility Rules, Regulations and Transfers

A student-athlete who participates in athletics agrees to abide by rules. These rules are the result of the combined efforts of four different groups; CIF, CIF-SDS, SDUHSD, and the National

Federation of High Schools (NFHS). Information contained in this booklet will acquaint you with some of the bylaws and regulations all students must follow in order to protect athletic eligibility. The coach of each sport is responsible for teaching the rules that apply to that specific sport as published by the NFHS and the bylaws of the CIF-SDS. The eligibility standards of the CIF-SDS were accepted by each school when they became a member of CIF. If you have any questions regarding rules and regulations, please contact the Athletic Office for clarification.

In the following pages we have outlined CIF Rules that have specific importance to the student- athlete and parent. In some areas, SDUHSD has more strict guidelines than CIF. That is allowable. We are just not allowed to be more lenient. Any situation not specifically covered in this code will be referred to the Athletic Director. The eligibility physical will uniformly meet the standards of eligibility stated by the Constitution and Bylaws of the California Interscholastic Federation and CIF-SDS Green Book (www.cifsd.org). NOTE: Students cannot participate on any school team until all forms are signed and returned to the Athletic Office.

For many students, the high school years will be highlighted and enhanced by participation in our school's interscholastic athletic program. During this time, the CIF-SDS standards must be met in order to be eligible to compete and participate. In addition, there may be school, district, and conference standards that apply. Parents and student-athletes are urged to study these standards carefully, and before making any decision involving athletic participation, to consult with the school administrator/Athletic Director.

CIF—Residential Eligibility

A student-athlete has residential eligibility upon initial enrollment in:

The ninth grade of any CIF high school or a CIF junior high school under provisions of CIF Bylaw 302,
OR

The tenth grade of a CIF high school from ninth grade of a junior high school.

SDUHSD—Residential Eligibility

Students living within the boundaries of the SDUHS District who are accepted for enrollment at their home school or school of choice in the ninth grade are considered eligible.

A student-athlete must live with his/her parent, legal guardian, or caregiver within the geographical boundaries of the San Dieguito Union High School District to be eligible.

Changing Schools - Transfers

Entering High School – 9th Grade

It is a family choice in deciding the school in which they chose to enroll their children. Athletic eligibility is first established when the student enters 9th grade, regardless of the member school. This is called **Initial Residential Eligibility** and specific details are listed in CIF Bylaw 206. Students entering 9th grade must meet all academic and citizenship requirements of the CIF and are subject to local school/board policies in order to participate in CIF high school athletics.

CIF Bylaw 202.B. prohibits providing false information in regard to any aspect of eligibility. CIF Bylaw 510 (Undue Influence – Recruiting) prohibits any person or persons to secure, retain or influence what high school a student attends. In both cases, there are severe penalties for both the student-athlete and the school. The student-athlete penalty could include ineligibility for up to 24 months. Please report unethical behavior immediately to your school principal to help protect your student-athlete eligibility. Unethical behavior, recruiting and cheating hurts everyone.

Anytime a student moves from one school to another school (School “A” to School “B”), the student is considered a “transfer” student.

When a family makes a decision to transfer the student, any time after establishing **Initial Residential Eligibility**, there may be limitations on the student's athletic eligibility, depending on the classification of the student.

Classifications of Transfer Students

1. **A valid change of residence student.**
2. **A transfer without a valid change of residence.**
3. **An involuntary transfer student** (*when a school/district forces the student to change schools*).

Regardless of the type of transfer, there will be paperwork, (forms and documentation) that the student and his/her parents/legal guardians will have to complete for the new school (School "B") in order to request athletic eligibility. The new school (School "B") will communicate with the transfer student's previous school (School "A") and work with the parents to complete the necessary forms to ensure not only residential eligibility but also academic eligibility.

On the following page is an abbreviated explanation that describes the athletic eligibility process for students who transfer under these circumstances. It is hoped that families will be better prepared to make "school choice" decisions with an understanding of the impact of those decisions on their student's residential athletic eligibility.

A SIMPLE PROCESS

When a student transfers schools (changes from School "A" to School "B") regardless of the reason for the change, the new school (School "B") must take steps to ensure the athletic eligibility of the student. These steps will include:

The new school principal or administrative designee must determine if the student is academically eligible and has made a valid change of residence.

- The new school site principal/designee shall review if the student made a valid change of residence by following the process of its respective CIF Section for a "Valid Change of Residence." The process will include submission of paperwork to the CIF Section office prior to participation in games/contests.
 - The new school must also verify the student has met the academic requirements of the school and CIF.
 - The new school (School "B") and the prior school (School "A") must verify there was no "Undue Influence."
 - The new school (School "B") must verify that there are no pending school discipline issues existing at the prior school (School "A") that could jeopardize the student's eligibility at the new school; that the move (by voluntary transfer or change of residence) did not occur either to avoid discipline or pending discipline, or that the move was involuntary due to discipline issues.
- The new school (School "B") athletic director/administrator must contact the athletic director/administrator from the previous school (School "A") to inform him/her of the valid change of address and check on any other issues that could affect the student's eligibility.
- This process will not begin before the student is enrolled and attending the new school (School "B").

If it is determined that the student did not make a valid change of residence, the new school (School "B") must take a few additional steps prior to determining the eligibility of the student.

- All CIF Sections WILL require that the appropriate forms be submitted to and APPROVED by the CIF Section office PRIOR to the student participating in contest/games when there is NOT a "Valid Change of Residence".
 - The new school is responsible for determining if the student meets the academic requirements of the CIF, CIF Section and the school.
 - The new school is responsible for using Pre-Enrollment Contact Affidavit (CIF Form 510.) to determine that there was no "Undue Influence."

- The school must also verify that there are no pending discipline issues existing at the prior school that could jeopardize the student eligibility at the new school.
- If this is the **student's first transfer**, refer to Bylaw 207.B.(5) for his/her eligibility options as they may be granted unlimited athletic eligibility with a "**Sit Out Period**" in sports they have previously participated in the past 12 months. (If a request for a "**Sit Out Period**" is denied based upon not meeting the criteria of Bylaw 207.B.(5), there is NO appeal of this finding)
- If this is the **student's second (or more) transfer, the student will be limited to sub- varsity (limited) eligibility** in those sports as described in CIF Bylaw 207.B.(3).
- PRIOR to participation, the new school must seek approval of eligibility by the CIF Section office and submit all forms and paperwork for review and approval.
- There are limited circumstances where a hardship exception maybe granted to the transfer rule. However, these hardships are specific and must be documented with court, school or police documents. Please refer to Bylaw 207.B.(5)c.

