

SAN DIEGO UNIFIED SCHOOL DISTRICT
UNIVERSITY CITY HIGH SCHOOL
ATHLETIC PARTICIPATION FORM
2015-2016

ALL PHYSICAL EXAMS MUST BE COMPLETED ON THE ATTACHED FORM (pgs 14 & 15)

NO OTHER PHYSICAL EXAM FORMS WILL BE ACCEPTED (SDUSD policy)

PHYSICAL EXAM FOR THE 2015-2016 SCHOOL YEAR MUST BE DATED AFTER JUNE 1, 2015.

Complete all fields. Please print clearly

STUDENT-ATHLETE'S LAST NAME	STUDENT-ATHLETE'S FIRST NAME	MI
HOME ADDRESS (where student-athlete legally resides)	CITY	ZIP
PRINTED PARENTS/GUARDIAN/CAREGIVER NAMES (person(s) student-athlete legally resides with)		HOME TELEPHONE (with area code)
PARENT EMAIL ADDRESS		
<input type="checkbox"/> FEMALE <input type="checkbox"/> MALE	STUDENT BIRTHDATE _____	AGE ON JUNE 15, 2015 _____
GENDER (circle)	STUDENT BIRTHDATE	AGE ON JUNE 15, 2015
2015-16 GRADE LEVEL (circle)		
<input type="radio"/> 9 <input type="radio"/> 10 <input type="radio"/> 11 <input type="radio"/> 12		
2015-16 GRADE LEVEL (circle)		
SCHOOL OF ATTENDANCE IN THE 2014-15 School Year _____	SCHOOL YEAR YOU STARTED 9 TH GRADE (check) <input type="checkbox"/> 2012-2013 <input type="checkbox"/> 2014-2015 <input type="checkbox"/> 2013-2014 <input type="checkbox"/> 2015-2016 <input type="checkbox"/> Other	NAME OF SCHOOL YOU STARTED 9 TH GRADE _____
SCHOOL OF ATTENDANCE IN THE 2014-15 School Year	SCHOOL YEAR YOU STARTED 9 TH GRADE (check)	NAME OF SCHOOL YOU STARTED 9 TH GRADE
ANTICIPATED FALL SPORT	ANTICIPATED WINTER SPORT	ANTICIPATED SPRING SPORT
<input type="checkbox"/> Cross Country <input type="checkbox"/> Girl's Tennis <input type="checkbox"/> Field Hockey <input type="checkbox"/> Girl's Volleyball <input type="checkbox"/> Football <input type="checkbox"/> Boy's Waterpolo <input type="checkbox"/> Girl's Golf <input type="checkbox"/> Boy's Sand Volleyball <input type="checkbox"/> Cheer	<input type="checkbox"/> Boy's Basketball <input type="checkbox"/> Girl's Soccer <input type="checkbox"/> Girl's Basketball <input type="checkbox"/> Girl's Waterpolo <input type="checkbox"/> Boy's Soccer <input type="checkbox"/> Wrestling	<input type="checkbox"/> Badminton <input type="checkbox"/> Softball <input type="checkbox"/> Baseball <input type="checkbox"/> Swimming/Diving <input type="checkbox"/> Boy's Golf <input type="checkbox"/> Boy's Tennis <input type="checkbox"/> Boy's Lacrosse <input type="checkbox"/> Track & Field <input type="checkbox"/> Girl's Lacrosse <input type="checkbox"/> Boy's Volleyball <input type="checkbox"/> Girl's Sand Volleyball

CIF PHILOSOPHY ON STUDENT ELIGIBILITY FOR INTERSCHOLASTIC ATHLETIC COMPETITION

The California Interscholastic Federation (CIF), as the governing body of high school athletics, affirms that athletic competition is an important part of the high school experience and that participation in interscholastic athletics is a privilege. The privilege of participation in interscholastic athletics is available to students in public or private schools who meet the democratically established standards of qualification as set forth by the CIF Federated Council. CIF bylaws governing student eligibility are a necessary prerequisite to participation in interscholastic athletics because they:

- A. Keep the focus on athletic participation as a privilege, not a right;
- B. Reinforce the principle that students attend school to receive an education first; athletic participation is secondary;
- C. Protect the opportunities to participate for students who meet the established standards;
- D. Provide a fundamentally fair and equitable framework in which interscholastic athletic competition can take place;
- E. Provide uniform standards for all schools to follow in maintaining athletic competition;
- F. Serve as a deterrent to students who transfer schools for athletic reasons and to individuals who recruit student-athletes;
- G. Serve as a deterrent to students who transfer schools to avoid disciplinary action;
- H. Maintain an ethical relationship between high school athletic programs and others who demonstrate an interest in high school athletes;
- I. Support the Principles of "Pursuing Victory with Honors."

A SUMMARY OF CIF RULES

1. **ACCURATE INFORMATION** – The CIF requires that all information provided in regard to any aspect of the eligibility of a student must be true, correct, accurate, complete and/or not false or fraudulent. (Bylaw 202)
2. **AGE**—High school students become ineligible if they reach their 19th birthday before June 15 of the current school year. (Bylaw 203)

3. **PHYSICAL EXAMINATION**—Schools require that a student receive an annual physical examination conducted by a medical practitioner certifying that the student is physically fit to participate in athletics. This statement must be on a school board-approved form and be for the current school year. (Bylaw 308)
4. **SCHOLASTIC ELIGIBILITY**— Students must have a 2.0 GPA, on a 4.0 scale in all enrolled classes. Students must have passed at least the equivalent of 20 semester periods (four classes) of work at the completion of the most recent grading period and currently be enrolled in at least 20 semester periods (four classes) of work. (Bylaw 205) *Note: Community College classes and APEX classes do not count towards athletic eligibility.*
5. **RESIDENTIAL ELIGIBILITY** –A. Initial Residential Eligibility - A student has residential eligibility upon initial enrollment in: (1) The 9th grade of any CIF high school; B. Continuing Residential Eligibility - A student retains residential eligibility as long as he/she is continuously enrolled in the CIF member high school in which the student initially enrolled; (Bylaw 206)
6. **SEMESTERS OF ENROLLMENT**—a student may be eligible for athletic competition during a maximum amount of time that is not to exceed eight consecutive semesters following initial enrollment in the 9th grade of any school. (Bylaw 204)
7. **TRANSFER STUDENTS**— a student in grades 9 through 12 who participates in an interscholastic athletic contest or is enrolled in and/or attends a school for 15 school days or more shall be considered to have been “enrolled” in that school and be classified as a transfer student if the student changes/enrolls in another school. The California State CIF adopted new transfer eligibility rules in 2012. A student may not participate in the same sport at two different schools in the same season of sport. Please refer to the state website: www.cifstate.org or the San Diego Section website, www.cifsds.org, for the most up-to-date information on transfer eligibility. (Bylaw 207)

