

Rancho Cotate Cougars Athletic Department

Participation Clearance form 2023-2024

Section 1:

Name-Last, First (print clearly)

Grade:

() 9 () 10 () 11 () 12

Entry Date at RCHS: (month/year)

Previous High School : (if any)

Section 2:

Check sport(s) of participation

Fall	Winter	Spring
() Cross Country -coed	() Boys Basketball	() Boys Golf
() Football	() Girls Basketball	() Baseball
() Girls Golf	() Boys Wrestling	() Softball
() Cheerleading	() Girls Wrestling	() Boys Tennis
() Girls Volleyball	() Boys Soccer	() Swimming-coed
() Girls Tennis	() Girls Soccer	() Track/Field-coed
() Girls Flag Football		() Girls Lacrosse
		() Boys Lacrosse
		() Boys Volleyball

* Cheerleading and Football are open to both genders

Section 3:

Evidence of Physical Examination dated after
6/1/2023

(Separate form signed by doctor may be attached)

I hereby certify that the above named student was
Examined by me and was found to be physically
fit to engage in interscholastic athletics

Are there any other conditions that should be watched?

Section 4:

Medical Insurance Verification

Supplementary insurance may be purchased. (See Office)

Insurance Company: _____

Policy Number: _____

I will purchase supplementary medical insurance if not insured
() Yes () No

Physician's Signature:

Date:

If needed, the supplementary insurance form must be
Submitted to the Athletic Assistant. See office for forms.

Section 5:

Parents/Guardian Information
(Please Print Clearly)

Name:

Last, First _____

Telephone: _____

Home: _____

Cell: _____

Work _____

Address: _____

Section 6:

Parent/Guardian Consent:

My child has my permission to participate in interscholastic athletics, I request that my child receive first aid services whenever such services are deemed necessary. I authorize that my child be attended by licensed physician and/or be taken to the nearest hospital in the event that such treatment is deemed necessary. I will accept the judgment of the person in charge of the activity. I further acknowledge that I have read and understood the warning to students and parents section concerning the risks involved with participation in interscholastic athletics. I give my permission to receive first aid services whenever necessary.

Parent/Guardian Signature _____

Student-Athlete Signature _____

Section 7:

We hereby acknowledge that we have read and understand the RCHS athletic code. Including the philosophy and regulations that govern the behavior of athletes while attending Rancho Cotate HS and participation in the sports program. We also acknowledge that we have read and understand all RCHS, NBL, VVAL, NCS, and CIF academic, athletic, citizenship and residential requirements, Ejection Policy, Sudden Cardiac Arrest Warning Signs sheet, Notice regarding use of steroids and Sportsmanship Pledge included herein and agree to abide by them.

Parent/Guardian Signature

Date

Student-Athlete Signature

Date

SPORTSMANSHIP PLEDGE FORM

THE ROLE OF THE PARENT REGARDING INTERSCHOLASTIC ATHLETIC COMPETITION

The role of a parent in the education of a student is vital. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school and in life.

There is a value system -established in the home, inured at school -which young people are developing. Their involvement in the classroom and other activities contributes to that development. Trustworthiness, citizenship, caring, fairness, and respect are some of the lifetime values taught through athletics. These are the principles of good sportsmanship and character. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

As a parent of a student-athlete at Rancho Cotate High School, your goals should include:

1. Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of an athletic contest.
2. Encourage our students to perform their best, just as you would urge them to excel with their class work.
3. Participate in positive cheers that encourage our student Athletes while discouraging any cheers that would redirect that focus - including those that taunt and intimidate opponents, their fans and officials.
4. Refrain from any activity before, during or after a contest that is meant to ridicule, embarrass, taunt, or de-mean an opponent.
5. Learn, understand, and respect the rules of the game, the officials who administer them and their decisions.
6. Respect the task our coaches face as teachers and support them as they strive to educate our youth.
7. Respect our athletic opponents as student-athletes and acknowledge them for striving to do their best
8. Develop a sense of dignity and civility under all circumstances.