Sit-Out Period

Transfer student-athletes who wish to have varsity eligibility in a sport may choose the sit- out period, which means the student must sit-out from competition during the CIF designated period. Below are designated sit-out periods by season. Each period may be adjusted by the CIF-SDS depending on when the student-athlete transferred. For the 2022-23 school year, the eligibility dates for the Sit-Out Period for each of the three seasons can be found at www.cifsd.org.

Transfer student-athletes may practice with the team during the sit-out period but may not compete in any scrimmage or game. Students choosing the sit-out period may not compete at the junior varsity or freshman levels during the sit-out period.

Pre-Enrollment Declaration

Any and all pre-enrollment contact of any kind with a student-athlete must be disclosed by the student-athlete parent(s), legal guardian(s), and/or caregiver(s).

- Pre-enrollment contacts must be disclosed to include dates and times contact was made
- Private lessons must be disclosed if they are with one of the athletic coaching staff members or athlete on the current or former team
- Coaches may not attend outside athletic events before the student-athlete is officially enrolled in the school
- Persons associated with the school include but are not limited to current or former coaches, current or former athletes, parents of current or former student-athletes, booster club members, alumni, spouses or relatives of coaches, teachers and other employees of the SDUHSD district.
- NO COMMUNICATION IS ALLOWED TO PROSPECTIVE STUDENT-ATHLETES UNTIL THEY BECOME OFFICIALLY ENROLLED
- ALL TRANSFER STUDENT-ATHLETES NEED TO CONSULT WITH THE ATHLETIC DIRECTOR ONCE THEY BECOME OFFICIALLY ENROLLED WITHIN THE SDUHSD DISTRICT SCHOOL

Scholastic Eligibility

Do not change a course schedule or drop a course without first consulting with the school principal, counselor, or athletic director to determine whether it will affect your athletic eligibility.

Please read this information carefully in order to make thoughtful, informed decisions.

To be scholastically eligible to participate, all of the following criteria must be met:

- Course Enrollment - For each term, the student-athlete must be currently enrolled on campus in a minimum of 25 semester credits (5 courses) for letter grades at TP or LCC/a minimum of 15 semester credits (3 courses) for letter grades at CCA or SDHSA.
- Attendance – The student-athlete must participate in classes (3/4 or more of the school day, not including any homeroom) on a game or practice day, or the student cannot participate in team activities.
- Grades - At the completion of the previous regular grading period (school-wide distribution of A-F grades), the student-athlete must:

- Pass at least **25 semester credits** with a letter grade at TP or LCC/**15 semester credits** with a letter grade at CCA or SDHSA
- Maintain a minimum of a 2.0 grade point average on a 4.0 scale (unweighted GPA) in all enrolled courses
 - Incomplete (I), Pass (P), and Withdraw (W) marks may not be used as grades for determining scholastic eligibility because there are no grade points assigned for these marks and they do not factor into GPA calculation.
 - When an Incomplete grade is cleared and a letter grade is posted for the grading period, the letter grade may be used in eligibility calculation. Incomplete marks can only be issued at final marking periods - semester reports at LCC & TP or quarter reports at CCA & SDHSA.
 - An incomplete grade form must be filled out for each student who receives an "Incomplete"
- Maintain minimum progress toward meeting the high school graduation requirements as prescribed by the governing board of the school district
- Pass/Fail Grading (SDUHSD AR 5121)
 Pass/Fail Grading "The P grade shall not be calculated into the GPA or counted in determining athletic eligibility..."; Grade Point Average; Incomplete - *A student may receive an "Incomplete" in place of a grade only when circumstances beyond the control of the student prevent the student from completing a course. Such circumstances include:*
 - Hospitalization
 - Prolonged illness
 - Other reasons approved by the principal
 - The student is maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the governing board (CIF Bylaws 205+)
 - The student has maintained during the previous grading period a minimum unweighted 2.0 grade-point average, on a 4.0 scale, in all enrolled courses
- Incomplete Grades
 A grade(s) of Incomplete shall not be considered a passing grade under the CIF Bylaw 205+ unless, by operation of a school grading policy, an Incomplete grade shall become a passing letter or (numeric) grade without further achievement or accomplishment by a student, at a certain time. When an Incomplete grade is issued which does not automatically become a passing grade, as indicated immediately above, such and Incomplete grade shall not satisfy the requirement of the CIF Bylaw 205+ until the academic deficiency which gave rise to the Incomplete grade has been satisfied and a passing grade has been substituted for the Incomplete grade. Upon such substitution, the substituted grade shall be considered in determining scholastic eligibility as established by evaluation of previous grading period grades and the substituted grade. A scholastically ineligible student may become immediately scholastically eligible upon such evaluation.

Academics

Academics are the number one priority for high school student-athletes. During the season, student-athletes should plan to do projects, homework, and studying outside of practice. Key lessons learned through participating in high school athletics are planning, prioritizing, and understanding one's time limitations. If there is an unavoidable conflict involving athletics and academics, **academics always take priority**. Consequences for missing practices, tournaments, or games may still result. Many times, travel to an athletic competition means missing class. Student-athletes need to recognize demands that athletics can place on academic attendance and make appropriate choices.

Loss of Eligibility

Any student-athlete who loses his/her eligibility because of grades forfeits all right to letters and awards that he/she may have otherwise been entitled to receive for that sport. A student-athlete becomes ineligible for CIF competition if he/she participates in any tryout for a professional team in any CIF approved sport.

Age Limitations

A student-athlete, whose 19th birthday is attained prior to June 15, shall not participate or practice on any team in the following school year. A student-athlete, whose 19th birthday is on or before June 14, is ineligible.

Academic Probation (one time only)

The SDUHSD allows a student-athlete a one-time academic waiver when a student-athlete falls below a 2.0 GPA. Use of the waiver is at the discretion of each program's Head Coach, Athletic Director and Assistant Principal in charge of Athletics. The student-athlete will have to complete an individualized academic improvement plan during the probation period. The academic probation period ends when the next grading period's grades are posted (school-wide distribution of grades— progress report or report card). For a student-athlete to qualify for academic probation they must be passing a minimum of two classes (4X4) or four classes (block schedule). Student-athletes are allowed **one** academic probation period during their four years of eligibility.

If a student-athlete does not bring his/her grades up to a 2.0 grade point average at the end of the probationary period, they will be deemed academically ineligible and will be removed from the team roster.