Valid change of residence - When a student and the entire family changes residence, the student may be granted unlimited eligibility allowing him/her to play all sports at any level at the new school. Other rules do apply; consult your administrator.
8. **UNDUE INFLUENCE/RECRUITING**—The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes, shall cause the student to become ineligible for a minimum of one year and subject the school to severe sanctions. Also, students may be prohibited from participation when they participated on a non-school team (i.e., AAU, Club, Travel Ball, Camps) and then transfers to the school that is associated with that non-school team. (Bylaw 510)
9. **PARTICIPATION ON AN OUTSIDE TEAM** – A student on a high school team becomes ineligible if the student competes in a contest on an “outside” team in the same sport during the student’s high school season of sport. The student’s school team may also be forced to forfeit contests. Some CIF Sections may have restrictions that include a prohibition of practice with an “outside” team. Please consult with your school administrator prior to participating with a non-school team. (Bylaw 600)
10. **PROFESSIONAL TRYOUTS** – A student shall become ineligible for CIF competition if he/she participates in any tryout for a professional team in any CIF-approved sport during the high school season of sport. The season of sport for a school is that period of time that elapses between the first interscholastic contest and the final contest in that particular sport. (Bylaw 605) **NOTE:** See Bylaw 1200 for CIF-approved sports.

CAUTION: Compliance with this bylaw does NOT ensure your eligibility with other athletic organizations, i.e., NCAA, NAIA or other governing bodies.

Please visit the CIF San Diego Section website at www.cifsds.org for the most up-to-date information about CIF and eligibility.

PARENT PERMISSION: I give my consent for the above named to compete in sports and to travel with the team to various events using transportation that qualifies under the Board of Education regulations. I have read the above stated CIF Philosophy and CIF Rules and I certify my son or daughter meets all eligibility criteria. In case of injury I hereby give consent for my son/daughter to have first aid administered by school personnel and to be transported to a doctor or hospital for further treatment if deemed necessary. I recognize that my son or daughter will also be subject to district and University City High School policies and procedures, current training rules and that failure to abide by these policies and rules may result in his/her being declared ineligible to participate in and/or be dropped from the athletic program. In addition, should my son/daughter participate in interscholastic sports, including football, I understand that no helmet or other protective equipment can prevent all head, neck, or other catastrophic injuries a player might receive while participating in interscholastic sports, including football. I give my permission to release/publish my student’s name or picture for athletic purposes (e.g., school or team website, UCHS school newspaper, Scholastic Stars poster, PTSA newsletter, or sport specific programs/media guides) which will be available for public viewing. I will contact the UCHS Athletic Director and inform her if I do not want my student’s name or picture used in any way.

I also give my consent to allow athletic personnel to provide school and personal information, including transcript, address, phone number and parent names to authorized collegiate or professional sport representatives, including qualified professional scouts and college recruiters, unless the Athletic Director is notified in writing in advance. I will contact the UCHS Athletic Director and inform her if I do not want my student’s information released.

11. **SCHOLASTIC ELIGIBILITY**— Students must have a 2.0 GPA, on a 4.0 scale in all enrolled classes. Students must have passed at least the equivalent of 20 semester periods (four classes) of work at the completion of the most recent grading period and currently be enrolled in at least 20 semester periods (four classes) of work. (Bylaw 205)
12. **RESIDENTIAL ELIGIBILITY** – A student generally has residential eligibility upon initial enrollment in the 9th grade of any CIF member high school. Any student entering from the 8th grade must have achieved a 2.0 GPA on a 4.0 scale in all the enrolled courses at the conclusion of the previous grading period. (Bylaw 204)
13. **SEMESTERS OF ENROLLMENT**—a student may be eligible for athletic competition during a maximum amount of time that is not to exceed eight consecutive semesters following initial enrollment in the 9th grade of any school. (Bylaw 204)
14. **TRANSFER STUDENTS**— a student in grades 9 through 12 who participates in an interscholastic athletic contest or is enrolled in and/or attends a school for 15 school days or more shall be considered to have been “enrolled” in that school and be classified as a transfer student if the student changes/enrolls in another school. There are several classifications of transfer students. (Bylaw 207)

Valid change of residence - When a student and the entire family changes residence, the student may be granted unlimited eligibility allowing him/her to play all sports at any level at the new school. Other rules do apply; consult your administrator.

Varsity Eligibility Applications (Non-Hardship Sit Out Period)

Any student who transfers for the first time since their initial enrollment in the 9th grade in any school, and whose circumstances causing the transfer do not meet any of the Hardship Exceptions outlined, may become eligible for varsity competition for the sport(s) in which they competed in the last twelve months at the CIF Section. The student shall remain out of any competition at any level in each sport in which they competed in the last 12 months at the former school or any other school in accordance with the following Sit Out Periods (SOP): Oct. 5, 2015; Jan. 4, 2016; April 4, 2016.

Transfer without a valid change of residence - A 9th grade student who is transferring for the 2nd time or any 10th, 11th or 12th grade student who transfers without a valid change of residence may or may not be granted "Limited Eligibility." Students granted "Limited Eligibility" is limited for one year (from the date of transfer) to non-varsity competition in CIF sports they participated in during the previous 12 calendar months but may participate in varsity competition in all other CIF sports. (Bylaw 207)

If a student changes schools and the parent(s) or legal guardian(s) do not move to the attendance area of the new school, eligibility could be restricted for one year unless qualifying for a hardship. A hardship is defined as an unforeseeable, unavoidable, or uncorrectable act, condition, or event, which causes the imposition of a severe and non-athletic burden upon the student or his/her family. The three considerations for hardship may be financial considerations, medical considerations, and/or family circumstances. Contact the athletic director before changing schools to determine whether it will affect athletic eligibility. Eligibility information available from CIF San Diego at www.cifsds.org/eligibility.