You can have a major influence on your student's attitude about academics and athletics. The leadership role you take will help influence your child, and our community, for years to come. In the end sports is only a game. It is a place where we allow others the opportunity to challenge us to improve our skills and motivate us to excel.

Pledge of Good Sportsmanship - 'Victory with Honor'

Rancho Cotate High School has adopted the CIF/NCS "Victory with Honor" principles as a guideline for the promotion of good sportsmanship among athletes, coaches and spectators. Six core values -trustworthiness, respect, responsibility, fairness, caring, and good citizenship - enable student to achieve its highest potential. We ask for your cooperation towards achieving the goal of making this school known as a place where all athletes maintain a proper perspective, practice good sportsmanship, and act of concern and respect for others.

Signature of Parent and Athlete Concerning Sportsmanship

I have read the aforementioned RCHS sportsmanship pledge and will uphold and practice of good sportsmanship as outlined by the California Interscholastic Federation, the North Coast Section and Rancho Cotate High School.

COTATI-ROHNERT PARK UNIFIED SCHOOL DISTRICT
AGREEMENT FOR STUDENT ATHLETE AND PARENT/GUARDIAN
REGARDING USE OF STEROIDS

(Acuerdo para estudiantes atletas y sus padres/tutores legales respecto al uso de esteroides.)
2023-2024 School Year (Curso escolar.)

Student Athlete's Name (*Nombre del estudiante*) _____

Directions: As a condition of membership in the California Interscholastic Federation (CIF), the Governing Board of the Cotati- Rohnert Park Unified School District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids. CIF Bylaw 524 requires that all participating students and their parents/ guardians sign this agreement.

By signing below, we agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.

We recognize that under CIF Bylaw 200.D the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information to the CIF. We understand that the student's violation of the district's policy regarding steroids may result in discipline against him/her, including, but not limited to, restriction from athletics, suspension, or expulsion.

Direcciones: Como condicion de ser socio de la Federacion inter-escolastica de California (California Interscholastic Federation =CIF), la Mesa Directiva del Distrito Escolar Unificado de Cotati-Rohnert Park ha adoptado la Politica 5131. 63 prohibiendo el uso y el abuso de esteroides androgenos/anabolicos. La ley 524 de la C.I.F requiere que todos los estudiantes participantes y sus padres/tutores legales firmen este acuerdo.

Con nuestra firma abajo, acordamos que el estudiante no usara esteroides androgenos/anabolicos sin la receta de un medico licenciado, reconocido por la asociacion medica americana (American Medical Association), para el tratamiento de una condicion medica.

Reconocemos que bajo la ley 200.D de la C.J.F el estudiante puede ser penalizado, incluso ser descalificado de participar en cualquier competicion de la C.J.F, si el estudiante o su padre/madre/tutor legal proporcionan informacion falsa o fraudulenta a la C.J.F. Comprendemos que la violacion de la politica distrital acerca de esteroides puede resultar en consecuencias disciplinarias, incluso, pero no limitadas a la restriccion de actividades atleticas, o la suspension o expulsion escolar.

ATHLETE
EJECTION POLICY NOTIFICATION FORM*
(North Coast Section Ejection Policy)
Rancho Cotate High School

The following rules and minimum penalties are applicable to players as adopted by the NCS Board of Managers on April 21, 1995. This policy will be in effect beginning with the 1995-96 school year, (and will include non-league, league, invitational tournaments/events, post-season; league, section or state playoffs, etc.).

1. Ejection of a player from a contest for unsportsmanlike or dangerous conduct._
Penalty: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.).
2. Illegal participation in the next contest by a player ejected in a previous contest._
Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.
3. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.
Penalty: The player shall be ineligible for the remainder of the season.
4. When one or more players leave the bench to begin or participate in an altercation.
Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.).

I have read and understand the rules and regulations of the Ejection Policy. Athletes may not participate in any contest until this document is filed with the school.