Summer school grades may be included to improve G.P.A. earned in the final session of the regular school year. If a student repeats a spring semester course during summer school, the summer school grade can replace the previously earned grade. If a different course is taken during summer school, then the summer school course is an additional course and the grade for the summer school course will be factored into G.P.A. along with the other course grades from the previous semester. Courses taken outside of SDUHSD must be accredited and any summer school transcripts must be received by the school site registrar for the grade to be included in the official G.P.A.

Semesters of Attendance

A student who first enters the ninth grade of any school following the student's completion of the eighth grade in any school may be eligible for athletic competition for a maximum period of time that is not to exceed eight consecutive semesters following the initial enrollment in the ninth grade. Any school eligibility must be used during the student's first eight consecutive semesters of enrollment at that school or any other school. A student may only participate in four (4) seasons of any sport.

Competing Under an Assumed Name or Providing False or Fraudulent Information Any student who provides false information in order to achieve athletic eligibility will be ineligible in all interscholastic athletic competition for a period of up to 24 calendar months from the date the infraction is verified.

Competition on an Outside Team

A student-athlete on a high school team becomes ineligible if the student practices or competes in a contest on an "outside" team in the same sport, during the student's high school season of sport. This includes club teams. See CIF Rule 600.

Conflicts with Outside Club Teams

Participation in our high school team athletics takes precedence over all other outside athletic activities. If conflict occurs, the high school event will come first. Student-athletes need to make sure their participation in outside club sports in no way negatively affects the team on which they are participating, or they may be asked to leave that team.

Undue Influence—Recruitment of Athletes

The use of undue influence by any person(s) to secure or retain a student or one or both parents/guardians of a student as residents may cause the student to be ineligible for high school athletics and shall jeopardize the standing of the high school in CIF competition and standings.

Use of Alcohol, Tobacco, and Illegal Drugs

By CIF and the SDUHSD signed Code of Conduct, student-athletes are prohibited from using any form of alcohol, tobacco (including electronic cigarettes, vape pens or other tobacco-delivery devices), illegal drugs, steroids, and performance enhancing drugs while attending a school activity or event.

The San Dieguito Union High School District offers students an opportunity to participate in extracurricular activities and athletics. Student participation on an athletic team and in extracurricular activities is a privilege that is extended to every eligible student. With every privilege comes responsibility.

It is the responsibility of every student to abide by the provisions of the District Discipline Guidelines as well as the Extracurricular Code of Conduct. A student-athlete who participates in athletics agrees to abide by the combined rules developed by CIF-San Diego Section, San Dieguito Union High School District, and specific sport rules and regulations.

Students suspended from school for 2 consecutive days or longer and those who choose our Alcohol,

Tobacco and other Drug (ATOD) Intervention and Prevention Program, in lieu of a suspension, will be ineligible from all extra-curricular activities including athletics. The term of the suspension shall be 30 calendar days. The 30-calendar-day suspension will go into effect on the first day of the school suspension. During this period, students are prohibited from participating in all extra-curricular activities, athletics, team practices, team competition, athletic competition, school performances, rehearsals, etc. Try-outs will be permitted during this 30-day suspension. Violation of the San Dieguito Union High School District Discipline Guidelines may also result in the revoking of any awards for which the student might otherwise be eligible.

SDUHSD site administration may impose more restrictive guidelines with tobacco, drug and/or alcohol use involving school team members. The rules and guidelines may include, but are not limited to, infractions committed during non-school hours, infractions committed on non-school days, or infractions that do not result in disciplinary action from the school.

All team rules, regulations and consequences separate from the SDUHSD Code of Conduct must be provided in the form of a written document to all student-athletes and parents. It is imperative that all coaches have each student-athlete and parent sign and return the team rules and consequences at the beginning of each season. Any student-athlete who does not have this document on file will not be cleared to participate.

Student Award Limitations

A high school student-athlete may not receive an athletic award for CIF high school competition of a combined total or more than one hundred dollars (\$100) in value, from all sources. The total athletic award may be two hundred fifty dollars (\$250) for league, section, or state championships. When a student-athlete participates in other than CIF competition in a CIF approved sport, at any time other than

the high school season of sport, the student-athlete is governed by the award rules of the amateur governing body for that sport.

Student Participation Conduct Penalty

Student-athlete participation in athletic contests is an honor. Student-athletes are expected to conduct themselves in an exemplary manner at all times. During participation in all CIF competition, a student-athlete who is ejected or disqualified from participating in the remainder of a contest will be ineligible for at least the team's next contest pending a conference with either CIF commissioner. In addition, any student-athlete who physically assaults an official shall be banned from interscholastic athletics for the remainder of the student-athlete's interscholastic eligibility.

Penalties for Competition by Ineligible Athletes

Student-athletes who compete for their school in CIF contests while ineligible due to violations of CIF or CIFSDS rules will cause the following mandatory penalty:

Team sports—Forfeiture of contest (s) plus any profit share of playoff profit to school. Individual sports—Forfeiture of points and awards earned by the ineligible athletes (s).

Physical Examination

A physical examination on a district form, certifying the student is fit to participate in athletics is required before a student-athlete is eligible to try-out, practice, or participate in any CIF competition. A medical doctor (MD), Doctor of Osteopathy (DO) or Physician Assistant (PA) must sign the form. Physicals are good for one calendar year. In addition, students must have insurance coverage.

Athletic Awards & Letters

Letter awards are earned by participating on a varsity squad. In order for a student-athlete to letter, minimum standards and requirements must be met. Because of the differences in many sports, each coach will set his/her own award requirements. Student-athletes who quit their teams or are removed from the team by the coach at any time during the season will forfeit any awards they would have received.

A Varsity letter and sports-specific epaulet will be awarded to each student-athlete the first year he/she letters. Each subsequent year that the student-athlete letters, he/she will receive a bar.

Individual schools may issue a variety of other awards to varsity student-athletes. Check with the Athletic Director.

CIF Championship emblems, patches, or medals will be provided to all student-athletes of a team which has won the CIF Team Championship of that sport providing that the student-athlete has also earned a letter award in that sport for the same year. Awards recognition will be presented at the appropriate sports banquet

at the end of each season.

Season of Sport Definition

In the CIFSDS, the season of sport for an individual is that period of time when the student is first rostered as a student-athlete on a team, regardless of playing time in an interscholastic contest. To compete in an interscholastic contest or scrimmage in the CIF-SDS, a student-athlete must be a rostered team member, and have five (5) practice sessions with the coach/team.