- 15. **UNDUE INFLUENCE/RECRUITING**—The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes, shall cause the student to become ineligible for a minimum of one year and subject the school to severe sanctions. Also, students may be prohibited from participation when they participated on a non-school team (i.e., AAU, Club, Travel Ball, Camps) and then transfers to the school that is associated with that non-school team. (Bylaw 510)
- 16. **PARTICIPATION ON AN OUTSIDE TEAM** – A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team in the same sport during the student's high school season of sport. The student's school team may also be forced to forfeit contests. Some CIF Sections may have restrictions that include a prohibition of practice with an "outside" team. Please consult with your school administrator prior to participating with a non-school team. (Bylaw 600)
- 17. **PROFESSIONAL TRYOUTS** – A student shall become ineligible for CIF competition if he/she participates in a tryout for a professional team in any CIF-approved sport from September 15 to June 15 unless: His/Her principal has given written approval to a request for such participation from a professional team, AND (2) The tryout is limited to five students or less.
CAUTION: Compliance with this bylaw does NOT ensure your eligibility with other athletic organizations, i.e., NCAA, NAIA or other governing bodies.

PARENT PERMISSION: I give my consent for the above named to compete in sports and to travel with the team to various events using transportation that qualifies under the Board of Education regulations. I have read the above stated CIF Philosophy and CIF Rules and I certify my son or daughter meets all eligibility criteria. In case of injury I hereby give consent for my son/daughter to have first aid administered by school personnel and to be transported to a doctor or hospital for further treatment if deemed necessary. I recognize that my son or daughter will also be subject to district and school site policies and procedures, current training rules and that failure to abide by these policies and rules may result in his/her being declared ineligible to participate in and/or be dropped from the athletic program. In addition, should my son/daughter participate in interscholastic sports, including football, I understand that no helmet or other protective equipment can prevent all head, neck, or other catastrophic injuries a player might receive while participating in interscholastic sports, including football. I give my permission to release/publish my student's name or picture for athletic purposes (e.g., school or team website, school newspaper, Media All-Stars poster, PTSA newsletter, or sport specific programs/media guides) which will be available for public viewing. I will contact the Athletic Director and inform him/her if I do not want my student's name or picture used in any way.



	X
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Date

Signature of Parent or Guardian

PARENT'S INSURANCE SECTION

*****PLEASE PRINT ALL INFORMATION CLEARLY*****

STUDENT-ATHLETE'S Last Name

STUDENT-ATHLETES'S First Name

STUDENT-ATHLETE'S Middle Name

PARENT'S INSURANCE SECTION: The California Education Code requires that every student have at least \$1500 medical/hospital expense insurance in order to participate in interscholastic athletics (Education Code Sections 32220-32224). My medical insurance covers the above named student for a least \$1500 and is issued by:

Name of Medical Insurance Company

Policy/Certificate Number (required)

I further assure that the insurance policy or policies I have will cover and remain current and in force during the time the above named student performs any function within the scope of Education Code Section 32220-32224 during the current school year. I also assure that I will notify the school should my insurance coverage change during the current school year.

Student Accident Insurance

Student Accident Insurance, made available by the San Diego Unified School District, provides minimum coverage at a low premium, however coverage by policy could result in additional out of pocket expenses. Additional coverage is strongly recommended. A separate information brochure and application is available from the school. Return the completed application and premium, to the school. **The completed application is required before any athletic participation can occur.**

PLEASE COMPLETE THIS SECTION BY CHECKING THE APPROPRIATE BOX(ES):

School Use Only

Sports Only Coverage (excludes tackle football): _____ Tackle Football Coverage (football only): _____ *School Verification by:* _____

I also agree to indemnify and hold the San Diego Unified School District harmless against responsibility for insurance coverage required under the aforementioned legal sections. By signing this statement, I agree to accept responsibility for all medical costs for injuries sustained by the above-named student while participating in the school athletic program. Note: Some insurance policies exclude tackle football. Please check your policy.

I declare under penalty of perjury that the above is true and correct:

X

Parent/Guardian Signature

Printed Parent/Guardian Name

Date

Under state law, school districts are required to ensure that all members of school athletic teams have accidental injury insurance that covers medical and hospital expenses. The insurance requirement can be met by the school district offering insurance or other health benefits that cover medical and hospital expenses (Education code Section 32221.5).

Some pupils may qualify to enroll in no-cost or low-cost local, state, or federally sponsored health insurance programs. Information about these programs may be obtained by calling:

- (1) The Healthy Families Program: 1-800-880-5305; www.healthyfamilies.ca.gov
- (2) MediCal: 1-800-541-5555
- (3) San Diego Kids Health Assurance Network (SD-KHAN): 1-800-675-2229; www.sdcounty.ca.gov
3851 Rosecrans Street, Suite 522

San Diego, CA 92110-3115

- (4) Child Health and Disability Prevention Program: 1-800-675-2229 for Homeless or Foster Youth free medical and dental check ups.

PARENT'S/GUARDIAN'S RESIDENCE STATEMENT (RESIDENTIAL/ TRANSFER ELIGIBILITY):

PLEASE PRINT CLEARLY

Legal Parent/Guardian Last Name

Legal Parent/Guardian First Name

Legal ADDRESS of FULL-TIME LIVING

CITY

STATE

ZIP CODE

Residential eligibility is required of all student-athletes. Compliance with residential eligibility rules is mandatory to avoid forfeiture of contests in which your son/daughter participates (SDUSD Procedure 4172 & CIF Rule 211-223). Indicate below the status of your residency.

Check all that apply:

- 3.1a We presently live within the boundaries of the school site's residential attendance area.
- 3.1b We presently **DO NOT** live within the boundaries of the school site's residential attendance area.