Concussion/Opioid Information Sheets



School: Rancho Cotate High School

You are receiving these information sheet about concussions, the RCHS ImPACT testing program and the CDC Opioids fact sheets because of CA Education Codes 49475 (dealing with concussions) and 49476 (dealing with Opioids):

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 student-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 a student-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 student-athlete and the parent or guardian.*
4. *If a school district, charter school, or private school elects to offer an athletic program, the school district, charter school, or private school annually give the Opioid Factsheet for Patients published by the Centers for Disease Control and Prevention to each athlete. The athlete and, if the athlete is 17 years of age or younger, the athlete's parent or guardian shall sign a document acknowledging receipt of the Opioid Factsheet for Patients and return that document to the school district, charter school, or private school before the athlete initiates practice or competition.*

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).

For current and up-to-date information on concussions you can visit:
<http://www.cdc.gov/concussion/HeadsUp/youth.html>

I acknowledge that I have received and read the CIF Concussion Information Sheet, the CDC Opioid fact sheet and I have also read the attached information on the ImPACT Concussion Management Program. I understand its contents. I have been given an opportunity to ask questions and all questions have been answered to my satisfaction. I agree to participate in the ImPACT Concussion Management Program.

Student-Athlete Name
Printed

Student-Athlete
Signature

Date

Parent or Legal Guardian Name
Printed

Parent or Legal Guardian
Signature

Date



Hojas de Información de Conmoción Cerebral/Opioide

Escuela: Escuela Preparatoria Rancho Cotate

Usted esta recibiendo esta hoja de información sobre las conmociones cerebrales, el programa de Examen ImPACT de RCHS y las hojas informativas de los opioides del CDC debido a los Códigos de Educación de CA 49475 (que tratan con conmociones cerebrales) y 49476 (que tratan con opioides):

1. La ley requiere que un estudiante-atleta que pueda tener una conmoción cerebral durante una práctica o juego sea eliminado de la actividad por el resto del día.
2. Cualquier estudiante-atleta removido por esta razón debe recibir una nota escrita de un médico entrenado en el manejo de la conmoción cerebral antes de regresar a la práctica.
3. Antes de que un estudiante-atleta pueda comenzar la temporada y comenzar a practicar en un deporte, una hoja de información de conmoción cerebral debe ser firmada y devuelta a la escuela por el estudiante-atleta y el padre o tutor.
4. Si un distrito escolar, una escuela charter o una escuela privada eligen ofrecer un programa deportivo, el distrito escolar, la escuela charter o la escuela privada repartirá anualmente la Hoja Informativa de Opioides para Pacientes publicada por los Centros para el Control y la Prevención de Enfermedades a cada atleta. El atleta y, si el atleta tiene 17 años de edad o menos, el padre o tutor del atleta deberá firmar un documento que reconozca que recibió la hoja informativa de opioides para pacientes y devolver ese documento al distrito escolar, escuela charter o escuela privada antes de que el atleta inicie la práctica o la competencia.

Cada 2 años, todos los entrenadores deben recibir capacitación sobre conmociones cerebrales (AB 1451), así como certificación en capacitación de primeros auxilios. RCP (CPR) y DEA (AED) (dispositivos eléctricos que salvan vidas que se pueden usar durante la RCP).

Para obtener información actualizada y actualizada sobre las conmociones cerebrales, puede visitar:
<http://www.cdc.gov/concussion/HeadsUp/youth.html>

Reconozco que he recibido y leído la Hoja de Información de Conmoción cerebral de CIF, la hoja informativa sobre opioides del CDC y también he leído la información incluida en el Programa de Cuidado de La conmoción ImPACT. Entiendo su contenido. Se me ha dado la oportunidad de hacer preguntas y todas las preguntas han sido respondidas a mi satisfacción. Acepto participar en el Programa de Manejo de Conmoción cerebral ImPACT.