Conflicts with Other Extra-Curricular Activities

An individual student who attempts to participate in too many extra-curricular activities 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 that end, will attempt to schedule events in a manner so as to minimize conflicts. Student-athletes have a responsibility to do everything they can to avoid conflicts. This would include being cautious about committing to too many activities where conflicts are bound to happen. It also means notifying the staff members involved and communicate immediately when a conflict does arise. The student-athlete will be responsible for contacting those involved and developing a solution so that the student-athlete learns to prioritize should a conflict arise.

Once the decision has been made and the student-athlete has followed that decision, he/she should tell the coach. If it becomes obvious that a student-athlete cannot fulfill the obligation of a school activity, he/she should withdraw from that team. Examples of conflicts include family, vacation, in-class exams, and college visits.

Dropping or Transferring Sports

On occasion, an in-season student-athlete may find it necessary to drop out of a sport. If this is the case, the following procedure is suggested.

1. Talk with your coach.
2. Report the situation to the Athletic Director.
3. Return all equipment and uniforms issued to you.

Student-athletes who quit their teams or are removed from the team by the coach at any time during the season will forfeit any awards they would have received.

What is a Practice?

In the CIF-SDS, practice is defined as organized, systematic exercise to become proficient in a sport. Activities include, but not limited to, skill drills, game situation drills, scrimmages and games, or any other directed or supervised instruction (including, but not limited to, study of game film, chalk talks, and strategy or planning sessions) by the school coach, a school representative, a school team representative, an outside team coach, or any individual associated with an outside team or club.

Practice Allowance (CIF Rule 506)

For the benefit of the physical and mental health of our student-athletes, all practices (as defined herein) under the auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also CIF Bylaw 504.M.):

A. All teams will be allowed no more than eighteen (18) hours of practice time per week and no more than four (4) hours in any single day.

(1) Multiple Practice Sessions:

- a. Double day practices shall not be held on consecutive days.
- b. Must include a minimum of three (3) hours rest between practices.

(2) Golf Only

a. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds. [Counts as four (4) hours]

B. Any competition day would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.

C. Definition of Practice

(1) Any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport; AND/OR

- a. Any school team or individual activity that includes skill drills, game situation drills, inter-squad scrimmages or games, weight training, chalk talks, film review, meetings outside of school time (excluding parent meetings) that are implicitly/explicitly required by the coach;

AND/OR

(2) Any other coach-directed or supervised school team or individual activity or instruction for a specific sport (private, small group or positional instruction, etc.)

AND/OR

(3) Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the high school athletic program, team or school; AND

(4) Outside organization activity (club, etc.), shall not be used to circumvent these Bylaws.

D. Other mandatory activities (including, but not limited to study hall, tutorial sessions, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in number C.(1)-(5) above.

E. This Bylaw shall not supersede any School/District/Section policies that may be more restrictive.

F. Penalties

Following the determination of a violation of CIF Bylaw 506, a loss of practice day(s) and/or other sanctions, for each practice session infraction, shall be imposed by the Section as deemed appropriate to the level, extent, and duration of the infraction(s).

NOTE: For purposes of this Bylaw, the season of sport begins with each CIF Section's first allowable date of practice.

Missing Practices

Athletic teams will usually practice weekdays, Monday through Friday. Some teams will also hold Saturday practices. A student-athlete should always consult his/her coach before missing practice and leaving campus. Missing practice or a game without good reason will be dealt with according to each coach's individual rules (Illness or a family emergency would be a good reason for missing a practice or a game). Do not schedule college visits during your season of sport. In any circumstance, however, it is expected that the coach will be notified in advance. Communication with coaches should be a priority.

Minimum Participation by a Student-Athlete

In individual sports, a student-athlete must have participated for his/her school of enrollment in more than one-half (1/2) of the CIF-SDS permissible maximum individual points of the sport in order to participate in the CIFSDS championship tournament in the sports of cross country, boys and girls golf, boys and girls tennis, wrestling; track and field, gymnastics, and swimming and diving. League and conference may have additional requirements.

Removal from a Team

A student-athlete who is removed from a team/sport in season due to disciplinary/academic reasons will not be allowed to participate or practice in another sport until the end of the regular season of the team from which he/she was dropped. In addition, all awards, letters, and certificates are forfeited.

High school programs strive to provide a variety of experiences to aid in the development of favorable habits and attitudes in student-athletes. We strive to prepare student-athletes for a successful life in our society. We have identified three areas that we would like all of our student-athletes to learn and appreciate:

- RESPONSIBILITY/COMMITMENT/COMMUNICATION
- LEARNING TO BE A CONTRIBUTING MEMBER OF A TEAM
- WORK ETHIC

Each student-athlete, coach, parent, and referee has a part to play for these program goals to be accomplished. By establishing an understanding of each other roles, we are better able to accept the actions of others and provide a greater benefit to our student-athletes.

PE Credit for Athletic Participation

SDUHSD student-athletes in grades 10, 11 and 12 who successfully complete a full season of a school-sponsored CIF interscholastic athletic program would be eligible to earn up to 20 credits of high school P.E. in their high school career. However, only 5 credits may be earned per season. This would not affect Independent Study P.E. (I.S.P.E.) students or Team Sports student-athletes who have their sport as a regular day P.E. class, e.g., Football P.E.

If a student-athlete successfully completed one season of sport as a 10th, 11th or 12th grader, they would receive 5 credits of P.E., and a second season would give them an additional 5 credits. Student-athletes would only be eligible for a total of 20 credits.

In order to be eligible for the 5 credits per season, the student-athlete must also meet the standards established in the Athletics / P.E. Credit Option Contract. The Contract must be signed by the student-

athlete, parent, coach and Athletic Director, and would include criteria such as attendance, sportsmanship, etc. The contract must be turned in within the proper timeframe given per sport, per school site. Furthermore, in order to be eligible for the Athletics / P.E. Credit

Option, student-athletes must have previously passed the 9th grade California High School Physical Fitness Test.

Expectations and Responsibilities

Student-Athlete Responsibilities

- Understand that academics are the first priority.
- Competition in high school athletics is a privilege, not a right. Accompanying that privilege is the responsibility of the student-athlete to conform to standards established by the school teams and instituted by the NFHS, CIF, CIF-SDS, SDUHSD, and school athletic conference.
- Be on time.
- Be at all practices and games.
- Represent your high school in a positive manner at all times.
- Come prepared to be a part of the team.
- Come prepared to do your best. This includes proper nutrition, sleep and care of injuries and illness.
- Be positive.
- If you don't understand something, ask.
- Be respectful of yourself, your teammates, your coaches, your parents, the officials, and the fans at all times.
- Maintain a G.P.A of 2.0 or above throughout your season of sport.
- Take care of all equipment, uniforms issued and return them at the end of theseason.
- Respect rules and policies.
- Remember, your level of effort and attitude define you . . . Not your win/loss record!