Name of special attendance program (e.g., seminar, choice, VEEP, NCLB)

- 3.2a My student has been continuously enrolled at the school site since initially entering 9th grade.
- 3.2b My student has NOT been continuously enrolled at the school site since entering 9th grade (also complete 3.2c below).

- .List all high schools attended since entering 9th grade
- .List ALL sports and level (varsity, JV, frosh) of participation at previous school(s)
- .Why did you leave your former school? Were you required to leave?
- .Can you return to your former school?
- .Was your last school a charter, alternative or anything other than a comprehensive high school?

- 3.2c If 3.2b is checked, The use of undue influence by any person or persons to secure or retain a student or to secure or retain one or both parents/guardians of a student as residents may cause the student to be ineligible for high school athletics for a period of one year and shall jeopardize the standing of the high school in the CIF. WE CERTIFY THAT THERE HAS BEEN NO UNDUE INFLUENCE IN OUR DECISION TO ATTEND THIS SCHOOL SITE.
- 3.3a My student has been legally living with the same parent(s)/guardian(s) since entering 9th grade.
- 3.3b My student is living with somebody different than when they entered the 9th grade. (if yes, please contact the site Athletic Director)

I declare under penalty of perjury that the above information is true, the address listed on page one is our legal residence, and we are legally residing at that address.

	X
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Date

Signature of Parent or Guardian

STUDENT-ATHLETE'S AGREEMENT (Signature below) I understand that my participation in athletic programs is a privilege. Student-athletes are expected to conduct themselves in an exemplary manner at all times. I understand that I have to establish and maintain athletic eligibility including passing at least 4 subjects in the grading period prior to my participation with a grade point average, in scholarship and citizenship, of 2.0 or above (for complete Athletic Program Eligibility Requirements see SDUSD Administrative Procedure 4172 and www.cifsd.org/eligibility).

I agree to abide by CIF and City Conference policies and rules including the CIF Ethics in Sports and Pursuing Victory with Honor policy.

I agree to abide by the San Diego Unified School District and City Conference Policy Against Hazing (SDUSD Administrative Procedure 6240).

I agree to abide by the S.D. Unified School District's Zero Tolerance Policy, Policy on Alcohol, Tobacco and Other Drugs (SDUSD Administrative Procedure 6298) including the Graduated Sanctions and Interventions for Student Substance Abuse.

I understand that the Athletic Department does not condone the use of alcohol, tobacco or drugs, including performance-enhancing substances. I also understand possession or use of these controlled substances will jeopardize my continued participation in the athletic program.

I agree to abide by and to comply with the rules and code of conduct established by the coach.

Because of the dangers of participating in sports, I recognize the importance of listening to, and following all of the coach's instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of reading and adhering to written instructions and written warnings regarding playing techniques, training methods, rules of the sport, and other team rules.. In addition, should I participate in interscholastic sports, including football, I understand that no helmet or other protective equipment can prevent all head, neck, or other catastrophic injuries I might receive while participating in interscholastic sports, including football.

ATHLETIC TRANSPORTATION (Signature below) SDUSD will take every precaution to assure the welfare and safety of each student participating in athletics. However, it is important that you understand that the school district cannot assume financial or legal liability in the case of injury or accident. Parents are offered the opportunity to buy student insurance, but this insurance does not cover transportation to and from school events or field trips. Such transportation will be by chartered bus and sometimes by private cars driven by parents, students, or school employees. The following are instructions for parents and students who use their car or other vehicles to transport other students on field trips, or to and from school athletic events (SDUSD Procedure 4586):

- a) Check to see that you have a current driver's license (students with "Restricted" driver's licenses are NOT allowed to transport others).
- b) Check safety of vehicle: tires, brakes, lights, horn, suspension, etc. A safety check of the type conducted by the California Highway Patrol is recommended. Also, School Safety Division of the San Diego Police Dept. can be of assistance.
- c) Check adequacy of your liability insurance. You are liable in event of illness, accident, injury or death resulting from such use of your vehicle. State law states that "all persons making any field trip or excursion shall be deemed to have waived all claims against the district (its employees) or the State of California for injury, accident, illness or death occurring during or by reason of the field trip or excursion." (Ed. Code 35330)
- d) Carry only the number of passengers for which your vehicle was designed. Number of occupants in a sedan, passenger vehicle, station wagon, or van, including the driver, may not exceed eight. (Ed. Code 39830) Each passenger should be required to use a safety belt.
- e) The number of occupants in a pickup or motor truck may not exceed more persons than can safely sit in the passenger compartment. Motor homes may not be used to transport students. Students are expressly forbidden to ride in the cargo area of pickups or motor trucks whether or not camper shells or other protective coverings enclose these areas. (Ed. Code 39830)
- f) If appropriate, travel caravan style if more than one vehicle is used for a trip.

SAN DIEGO UNIFIED SCHOOL DISTRICT - ATHLETIC POLICY AGAINST HAZING (Signature below) San Diego Unified School District strives to maintain a healthy athletic program in which all students feel safe and welcome and can be proud of the school and athletic programs they represent. SDUSD Administrative Procedure 6240C3F states in part "hazing, in any form, is strictly prohibited. Violation of the law prohibiting hazing is a misdemeanor." (Education Code 32050-52)

Education Code 32050. Hazing As used in this article, "hazing" includes any method of initiation or pre-initiation into a student organization or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any student or other person attending any school, community college, college, university or other educational institution in this state; but the term "hazing" does not include customary athletic events or other similar contests or competitions.

Education Code 32051. Hazing: prohibition; violation; misdemeanor. No student, or other person in attendance at any public, private, parochial, or military school, community college, college, or other educational institution, shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person attending the institution. The violation of this section is a misdemeanor, punishable by a fine of not less than one hundred dollars (\$100), nor more than five thousand dollars (\$5000), or imprisonment in the county jail for not more than one year, or both.

Persons violating this policy shall be subject to site/District discipline including forfeiture of athletic eligibility.