Nombre de
Estudiante Atleta
Imprimido

Estudiante
Atleta
Firma

Fecha

Nombre de Padre o Tutor
Imprimido

Padre o Tutor
Firma

Fecha



Concussion Management.com

CONSENT FORM

GROUP BASELINE COGNITIVE TESTING AND RELEASE OF INFORMATION

I give my permission for (name of child) _____,
born (date of birth) _____, to have a baseline ImPACT® (Immediate Post-Concussion Assessment and
Cognitive Testing) test administered at Rancho Cotate High School. I understand that my child may need to be tested
more than once, depending upon the results of the test. I understand there is no charge for the testing.

Rancho Cotate High School may release the ImPACT test results to my child's primary care physician, neurologist,
other treating physician, or any licensed healthcare professional as indicated below.

I understand that general information about the test data may be provided to my child's guidance counselor and teachers, for the
purposes of providing temporary academic modifications, if necessary.

Signature of parent/guardian _____

Name of parent/guardian _____

Date _____

Please print the following information:

Physician/licensed healthcare professional _____

Practice or group name _____

Phone number _____

Student's home address (street address, city/state/zip)

Parent or guardian phone numbers:

Home _____

Preferred contact number: Home _____ Work Mobile _____

Work _____

Preferred time to call (if necessary): _____ am/pm

Mobile _____

Parent/Guardian and Pupil Sudden Cardiac Arrest Warning Signs and Symptoms Information and Acknowledgment Form

On July 1, 2017, Assembly Bill 1639, known as the Eric Paredes Sudden Cardiac Arrest (SCA) Prevention Act went into effect. This requires the pupil and their parent or guardian to read, sign, and return an SCA form of acknowledgment before the pupil participates in any athletic activity. Districts may use this form, a form located on the California Interscholastic Association (CIF) website, or design their own form. An SCA acknowledgment form must be signed and returned to the school site each school year.

On August 30, 2019, Assembly Bill 379 also added sudden cardiac arrest prevention requirements to the Health and Safety Code for youth sports organizations. The amended Health and Safety Code, Division 106, Article 2.5: now includes, Youth Sports Concussion and Sudden Cardiac Arrest Prevention Protocols [124235-124236].

What Is SCA?

SCA occurs suddenly and often without warning. It is triggered by an electrical malfunction in the heart that causes an irregular heartbeat. With the heart's pumping action disrupted, the heart cannot pump blood to the brain, lungs, and other organs. Seconds later, a person loses consciousness and has no pulse. Death occurs within minutes if the victim does not receive treatment.

Who Is at Risk for SCA?

Thousands of sudden cardiac arrests occur among youth each year, as it contributes to the #2 medical cause of death of youth under the age of 25 and is the #1 cause of death of student athletes during exercise. While a heart condition may have no warning signs, studies show that many young people do have warning signs or symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think that they are out of shape and need to train harder, or they simply ignore the symptoms, hoping the signs will go away.

Possible Warning Signs and Risk Factors

- 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

Removal from Activity

A pupil who faints during or following participation in an athletic activity must be removed from play and may not return to play until they are evaluated and cleared by a physician and surgeon, nurse practitioner or physician's assistant. I have reviewed and understand the symptoms, warning signs, and risk factors associated with SCA.

The CDE used information from the following sources: American Heart Association, Parent Heart Watch (<https://parentheartwatch.org/>), *Eric Paredes Save a Life Foundation: Keep Their Heart in the Game* (<https://epsavealife.org/>), and Sudden Cardiac Arrest Foundation (<http://www.sca-aware.org/>).

ATHLETIC CODE

PHILOSOPHY

Rancho Cotate High School believes that success in athletics directly relates to success in the classroom and to behavior on campus in general. The Athletic department believes that participation in interscholastic competitive athletics is an integral part of the total high school education and experience. It is at the same time a privilege and an honor.

The athletic department believes that success in athletics must involve a partnership among athletes, parents, coaches, teachers and administrators. Each stakeholder must play a vital role if the athlete is to benefit and develop as a result of participation in the program. Participation in athletics must lead to a greater appreciation of good sportsmanship and a greater respect for others.