Parent Responsibilities

- Understand that academics are the first priority.
- Attend seasonal sport night to learn about your student-athlete's team and meet the coaches.
- Help your student-athlete to understand that the team comes before the individual.
- All sporting events are to be alcohol, tobacco and drug free.
- Schedule appointments, vacations, and college visits outside of school, tournaments, practice, or game time.
- Encourage your student-athlete to know and understand game rules as well as team rules.
- Help your student-athlete to come prepared to do his/her best by encouraging them to be physically and mentally prepared. This includes proper nutrition, sleep, and care of injuries.
- Encourage your student-athlete to communicate appropriately and respectfully with the coach.
- Pay admission fees when appropriate.
- Any events hosted by parents where students are present need to be alcohol, tobacco and drug free.
- During home games, only student-athletes and their team are allowed on the field, in the dugout, or on the court. Animals are not permitted on school grounds.

Coach Responsibilities

- Understand that academics are the first priority.
- Be alert to your student-athlete's academic performances.
- Provide schedules for practices, tournaments, and games.
- Communicate changes in season schedule in a timely manner.
- Be on time.
- Come prepared for all practices and games.
- Encourage all student-athletes to do their best.
- Apply all school and team rules to all student-athletes equally.
- Be professional in all actions and words.
- Create a positive environment for our team.
- Communicate your expectations of your student-athlete and team.
- Communicate with individual student-athletes as to their role on the team.
- Clearly communicate all NFHS, CIF, SDUHSD, Conference, and team rules to student- athletes and parents.
- Return parent phone calls/emails in a timely manner.

- Communicate with parents as soon as possible regarding any injuries to a student-athlete in the absence of an athletic trainer.
- Explain vacation/absence policy.
- Allow student-athletes time away from practice to make-up tests due to athletic competition or to attend tutoring.

Expectations and Grievances

Both parenting and coaching are extremely challenging in today's world. We must realize that at the core, coaches and parents have the same goal—to see that each young person has a positive experience and becomes a well-rounded individual. Together we can best help our student-athletes reach their potential.

Expectations of Spectators:

- Applaud at the end of the contest for all performances of all participants, as they shake hands with each other, regardless of the contest outcome.
- Show concern for injured players regardless of team affiliation.
- Encourage people around you to display only sportsmanlike conduct.
- Refrain from blaming the loss of contest on officials, coaches, or participants. Leave with a positive attitude.

Communication you can expect from your student-athlete's coach:

- Philosophy of the coach.
- Expectation of individual student-athletes and team.
- Location, dates, and times of all practices and games.
- NFHS, CIF, Conference, SDUHSD, and school rules.
- Modes of transportation.

Communication that coaches can expect from parents:

- Non-confrontational situations.
- Appropriate concerns can be expressed directly to the coaches outside of practice, games, or the playing field.
- Specific questions about philosophy or expectations of their child.
- Notification of any absences prior to practices or games.
- A phone call to set up an appointment to discuss a concern.

Appropriate to discuss:

- Treatment of your child (mentally or physically).
- Ways to help your child improve.
- Concerns about your child's behavior/academic problems.

Inappropriate to discuss:

- Playing time
- Coaching
- Team strategy
- Play calling or substitutions
- Another student-athlete

Steps for resolution:

The following process must be followed by parents to address issues or concerns regarding the team or a student-athlete:

1. First, a parent must contact the coach to schedule a meeting.
2. If issues are unresolved after meeting with the coach, a parent should schedule an appointment with the Athletic Director.
3. If issues are unresolved after meeting with the Athletic Director, a parent should schedule an appointment with the Assistant Principal in charge of athletics.
4. If issues are unresolved after meeting with the Assistant Principal in charge of Athletics, a parent should schedule an appointment to meet with the Principal.

The process for parents to address issues or concerns must be followed in the sequence outlined above. For example, the Athletic Director will NOT meet with a parent unless the parent has already met with the coach.

Event Behavior

1. Losing as well as winning is part of the game. All student-athletes, coaches and fans should be gracious in defeat and modest in victory. Good sportsmanship is expected by all persons at all times. Discipline from coaches and the school will result if unsportsmanlike behavior is shown by team members. Accept loss as something to grow by, setting individual goals, and moving forward.
2. Self-control and maturity are expected. Fits of temper or clowning when things fail to go as the student-athlete desires or when team members are substituted out by the coach is not acceptable.
3. Game officials ensure that participating teams will compete fairly and safely.

REMEMBER: Officials do not lose a game for a participant or a team.

4. It is tradition and a rule that no one except the appointed team captain talk to the designated officials. The players' bench should be enthusiastic, but mannerly, at all times during a contest. No derogatory remarks should be made to or about the officials or to the opposing team.

CIF Ethics in Sports Policy

- Be courteous at all times with school officials, opponents, game officials and fans.
- Exercise self-control.
- Be familiar with all rules of the contest.
- Show respect to players, officials, and other coaches.
- Refrain from the use of foul and abusive language.
- Respect the integrity and judgment of the game officials.
- Do not use illegal and non-prescription drugs, anabolic steroids or any substance to increase physical development of performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or the American Medical Association.
- Win with character. Lose with dignity.

CIF Ejection Policy

Any coach, player, team attendant, or spectator ejected by a contest official from any contest for any reason, at any level, is suspended indefinitely from participation, practice, or attending any SDUHSD sports contest, until a meeting is scheduled between the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s). Meetings will be scheduled at a time to be announced. There is no appeal of the Commissioner's decision. Telephonic and electronic meetings are not permitted. Additionally, any person ejected (coach, player, spectator) is required to attend a CIFSDS Ethics in Sports Sportsmanship meeting which will be held at a time to be announced. Failure to attend the sportsmanship meeting will result in immediate suspension of athletic eligibility or attendance at SDUHSD contests or practices until such time as the ejected person attends a **Sportsmanship Meeting**.

Early Release from Class

It is the responsibility of student-athletes to communicate with their teachers before they depart because of an athletic contest. Student-athletes with an early release time should remind their teacher of this before class on the day of the event. Student-athletes are responsible for any and all work and tests missed due to an early release. Student-athletes will not be permitted to leave class prior to a release time. It is a privilege to leave school early to participate in athletics. It is a teacher's choice to release a student-athlete.