I understand that hazing of any kind is not allowed on this campus and in the athletic program. This includes mental, verbal, and physical acts. I further understand that it is my duty to report any acts of hazing that I see to a coach or administrator on campus. (Hazing Policy 5/29/99)

SAN DIEGO UNIFIED SCHOOL DISTRICT - POLICY on ALCOHOL, TOBACCO AND OTHER DRUGS, INCLUDING PERFORMANCE ENHANCING SUBSTANCES (Signature below) SDUSD Administrative Procedure 6298 outlines general legal requirements and administrative procedures governing substance abuse policies and programs for students. It also includes consequences for alcohol, tobacco, and/or drug possession, use, sale, or provision on district school campuses. Procedure 6298 also outlines the Graduated Sanctions and Interventions for Student Substance Abuse. Specific items of Procedure 6298 that directly relate to athletic participation include:

C. General, paragraph r (pg 4): **Performance enhancing substances:** The possession, use, and abuse of androgenic/anabolic steroids and other performance enhancing substances by students is strictly prohibited in compliance with Education Code provisions, Health and Safety Code requirements, and CIF Rule 524. Medical exceptions are defined in Administrative Procedure 6372.

Graduated Sanctions (AP 6298, pg 7) First Offense: **Loss of Eligibility** to participate in interscholastic activity for thirty (30) school days. Summer vacations or holiday breaks do not count towards the 30-school day loss of eligibility requirement. The second offense results in a ninety (90) school day loss of eligibility. These graduated sanctions are based on the grade-level span of the school (e.g., 9-12 for high school) and are cumulative for the student-athlete's high school career. Students are not permitted to start at step one each year. Example: student serves step one (30 days ineligibility) as a freshman and has a repeat offense as a senior. The senior-year offense results in a 90 school day loss of eligibility.

These Graduated Sanctions can be found in the Student Handbook and the entire Administrative Procedure 6298 can be viewed on the SDCS website, <http://prod021.sandi.net/proceures/pdf/pp6298.pdf> and <http://prod021.sandi.net/proceures/pdf/pp6298att2.pdf>

PROCEDURE FOR CONCERNS WITHIN THE ATHLETIC PROGRAM AT THE SCHOOL SITE: Discussions about your child's attitude, work ethic, behavior, eligibility, efforts to improve, how a coach treats the child, both physically and verbally, and your child's safety are all appropriate topics for discussion with coaches. Playing time, techniques, strategies, practice organization, and play selection are not appropriate topics for parents to discuss with coaches. Conversations should be confined to your child and should exclude other students, players, and parents. Your child should be included and be present when meeting with the coach. It is not appropriate to speak with at coach immediately before or after a practice or game. The following procedure should be used for contacting coaches:

1. Player speaks directly to position coach
2. Player speaks directly to head coach,
3. Parent may talk to the head coach (by appointment)
4. Parent may contact the athletic director (by appointment)
5. Parent may contact the Vice Principal for Athletics (by appointment)
6. Parent may contact the Principal (by appointment)

A parent contacting a school administrator without following this procedure will be referred back to the coach.

I fully understand the regulations and instructions stated above (Student-Athlete's Agreement, Athletic Transportation, Athletic Policy against Hazing and Policy on Alcohol, Tobacco and Other Drugs, Procedure for Concerns Within the Athletic Program). By signing below, I agree to support these District and school policies and understand that failure to comply could result in dismissal from participating in the athletic program at the school site. Further disciplinary action, as outlined in District policy and procedures, could occur as well. We certify that on every field trip throughout the season our son/daughter will comply as directed. I understand transportation to several away contests is by student vehicles. I realize that failure to comply could result in dismissal from participation in the athletic program at the school site. I have read this information and will allow my son/daughter to try-out for and participate on the school's athletic team.

	X	
Printed Student-Athlete's Name	Student-Athlete's Signature	Date
	X	
Printed Parent/Guardian Name	Parent/Guardian Signature	Date



CIF-San Diego Section
2131 Pan American Plaza
San Diego, CA 92101
Phone (858) 292-8165
Fax (858) 292-1375
www.cifsd.org

ETHICS IN SPORTS (ATHLETE-PARENT/GUARDIAN/CAREGIVER) – 2015-2016
(Revised 3/09)

I. POLICY STATEMENT

- It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior...
It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated...
Coaches assume the responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life...
It is the school principal's responsibility to enforce all CIFSDS rules and regulations and to demand high standards of conduct from coaches, athletes, parents/guardians, and spectators...
Participation in interscholastic athletics and section playoffs is a privilege.
The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, parent, coach, and officials' association. Penalties for failure to submit a signed Code of Ethics are:
1. Athlete Ineligibility for participation in CIF-San Diego Section athletics
2. Coach Restricted from coaching in CIF-San Diego Section contests
3. Officials Association Not approved to officiate in the CIF-San Diego Section
4. Parent Prohibition/Removal from attendance at CIF or CIFSDS event
Failure to abide by the standards of behavior as agreed will result in a penalty up to and including disqualification to participate.

II. CODE OF ETHICS FOR STUDENT-ATHLETE, PARENT/GUARDIAN/CAREGIVER, COACH, CONTEST OFFICIAL

- A. Comply with the six pillars and 16 Principles of the Pursuing Victory with Honor program (on reverse side).
B. Be courteous at all times with school officials, opponents, game officials, and spectators.
C. Exercise self-control.
D. Know all rules of the contest, of CIF State, and the CIFSDS and agree to follow the rules.
E. Show respect for self, players, officials, coaches, and spectators.
F. Refrain from the use of foul and/or abusive language at all times.
G. Respect the integrity and judgment of game officials.
H. An athletic director, sports coach, school official or employee or booster club/sport group member may not provide any muscle-building nutritional supplements to student-athletes at any time. A school may only accept an advertisement, sponsor, or donation from a supplement manufacturer that offers only non-muscle building nutritional supplements. A school may not accept an advertisement sponsorship or donation from a distributor of a dietary supplement whose name appears on the label. Permissible non-muscle building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks; energy bars, carbohydrate boosters, and vitamins and minerals. (Revised - Federated Council May 2007.)
I. Win with character; lose with dignity.

Accept consequences of conduct deemed inappropriate or in violation of rules.