The athletic department believes that athletics is another pathway for students to achieve success and pursue excellence. Rancho Cotate has a rich tradition of providing opportunity for students to excel in athletics.

Students, who participate in the athletic program, are representatives of the student body, the high school, the school district and the community at large. Our athletes are responsible for their behavior at all athletic events and for conducting themselves as good citizens.

The athletic code has been formulated with the best interests of the athlete, school and community in mind and will therefore be strictly, consistently and fairly enforced.

The following ideals should serve as a guide to the athlete while participating in sports at Rancho Cotate:
Sportsmanship Citizenship Character Ethics Morality Honesty Civility Responsibility Self-discipline Tolerance

GENERAL ELIGIBILITY REQUIREMENTS

In order to be eligible to participate in interscholastic athletics the athlete must comply with all California Interscholastic Federation (CIF), North Coast Section (NCS), North Bay League (NBL), Rancho Cotate High School (RCHS), and Cotati-Rohnert Park Unified School District (CRPUSD) regulations and policies.

There are exceptions to CIF / NCS policies and regulations. Appeals can be made to waive certain regulations. If a student is involved in a special or unusual situation, he/she should contact the athletic director for further information about the policy and for possible assistance in making an appeal.

It is suggested that the checklist offered in this packet be used as a guide for completion of all requirements

CIF, NCS, NBL, WAL REGULATIONS

The student must:

1. Have completed the eligibility packet prior to the first day of practice:
 - Physical examination completed after June 1 of each school year (Most Important!) (Earlier exam verifying fitness for sports participation is okay if signed by a doctor and dated after the June 1 e.g. Kaiser Physical)
 - Verification of health insurance coverage, including insurance policy number and the name, address and phone number of the athlete's parent or guardian.
 - Consent to participate and for medical treatment signed by the parent / guardian and the student-athlete.
 - North Coast Section/CIF Ejection Policy acknowledgement signed by student participation and parent/ guardian.
2. Attain a minimum 2.00 grade point average at the conclusion of the grading period. If not met, must submit application for waiver of the academic requirement (participation in the extracurricular study team)
3. Not have previously participated in sports in the last twelve months while attending any other high school besides RCHS.

If transferring from another school where participation in a sport occurred, to RCHS the student athlete must complete an application for a waiver of ineligibility due to transfer (Note: a real change of residence by the student and the parents/guardian from another area of school attendance to the RCHS attendance area makes the student automatically eligible for participation in sports at RCHS). See the athletic director for eligibility forms or questions.
4. Be enrolled in at least 20 semester units of study/coursework and have passed 20 units' study/coursework in the previous grading period.
5. Not have reached his/her nineteenth birthday prior to June 15th of the school year.
6. Have completed the eighth grade and has not exceeded more than eight consecutive semesters of high school following the initial enrollment into the ninth grade at any school.

7. Not violate the CIF amateur status.
8. Not have participated in more than four sports in any one particular sport in a four-year high school. Not be competing on an outside team in the same sport during the student's high school season of sport.
9. Be at least fifteen years old (varsity football eligibility requirement only).
10. Comply with attendance policy whereby the athlete must have attended school for at least four (4) periods on the day of a contest or on a Friday, the day before, if a contest is on a Saturday.
11. Not have received from any source any athletic award for CIF high school competition of more than \$25 in value unless the CIF section permits a larger award for membership on a championship team. Such awards cannot be cash, a gift certificate or merchandise.

Violation of CIF, NCS, NBL or WAL Regulations

Violations of CIF, NCS, NBL or WAL regulations will result in athletic ineligibility for a contest, several contests, or the remainder of the season as prescribed by the policy of each organization.