Transportation

All student-athletes are required to travel to and from team road games / matches on school- provided buses or vans, unless directed otherwise.

Equipment and Uniforms

- A. Uniforms are loaned to student-athletes by the school or Foundation and must be returned at the end of the athlete's season of sports.
- B. When players lose uniforms or equipment, they may not take part in any other sport until it is returned or paid in full.
- C. Student-athletes are financially responsible for all uniforms and equipment issued to them.
- D. Graduation privileges may be withheld for failure to return team uniforms, equipment, or pay for such items.

Hazing

Hazing in any form, including initiation which is degrading, is strictly forbidden by California State Law. No student shall conspire to engage in hazing, participate in hazing or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or other person. Persons violating this policy shall be subject to District

discipline, misdemeanor penalties and forfeiture or entitlements.

Bullying / Cyberbullying

No individual or group shall, through physical, written, verbal, or other means, harass, sexually harass, threaten, intimidate, retaliate, cyberbully, cause bodily injury to, or commit hate violence against any student or school personnel.

Cyberbullying includes the creation or transmission of harassing communications, direct threats, or other harmful texts, sounds, or images on the Internet, social media, or other technologies using a telephone, computer, or any wireless communication device. Cyberbullying also includes breaking into another person's electronic account and assuming that person's identity in order to damage that person's reputation.

Concussions

Student-athletes who are suspected of sustaining a concussion will not be allowed to return to play/activity until the student-athlete has been evaluated by a *currently licensed medical doctor trained in the evaluation and management of concussions* and receives written clearance which includes the CIF Return to Learn (RTL) & CIF Return to Play (RTP) form to return to play/activity from that licensed practitioner.

San Dieguito Union High School District insists that all decisions be made in the best interest of the student-athlete and that when any doubt exists as to the health of the student-athlete, they sit out.

Under which circumstances may the student-athlete return play/activity? Who is authorized to clear/approve the return to play/activity?

1. Student-athlete returns CIF Return to Learn (RTL) and CIF Return to Play (RTP) form completed & signed by a currently licensed medical doctor trained in the evaluation and management of concussions, **and**
2. Student-athlete is free of signs & symptoms, as determined collectively by student-athlete's physician, the Athletic Trainer, and the coach, **and**
3. Student-athlete has been asymptomatic for 48 hours and back to full academic activity prior to beginning a gradual return to play (RTP) plan.

For further information regarding head injury/concussion management, please refer to the Centers for Disease Control's website: http://www.cdc.gov/concussion/headsup/high_school.html

CIF Concussion Information:

<https://cifstate.org/sports-medicine/concussions/index>

Steroids

Student-athletes participating in interscholastic athletics are prohibited from using steroids and dietary supplements banned by the U.S. Anti-Doping Agency as well as the substance synephrine.

Before participating in interscholastic athletics, a student-athlete and his/her parent/guardian shall sign a statement that the student-athlete pledges not to use androgenic/anabolic steroids and dietary supplements banned by the U.S. Anti-Doping Agency and the substance, synephrine, unless the student has a written prescription from a licensed health care practitioner to treat a medical condition.

A student-athlete who is found to have violated the agreement or this policy shall be restricted from participating in athletics and shall be subject to disciplinary procedures including, but not limited to, suspension or expulsion in accordance with law, Board policy, and administrative regulation.

National Collegiate Athletic Association (NCAA)

All student-athletes expecting to play NCAA Division I & II athletics must meet freshmen eligibility standards established by the NCAA Initial-Eligibility Clearinghouse.

Playing in college can be a very rewarding experience. It can also be a very challenging one where the student-athletes involved must be extremely responsible and pro-active in gathering the information they need to try out and participate. In order to play athletics in college, especially a Division I or II school, you need to fill out a core class worksheet and register with the NCAA Clearinghouse online @ www.NCAA.clearinghouse.net. See your academic counselor for the forms and any other additional information you might need.

Qualifier

To practice, compete, and receive an athletic scholarship as a freshman, the requirements are: Satisfy high school graduation requirements.

Must complete 16 core courses.

Achieve a core-course grade point average and ACT or SAT test score as described in the index. NOTE: Grade point average and ACT/SAT scores vary according to the NCAA core GPA index.

NCAA Athletic Scholarship Information

Seminars are held throughout the county for student-athletes and their parents to explain the procedure for obtaining an athletic scholarship. The NCAA Guide for the College-Bound Student- Athlete is available online @ www.NCAA.org. If you have questions, see a counselor or athletic director.

NCAA Initial-Eligibility Clearinghouse

P.O. Box 4044

Iowa City, IA 52243-4044

(319) 337-1492 (customer service)

(319) 339-3003 (24 hour voice response)

Questions or comments? Email academics@ncaa.org www.ncaa.clearinghouse.net



Concussion Information Sheet



Why am I getting this information sheet?

You are receiving this information sheet about concussions because of California state law AB 25 (effective January 1, 2012), now Education Code § 49475:

1. The law requires a student athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.
2. Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.
3. Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the athlete and the parent or guardian.

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

What is a concussion and how would I recognize one?

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each person.

Most concussions get better with rest and over 90% of athletes fully recover, but, all concussions are serious and may result in serious problems including brain damage and even death, if not recognized and managed the right way.

Most concussions occur without being knocked out. Signs and symptoms of concussion (see back of this page) may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from your team's athletic trainer and a medical doctor trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions, he or she should be immediately taken to the emergency department of your local hospital.

On the CIF website is a ***Graded Concussion Symptom Checklist***. If your child fills this out after having had a concussion, it helps the doctor, athletic trainer or coach understand how he or she is feeling and hopefully shows progress. We ask that you have your child fill out the checklist at the start of the season even before a concussion has occurred so that we can understand if some symptoms such as headache might be a part of his or her everyday life. We call this a "baseline" so that we know what symptoms are normal and common. Keep a copy for your records, and turn in the original. If a concussion occurs, he or she should fill out this checklist daily. This Graded Symptom Checklist provides a list of symptoms to compare over time to make sure the athlete is recovering from the concussion.

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

Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g., MRI or CT) may be "normal", the brain has still been injured. Animal and human studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions contribute to long-term neurological problems. One goal of this concussion program is to prevent a too early return to play so that serious brain damage can be prevented.