[Empty rectangular box for Parent/Guardian Initials]

Parent/Guardian Initials

[Empty rectangular box for Student-Athlete's Initials]

Student-Athlete's Initials

PURSuing VICTORY WITH HONOR

SIX PILLARS OF CHARACTER

TRUSTWORTHINESS RESPECT RESPONSIBILITY FAIRNESS CARING GOOD CITIZENSHIP

SIXTEEN PRINCIPLES OF PURSUING VICTORY WITH HONOR

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents, and school sports leadership - including coaches, athletic administrators, program directors, and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating, and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical, and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules, and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents, and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents, and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents, and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators, and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical, and ethical well-being of student-athletes is always placed above desires and pressure to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as first aid and CPR. 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs, and performance-enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimension of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring, and good citizens.

Parent/Guardian Initials

Student-Athlete's Initials

VIOLATIONS, MINIMUM PENALTIES, AND APPEAL PROCESS

(Applicable to players and coaches from time of departure for contest until time of return.)

ACT	MINIMUM PENALTIES*
1. Behavior resulting in ejection of athlete or coach from contest	“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 (sight and sound) any sports contest, until a meeting is scheduled between the <u>school administration, coach, player, and custodial parent(s)/guardian(s)</u> 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 (sight and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting. (Effective July 1, 2005, approved Board of Managers on June 7, 2005.)
2. Illegal participation in next contest by athlete ejected in previous contest.	Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the commissioner.
3. Illegal placement of ejected athlete in next contest or illegal participation by coach ejected in previous contest.	Green Book procedure for coach who knowingly violates a CIF or San Diego Section rule. Penalty may include a sanction to the school, coach, or suspension of membership.
4. Second ejection of athlete or coach from contest during one season.	Ineligibility of athlete for remainder of season of suspension of coach for remainder of season. A written appeal may be made by the school principal within two school days to the commissioner. Official to make report by the next school day to the commissioner. The decision by the commissioner may include suspension of any length up to and including the remainder of the season or the next season.
5. When an athlete leaves the bench area or fielding position to begin a confrontation or leaves the bench area or fielding position to join an altercation.	Ejection from the contest for those designated by the official, ineligibility for the next contest, and player(s) to be placed on probation for balance of season. A written appeal may be made by the individual(s) or school to the commissioner. Official to make report by the next school day to the commissioner. A similar infraction of this act by the same athlete(s) during the same season will result in cessation of the season for the athlete(s) concerned. A written appeal may be made by the school principal to the Commissioner.
6. When more than two athletes leave the bench area or fielding position to begin a confrontation or leave the bench area or fielding position to join an altercation.	Contest will be stopped by officials and coaches. Ejection from the contest for those athlete(s) designated by the officials. The team(s) that left the bench area must forfeit the contest, record a loss, and the team(s) and player(s) placed on probationary status for the remainder of the season. A written appeal may be made by the school(s) principal to the commissioner. A second infraction will result in cessation of the season for the team(s) and/or athlete(s). A written appeal may be made by the school(s) principal to the commissioner. Official to make report by the next school day to the commissioner. If the act occurs in the CIF-San Diego Finals, and both teams are charged with a forfeit, there will be no champion. A written appeal may be made by school(s) principal to the commissioner. Official to make report by the next school day to commissioner.
7. Other acts committed by individuals or teams or acts committed at end of season.	Commissioner, as authorized by Green Book, to determine and implement penalties up to and including career suspension for individuals and following year penalties for teams.

NOTE: In cases of violations during a regular season tournament, tournament management will necessarily act upon any appeal regarding subsequent game suspensions. Report will still be required of official to the commissioner.

*Commissioner, as authorized by Green Book, may determine and implement additional penalties up to and including career suspension for individuals and following year penalties for teams.

I have read, understand, and accept the Policy Statement, Code of Ethics, The Pillars and Principles of Pursuing Victory With Honor, the Violations, Minimum Penalties, and the Appeal Process of the CIF-San Diego Section **ETHICS IN SPORTS** Policy. I agree to abide by this policy while participating and/or spectating at CIFSDS athletic events regardless of contest site or jurisdiction.

ANY PARENTS/GUARDIANS/CAREGIVERS RESIDING WITH THIS STUDENT MUST SIGN THIS PAGE

	X	
Printed Student-Athlete’s Name	Student-Athlete’s Signature	Date
	X	
Printed Parent/Guardian/Caregiver Name (e.g., mother)	Parent/Guardian/Caregiver Signature	Date
	X	
Printed Parent/Guardian/Caregiver Name (e.g., father)	Parent/Guardian/Caregiver Signature	Date
	X	
Printed Parent/Guardian/Caregiver Name	Parent/Guardian/Caregiver Signature	Date

PARENT'S MEDICAL STATEMENT AND EMERGENCY INFORMATION

(This information will be provided to the Coach to be used in case of emergency.)***PLEASE PRINT CLEARLY*******

FATHER'S WORK PHONE: ()

FATHER'S CELL PHONE or PAGER ()

MOTHER'S WORK PHONE: ()

MOTHER'S CELL PHONE or PAGER ()

FAMILY DOCTOR:

=>>>> DR. PHONE: ()

EMERGENCY CONTACT NAME:

=>>>> RELATIONSHIP:

EMERGENCY CONTACT PHONE: ()

CELL PHONE or PAGER: ()

Brief Medical History:

Please answer the following questions regarding your son/daughter/ward:

1. Has had injuries requiring medical attention.	Yes	No
2. Has had an illness requiring hospitalization.	Yes	No
3. Is under physician's care at this time.	Yes	No
4. Has had coughing, wheezing, or trouble breathing during or after activity.	Yes	No
Has had asthma.	Yes	No
Has had seasonal allergies that require medical treatment.	Yes	No
5. Are you currently taking any prescription or non-prescription (over the counter) medications or pills or using an inhaler?	Yes	No
Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?	Yes	No
6. Have you ever passed out during or after exercise?	Yes	No
Have you ever been dizzy during or after exercise?	Yes	No
Have you ever had chest pain during or after exercise?	Yes	No
Do you get more tired quickly than your friends do during exercise?	Yes	No
Have you ever had racing of your heart or skipped heartbeats?	Yes	No
Have you ever been told that you have a heart murmur?	Yes	No
Has any family member or relative died of heart problems or of sudden death before age 55?	Yes	No
Have you had a severe viral infection (for example, myocarditis, or mononucleosis) within the last month?	Yes	No
Has a physician ever denied or restricted your participation in sports for any heart problems?	Yes	No