RCHS ACADEMIC STANDARDS

All student's must

1. Be currently enrolled in at least 25 semester units of study/ coursework.
2. Have passed and received at least 25 units of classroom credit upon completion of the previous grading period. (Grades used for qualifying are the following: First Quarter / Fall Semester/ Third Quarter/ Spring Semester)
3. Be progressing towards completing Rancho Cotate High School Graduation requirements.
4. Achieve a 2.00 GPA (non-weighted)

Students who fall below the 2.00 GPA requirement may apply for a waiver of the academic requirement and be put on probation for the current grading period if they have a minimum of a 1.60 GPA. The student must achieve a 2.00 GPA by the end of the grading period in order to continue to participate in the athletic program. The requirements of having passed and received credit for 20 units of coursework the previous grading period cannot be waived. The student must comply with all requirements of the waiver policy while on probation and may be dropped from the waiver program if the requirements are not met. An athlete can only be granted two waivers while enrolled at Rancho Cotate High School.

The twenty credits requirement is waived for incoming ninth grade students. The scholastic eligibility requirement for ninth grade students consists of: a) the student must have been promoted from his/her previous school to the ninth grade and b) The student must have attained a 2.00 grade point average during the last grading period at his/her previous school. If a 2.00 GPA was not attained the student-athlete must apply for a special waiver of the academic requirement and be considered on probation.

Summer school grades may be used to replace grades in previous classes to raise a student's grade point average, or to earn credits for a class for which the student received a failing grade.

The athletic director will determine and announce the dates upon which students become eligible or ineligible for athletic participation each grading period, usually the Monday after grades are submitted by teachers.

All student-athletes who attain a 3.50 GPA (non-weighted) during their season of sport shall be named CIF/ NCS Scholar-Athletes.

ATHLETIC DEPARTMENT REGULATIONS

Regulation #1

A student athlete shall comply with all school rules and be in good citizenship standing. This means that an athlete has not been involved in misbehavior in the classroom or any school-affiliated event, has not used foul/obscene language at school, during an athletic contest or at school-affiliated event, nor has engaged in any malicious acts against any administrator, teacher, coach, staff member, student, opposing player or spectator, or community member resulting in vandalism, theft, bodily harm or unwarranted harassment.

Regulation #2

A student athlete shall comply with all principles, requirements, and regulations established within the athletic department athletic code. Student Athletes shall comply with all legal and reasonably established directives by their coach and/or athletic director.

Regulation #3

A student athlete shall not use tobacco in any form on or off campus.

Regulation #4

A student athlete shall not use alcoholic beverages or illegal substances on or off campus.

Regulation #5

A student athlete is financially responsible for air equipment and uniforms used. Athletes must return such materials or pay for their replacement prior to participating in another sport.

Regulation #6

All student athletes must use school-approved transportation to and from all athletic contests. School transportation includes buses, vans, trains, airplanes and private vehicles. Athletes may be transported home after a contest by their parent or guardian, or with a teammates' parent or guardian if in possession of a note signed by their own parent or guardian at the discretion of the coach.

The coach is responsible for the conduct of the team while traveling to and from a contest. All directives by the coach must be followed. The bus driver is the paramount authority for conduct on the bus and all directives by the bus driver must be followed.

Regulation #7

A student athlete established on the roster of one team may not drop from the team and participate in a practice or contest of another sport unless consent is granted by the coach of the original team. If the athlete quits a team voluntarily or is dropped from a team by the coach for disciplinary reasons the athlete may not practice with or participate in a contest on another team in the next season of sport until the season of sport for the original team is completed.

RANCHO COTATE ATHLETIC DISCIPLINARY POLICY

Violation of Regulation #1 and #2:

Handled at discretion of the coach or athletic director if violation occurs in practice or contest. Such action may result in the athlete being suspended from a contest or series of contests, suspension from practice, or minor punishment in addition to action that may be taken by school administration as a result of the behavior. Any athlete placed on school suspension is automatically suspended from participation on any athletic team for the period of the suspension. Continued violations or those of a serious manner may result in expulsion from the athletic team for the remainder of the school year.

Violation of Regulation #3 and #6:

Violation #1: Suspension from the team for the next contest.