Signs observed by teammates, parents and coaches include:

- | | |
|--|---|
| <ul style="list-style-type: none">• Looks dizzy• Looks spaced out• Confused about plays• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or awkwardly• Answers questions slowly | <ul style="list-style-type: none">• Slurred speech• Shows a change in personality or way of acting• Can't recall events before or after the injury• Seizures or has a fit• Any change in typical behavior or personality• Passes out |
|--|---|

Symptoms may include one or more of the following:

- | | |
|--|--|
| <ul style="list-style-type: none">• Headaches• "Pressure in head"• Nausea or throws up• Neck pain• Has trouble standing or walking• Blurred, double, or fuzzy vision• Bothered by light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Loss of memory• "Don't feel right"• Tired or low energy• Sadness• Nervousness or feeling on edge• Irritability• More emotional• Confused• Concentration or memory problems• Repeating the same question/comment |
|--|--|

What is Return to Learn?

Following a concussion, student athletes may have difficulties with short- and long-term memory, concentration and organization. They will require rest while recovering from injury (e.g., avoid reading, texting, video games, loud movies), and may even need to stay home from school for a few days. As they return to school, the schedule might need to start with a few classes or a half-day depending on how they feel. They may also benefit from a formal school assessment for limited attendance or homework such as reduced class schedule if recovery from a concussion is taking longer than expected. Your school or doctor can help suggest and make these changes. Student athletes should complete the Return to Learn guidelines and return to complete school before beginning any sports or physical activities. Go to the CIF website (cifstate.org) for more information on Return to Learn.

How is Return to Play (RTP) determined?

Concussion symptoms should be completely gone before returning to competition. A RTP progression involves a gradual, step-wise increase in physical effort, sports-specific activities and the risk for contact. If symptoms occur with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a medical doctor trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer, coach, or other identified school administrator. Please see cifstate.org for a graduated return to play plan. [AB 2127, a California state law that became effective 1/1/15, states that return to play (i.e., full competition) must be **no sooner** than 7 days after the concussion diagnosis has been made by a physician.]

Final Thoughts for Parents and Guardians:

It is well known that high school athletes will often not talk about signs of concussions, which is why this information sheet is so important to review with them. Teach your child to tell the coaching staff if he or she experiences such symptoms, or if he or she suspects that a teammate has suffered a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms.

References:

- American Medical Society for Sports Medicine position statement: concussion in sport (2013)
- Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012
- <http://www.cdc.gov/concussion/HeadsUp/youth.html>



Concussion Information Sheet



Please Return this Page

I hereby acknowledge that I have received the Concussion Information Sheet from my school and I have read and understand its contents. I also acknowledge that if I have any questions regarding these signs, symptoms and the "Return to Learn" and "Return to Play" protocols I will consult with my physician.

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date



Parent/Student CIF Heat Illness Information Sheet



WHY AM I GETTING THIS INFORMATION SHEET?

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

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

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

WHAT IS HEAT ILLNESS AND HOW WOULD I RECOGNIZE IT?

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

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

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

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

ADEQUATE HYDRATION

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

GRADUAL ACCLIMATIZATION

Intensity and duration of exercise should be gradually increased over a period of 7-14 days to give athletes time to build fitness levels and become accustomed to practicing in the heat. Protective equipment should be introduced in phases (start with helmet, progress to helmet and shoulder pads, and finally fully equipped).

ADDITIONAL PREVENTION MEASURES

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

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



Parent/Student CIF Heat Illness Information Sheet



HEAT EXHAUSTION

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

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

TREATMENT OF HEAT EXHAUSTION

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

HEAT STROKE

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

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

TREATMENT OF HEAT STROKE

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

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

FINAL THOUGHTS FOR PARENTS AND GUARDIANS

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

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

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

Student-Athlete Name
Printed

Student-Athlete
Signature

Date

Parent or Legal Guardian Name
Printed

Parent or Legal Guardian
Signature

Date

Fact Sheet for Parents & Student Athletes



This sheet has information to help protect your student athlete from Sudden Cardiac Arrest

Why do heart conditions that put student athletes at risk go undetected?

While a student athlete may display no warning signs of a heart condition, studies do show that symptoms are typically present but go unrecognized, unreported, missed or misdiagnosed.

- Symptoms can be misinterpreted as typical in active student athletes
- Fainting is often mistakenly attributed to stress, heat, or lack of food or water
- Student athletes experiencing symptoms regularly don't recognize them as unusual – it's their normal
- Symptoms are not shared with an adult because student athletes are embarrassed they can't keep up
- Student athletes mistakenly think they're out of shape and just need to train harder
- Students (or their parents) don't want to jeopardize playing time
- Students ignore symptoms thinking they'll just go away
- Adults assume students are OK and just "check the box" on health forms without asking them
- Medical practitioners and parents alike often miss warning signs
- Families don't know or don't report heart health history or warning signs to their medical practitioner
- Well-child exams and sports physicals do not check for conditions that can put student athletes at risk
- Stethoscopes are not a comprehensive diagnostic test for heart conditions

Protect Your Student's Heart

Educate yourself about sudden cardiac arrest, talk with your student about warning signs, and create a culture of prevention in your school sports program.

- Know the warning signs
- Document your family's heart health history as some conditions can be inherited
- If symptoms/risk factors present, ask your doctor for follow-up heart/genetic testing
- Don't just "check the box" on health history forms—ask your student how they feel
- Take a cardiac risk assessment with your student each season
- Encourage student to speak up if any of the symptoms are present
- Check in with your coach to see if they've noticed any warning signs
- Active students should be shaping up, not breaking down
- As a parent on the sidelines, know the cardiac chain of survival
- Be sure your school and sports organizations comply with state law to have administrators, coaches and officials trained to respond to a cardiac emergency
- Help fund an onsite AED

What happens if my student has warning signs or risk factors?

- State law requires student athletes who faint or exhibit other cardio-related symptoms to be re-cleared to play by a licensed medical practitioner.
- Ask your health care provider for diagnostic or genetic testing to rule out a possible heart condition.

Electrocardiograms (ECG or EKG) record the electrical activity of the heart. ECGs have been shown to detect a majority of heart conditions more effectively than physical and health history alone. Echocardiograms (ECHO) capture a live picture of the heart.

- Your student should be seen by a health care provider who is experienced in evaluating cardiovascular (heart) conditions.
- Follow your providers instructions for recommended activity limitations until testing is complete.

What if my student is diagnosed with a heart condition that puts them at risk?