7. Have you ever had a head injury or concussion?	Yes	No
Have you ever been knocked out, become unconscious, or lost your memory? .	Yes	No
Have you ever had a seizure?	Yes	No
Do you have frequent or severe headaches?	Yes	No
Have you ever had numbness or tingling in your arms, hands, legs, or feet?	Yes	No
Have you ever had a stinger, burner, or pinched nerve?	Yes	No
8. Have you ever become ill or felt light headed from exercising in the heat?	Yes	No
9. Is hearing impaired, has glasses / contact lenses.	Yes	No
10. Has fixed or removable appliances in mouth.	Yes	No
11. Is there a reason for this individual to avoid participation on a certain sport?	Yes	No

Please explain if yes response: _____

12. Record the dates of your most recent immunizations (shots) for:

Tetanus _____ Measles _____

Hepatitis B _____ Chickenpox _____

In case of injury I hereby give consent for my son /daughter to have initial first aid administered by school personnel in charge and to be transported to a doctor or hospital for further treatment if necessary.

X

Parent/Guardian Signature

Date

Preparticipation Physical Evaluation

HISTORY FORM

This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep a copy of this

form in the chart. This form must be included in this athletic packet. It will be provided to emergency care professionals if needed in case of emergency.

Date of Exam: _____

Name (Please Print Clearly) _____ Date of Birth: _____

Sex _____ Age _____ Grade _____ School University City High School Sport(s) _____

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking

Do you have any allergies? Yes No If yes, please identify specific allergy below.
 Medicines Pollens Food Stinging Insects

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No	MEDICAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?			26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
2. Do you have any ongoing medical conditions? If so, please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____			27. Have you ever used an inhaler or taken asthma medicine?		
3. Have you ever spent the night in the hospital?			28. Is there anyone in your family who has asthma?		
4. Have you ever had surgery?			29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No	30. Do you have groin pain or a painful bulge or hernia in the groin area?		
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?			31. Have you had infectious mononucleosis (mono) within the last month?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?			32. Do you have any rashes, pressure sores, or other skin problems?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?			33. Have you had a herpes or MRSA skin infection?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection <input type="checkbox"/> Kawasaki disease Other: _____			34. Have you ever had a head injury or concussion?		
9. Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)			35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
10. Do you get lightheaded or feel more short of breath than expected during exercise?			36. Do you have a history of seizure disorder?		
11. Have you ever had an unexplained seizure?			37. Do you have headaches with exercise?		
12. Do you get more tired or short of breath more quickly than your friends during exercise?			38. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No	39. Have you ever been unable to move your arms or legs after being hit or falling?		
13. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident, or sudden infant death syndrome)?			40. Have you ever become ill while exercising in the heat?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?			41. Do you get frequent muscle cramps when exercising?		
15. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?			42. Do you or someone in your family have sickle cell trait or disease?		
16. Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?			43. Have you had any problems with your eyes or vision?		
BONE AND JOINT QUESTIONS	Yes	No	44. Have you had any eye injuries?		
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?			45. Do you wear glasses or contact lenses?		
18. Have you ever had any broken or fractured bones or dislocated joints?			46. Do you wear protective eyewear, such as goggles or a face shield?		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?			47. Do you worry about your weight?		
20. Have you ever had a stress fracture?			48. Are you trying to or has anyone recommended that you gain or lose weight?		
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)			49. Are you on a special diet or do you avoid certain types of foods?		
22. Do you regularly use a brace, orthotics, or other assistive device?			50. Have you ever had an eating disorder?		
23. Do you have a bone, muscle, or joint injury that bothers you?			51. Do you have any concerns that you would like to discuss with a doctor?		
24. Do any of your joints become painful, swollen, feel warm, or look red?			FEMALES ONLY		
25. Do you have any history of juvenile arthritis or connective tissue disease?			52. Have you ever had a menstrual period?		
			53. How old were you when you had your first menstrual period?		
			54. How many periods have you had in the last 12 months?		

Explain "yes" answers here

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

Signature of athlete _____ Signature of parent/guardian _____ Date _____

Preparticipation Physical Evaluation

THE ATHLETE WITH SPECIAL NEEDS: SUPPLEMENTAL HISTORY FORM

Date of Exam _____

Name _____ Date of birth _____

Sex _____ Age _____ Grade _____ School _____ Sport(s) _____

1. Type of disability		
2. Date of disability		
3. Classification (if available)		
4. Cause of disability (birth, disease, accident/trauma, other)		
5. List the sports you are interested in playing		
	Yes	No
6. Do you regularly use a brace, assistive device, or prosthetic?		
7. Do you use any special brace or assistive device for sports?		
8. Do you have any rashes, pressure sores, or any other skin problems?		
9. Do you have a hearing loss? Do you use a hearing aid?		
10. Do you have a visual impairment?		
11. Do you use any special devices for bowel or bladder function?		
12. Do you have burning or discomfort when urinating?		
13. Have you had autonomic dysreflexia?		
14. Have you ever been diagnosed with a heat-related (hyperthermia) or cold-related (hypothermia) illness?		
15. Do you have muscle spasticity?		
16. Do you have frequent seizures that cannot be controlled by medication?		

Explain "yes" answers here

Please indicate if you have ever had any of the following.