There are many precautionary steps that can be taken to prevent the onset of SCA including activity modifications, medication, surgical treatments, or implanting a pacemaker and/or implantable cardioverter defibrillator (ICD). Your practitioner should discuss the treatment options with you and any recommended activity modifications while undergoing treatment. In many cases, the abnormality can be corrected and students can return to normal activity.

What is Sudden Cardiac Arrest? Sudden Cardiac Arrest (SCA) is a life-threatening emergency that occurs when the heart suddenly stops beating. It strikes people of all ages who may seem to be healthy, even children and teens. When SCA happens, the person collapses and doesn't respond or breathe normally. They may gasp or shake as if having a seizure, but their heart has stopped. SCA leads to death in minutes if the person does not get help right away. Survival depends on people nearby calling 911, starting CPR, and using an automated external defibrillator (AED) as soon as possible.

What CAUSES SCA?

SCA occurs because of a malfunction in the heart's electrical system or structure. The malfunction is caused by an abnormality the person is born with, and may have inherited, or a condition that develops as young hearts grow. A virus in the heart or a hard blow to the chest can also cause a malfunction that can lead to SCA.

How COMMON is SCA?

As a leading cause of death in the U.S., most people are surprised to learn that SCA is also the #1 killer of student athletes and the leading cause of death on school campuses. Studies show that 1 in 300 youth has an undetected heart condition that puts them at risk.

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 known unexplained fainting, seizures, drowning or near drowning or car accidents
- ✓ Family members with known structural heart abnormality, repaired or unrepaired
- ✓ Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks, diet pills or performance-enhancing supplements

FAINTING

IS THE #1 SYMPTOM OF A HEART CONDITION

RECOGNIZE THE WARNING SIGNS & RISK FACTORS

Ask Your Coach and Consult Your Doctor if These Conditions are Present in Your Student

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

Cardiac Chain of Survival

Their life depends on your quick action!
CPR can triple the chance of survival.
Start immediately and use the onsite



CALL



PUSH



SHOCK

Fact Sheet for Parents & Student Athletes



This sheet has information to help protect your student athlete from Sudden Cardiac Arrest

To learn more, go to KeepTheirHeartInTheGame.org

Get free tools to help create a culture of prevention at home, in school, on the field and at the doctor's office.

Discuss the warning signs of a possible heart condition with your student athlete and have each person sign below.

Detach this section below and return to your school.

Keep the fact sheet to use at your students' games and practices to help protect them from Sudden Cardiac Arrest.



I learned about warning signs and talked with my parent or coach about what to do if I have any symptoms.

STUDENT ATHLETE NAME PRINTED

STUDENT ATHLETE SIGNATURE

DATE

I have read this fact sheet on sudden cardiac arrest prevention with my student athlete and talked about what to do if they experience any warning signs, and what to do should we witness a cardiac arrest.

PARENT OR LEGAL GUARDIAN PRINTED

PARENT OR LEGAL GUARDIAN SIGNATURE

DATE

While missing a game may be inconvenient, it would be a tragedy to lose a student athlete because warning signs were unrecognized or because sports communities were not prepared to respond to a cardiac emergency.

Keep Their Heart In the Game!



PRESCRIPTION OPIOIDS: WHAT YOU NEED TO KNOW



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

WHAT ARE THE RISKS AND SIDE EFFECTS OF OPIOID USE?

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

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

As many as
1 in 4
PEOPLE*



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

* Findings from one study

RISKS ARE GREATER WITH:

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

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

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



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

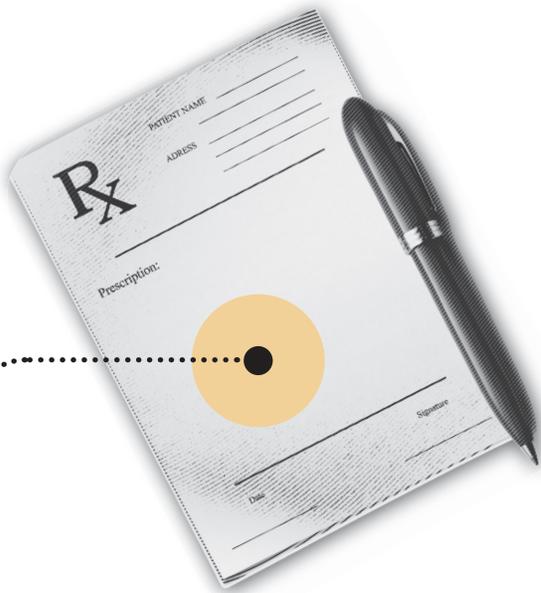


American Hospital
Association®

KNOW YOUR OPTIONS

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

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



Be Informed!

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



IF YOU ARE PRESCRIBED OPIOIDS FOR PAIN:

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

■ PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Date of birth: _____

Name: _____

PHYSICIAN REMINDERS

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

EXAMINATION		
Height:	Weight:	
BP: / (/)	Pulse:	Vision: R 20/ L 20/ Corrected: <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none"> Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency) 		
Eyes, ears, nose, and throat <ul style="list-style-type: none"> Pupils equal Hearing 		
Lymph nodes		
Heart ^a <ul style="list-style-type: none"> Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver) 		
Lungs		
Abdomen		
Skin <ul style="list-style-type: none"> Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA), or tinea corporis 		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional <ul style="list-style-type: none"> Double-leg squat test, single-leg squat test, and box drop or step drop test 		

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

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

Address: _____ Phone: _____

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

■ PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

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

Name: _____ Date of birth: _____

Date of examination: _____ Sport(s): _____

Gender (F, M, or Non-binary): _____

List past and current medical conditions. _____

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

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

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

Patient Health Questionnaire Version 4 (PHQ-4)
Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

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

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

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

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

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

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

Explain "Yes" answers here.

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

Signature of athlete: _____

Signature of parent or guardian: _____

Date: _____

■ PREPARTICIPATION PHYSICAL EVALUATION



MEDICAL ELIGIBILITY FORM

Name: _____ Date of birth: _____

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

- Medically eligible for certain sports

- Not medically eligible pending further evaluation
- Not medically eligible for any sports

Recommendations: _____

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

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

Address: _____ Phone: _____

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

SHARED EMERGENCY INFORMATION

Allergies:

Medications: _____

Other information: _____

Emergency contacts: _____

**Player / Parent Handbook
Guidelines Agreement
2022-23**

I have received and read a copy of the *San Dieguito Union High School District Parent / Player Handbook*, including all attachments, and I agree to abide by the guidelines describe therein.

Sport: _____

Player Name: _____

Player Signature: _____

Parent Name: _____

Parent Signature: _____

Must be turned in to your Coach