	Yes	No
Atlantoaxial instability		
X-ray evaluation for atlantoaxial instability		
Dislocated joints (more than one)		
Easy bleeding		
Enlarged spleen		
Hepatitis		
Osteopenia or osteoporosis		
Difficulty controlling bowel		
Difficulty controlling bladder		
Numbness or tingling in arms or hands		
Numbness or tingling in legs or feet		
Weakness in arms or hands		
Weakness in legs or feet		
Recent change in coordination		
Recent change in ability to walk		
Spina bifida		
Latex allergy		

Explain "yes" answers here

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

Signature of athlete _____ Signature of parent/guardian _____ Date _____

Preparticipation Physical Evaluation

PHYSICAL EXAMINATION FORM

Name _____ Date of birth _____

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, 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 supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION			
Height	Weight	<input type="checkbox"/> Male <input type="checkbox"/> Female	
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, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency) 			
Eyes/ears/nose/throat <ul style="list-style-type: none"> Pupils equal Hearing 			
Lymph nodes			
Heart ^a <ul style="list-style-type: none"> Murmurs (auscultation standing, supine, +/- Valsalva) Location of point of maximal impulse (PMI) 			
Pulses <ul style="list-style-type: none"> Simultaneous femoral and radial pulses 			
Lungs			
Abdomen			
Genitourinary (males only) ^b			
Skin <ul style="list-style-type: none"> HSV lesions suggestive of MRSA, tinea corporis 			
Neurologic ^c			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			
Functional <ul style="list-style-type: none"> Duck-walk, single leg hop 			

^aConsider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam.
^bConsider GU exam if in private setting. Having third party present is recommended.
^cConsider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

- Cleared for all sports without restriction
- Not cleared
- Pending further evaluation
 - For any sports
 - For certain sports _____
- Reason _____

Recommendations _____

I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is 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 clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type) _____ Date _____
 Address _____ Phone _____
 Signature of physician _____, MD or D

CLEARANCE FORM

Name _____ Sex M F Age _____ Date of birth _____

Cleared for all sports without restriction

Not cleared

Pending further evaluation

For any sports

For certain sports _____ Reason _____

_____ Recommendations _____

I have examined the above-named student and completed the pre-participation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is 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 clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of physician (print/type): _____

Date: _____

Address : _____

Phone: _____

Signature of physician : _____, MD or DO

EMERGENCY INFORMATION

Allergies _____

Other information _____

CONSENT TO TREAT

Student Name : _____ Date of Birth: _____

IMMUNIZATION INFORMATION

Please record the date of required T-dap booster immunization: _____

AUTHORIZATION FOR STUDENT PARTICIPATION IN ATHLETICS

I, the undersigned, am the parent/guardian of the above named student enrolled at University City High School, a public school operated by the San Diego Unified School District. **I authorize my son/daughter, named above, to participate in athletics during the period of June 1, 2015 through June 30, 2016.**

In the event of injury or illness to the above named student, I hereby grant to a duly authorized representative of the San Diego Unified School District to act as guardian/spokesman in granting permission for emergency medical treatment/hospitalization (including anesthesia) if necessary for my student while in route to or from or at the site of school activities. I understand that should a health emergency arise, I will be notified, but if I cannot be reached by telephone, such medical treatment as deemed necessary by competent medical personnel is authorized. I personally assume responsibility for any costs of such care not covered by insurance.

Executed in the City of San Diego, County of San Diego, State of California, on (date) _____

X

PARENT / LEGAL GUARDIAN SIGNATURE

PRINT NAME

UNIVERSITY CITY HIGH SCHOOL

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

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

UNIVERSITY CITY HIGH SCHOOL
Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns to 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 evaluation and management of concussion (First Doctor Visit) and received written clearance to return to play from that health care provider” (Second Doctor Visit).

You should also inform your child's coach if you think that your child may have a concussion. Remember its 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/>

Student-Athlete Name Print

Student-Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

ATHLETIC TRANSPORTATION

Parent Authorization for Student Participation in Seasonal Activity

I, the undersigned, authorize my son/daughter _____ (PLEASE PRINT STUDENT'S NAME)

to participate in The Athletic Program Practices and Contests at University City High School scheduled from August 2015 to June 2016. [Fall / Winter / Spring Season(s) of Sport(s)]

I understand that California Law (Education Code 35330) provides that any person making a field trip or excursion waives all claims against the school district and the State of California for injury, accident, illness, or death occurring during or by reason of the field trip or excursion. Accordingly, I hereby waive all claims which I/we might have against the school district or the State of California, their officers, agents, and employees for injury, accident, illness, or death occurring during or by reason of the above described activity.

Print Name of Parent or Guardian

Signature of Parent or Guardian

Date

PLEASE NOTE: Bus transportation is only provided for Football and Track Teams.

Parent/Student Authorization for Use of Private Vehicle for Student Transportation

I /We understand the participation in the above listed field trip or school activity will require transportation by bus or private vehicles driven by students, parents, or other designated drivers. I/We certify that I/we have read the following instructions that apply to all drivers or riders in private vehicles:

- 1. Check to see that you have a valid driver's license. (Students with "Restricted" driver's licenses are NOT allowed to transport others.)**
- 2. Check safety of the vehicle:** tires, brakes, lights, horn, suspension, etc. A safety check of the type conducted by California Highway Patrol is recommended.
- 3. Check adequacy of your liability insurance.** Drivers/owners of private vehicles are liable in event of illness, accident, injury, or death resulting from such use of your vehicle. State law states that "All persons making any field trip or excursion (either as a driver or rider in a private vehicle) shall be deemed to have waived all claims against the district, employees, or the State of California for injury, accident, illness, or death occurring or by reason of the field trip or excursion or for the use of private transportation driven by students, parents, or other designated drivers."
- 4. Carry only the number of passengers for which your vehicle was designed.** Number of occupants in a sedan passenger vehicle, station wagon, or van, including driver, may not exceed eight. Each passenger should be required to use a seat belt, if available.
- 5. Motor homes may not be used to transport students. Students are forbidden to ride in the cargo area of pickups or motor trucks** whether or not these areas are enclosed by camper shells or other protective covering.
- 6. Travel caravan style if more than one vehicle is used for the trip.**

PLEASE CHOOSE ONE OR BOTH OF THE BELOW OPTIONS

Designated Driver Approval (Requires the signature of parent also.)

Signature of designated student driver _____ date _____
(student)

Signature of parent/guardian as a driver OR approval for son/daughter to be a designated driver.

(parent/guardian) date _____

Student Rider Approval

Signature of student rider _____ date _____
(student)

Signature of parent/guardian for son/daughter to ride in a private vehicle driven by another student, parent or other designated driver _____ date _____
(parent/guardian)