Violation #2: Suspension from the team for the remainder of the season with forfeiture of all honors and awards.

Violation #3: Suspension from all athletic programs for 90 school days.

Violation of Regulation #4:

Violation #1: Suspension from the athletic program for 45 days and forfeiture of all honors and awards.

Violation #2: Suspension from the athletic program for 90 school days as above.

Violation #3: Suspension from the athletic program for one calendar year.

Violation of Regulation #5:

The athlete will not be allowed to participate in another sport until the uniforms and equipment are returned or paid for. No new materials will be issued until all bills are paid. Students will not be allowed to participate in extracurricular events at Rancho Cotate High School or participate in graduation ceremonies until all bills are paid.

Violation of Regulation #7 and #8:

The athlete will be suspended from participation with his/her team for one week following the day he/she attains status as an eligible participant due to final payment of fee or the occurrence of the end of the previous season of sport.

Note: The Cotati-Rohnert Park Unified School District and Rancho Cotate High School discipline policy will supersede the athletic department disciplinary policy. Disciplinary action may include consequences dictated by any or all of the separate policies.

APPEAL PROCESS:

Any disciplinary action may be appealed to the athletic director or principal in writing for review of any penalty. Parents/guardians of an athlete may request a meeting with either the athletic director or principal to discuss any action taken against the athlete.

WARNING TO STUDENT ATHLETES AND PARENTS OF RISK OF ATHLETIC PARTICIPATION

SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION!

By its very nature competitive athletics may put athletes in situations where serious, catastrophic and even fatal accidents may occur. Many forms of athletic competition result in violent physical contact among participants. The use of equipment may result in accident. Strenuous physical exertion and other exposures may result in injury to the athlete.

Students and parents must assess the risk involved when participating in athletic competition and make their own choice whether to participate in spite of those risks inherent in any sport. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury or death. There have been accidents involving death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of participation. Just as driving an automobile involves a choice of risk, athletic participation by high school students may expose the student to risk and be inherently dangerous. The obligation of students and parents in making the choice to participate in athletic competition cannot be overstated. As a result of granting permission for a student to participate in athletic competition, the PARENT/GUARDIAN ACKNOWLEDGES THAT SUCH RISKS EXIST. By making a choice to participate in a sport THE STUDENT-ATHLETE ACKNOWLEDGES THAT SUCH RISKS EXIST.

Students will be instructed in proper technique to be used in athletic competition and in the proper utilization of all equipment worn or used in practice or competition. Student-athletes are responsible for following such instruction and must refrain from all improper uses of technique or equipment. As previously stated, no amount of instruction, precaution and supervision can eliminate all risk of serious injury or death, IN ANYTHING IN THE ABOVE WARNING IS NOT COMPLETELY UNDERSTOOD; PLEASE CONTACT THE ATHLETIC DIRECTOR OR PRINCIPAL FOR FURTHER INFORMATION IMMEDIATELY.

PROCEDURE FOR MAKING A COMPLAINT AGAINST A COACH

If a problem arises concerning a member of the coaching staff regarding personal behavior, ethics, or coaching practices and philosophy a student or parent should follow the procedure below:

1. Approach the coach in a respectful manner and discuss the issue with him/her. Communicate to the coach the specific complaint. Do not berate or abuse the coach at any time. If no agreement can be reached that is mutually acceptable to both parties, then proceed to step #2.
2. Make contact with and present the complaint to the athletic director. Allow the athletic director time to investigate the issue and respond to you. If no agreement can be reached that is mutually acceptable to all, then proceed to step #3.
3. Make contact with and present the complaint to the school principal. If no agreement can be reached that is mutually acceptable to all, then contact the school district's superintendent's office.

Please note that all letters of complaint first made to the CRPUSD office will be automatically be sent back to the athletic director or principal for their attention. Contact a higher authority only when the issue is extraordinary, involves illegal or immoral behavior, or is so severe as to require the immediate action of a superior.



CIF 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 student-athlete removed for this reason must receive a written note from a physician trained in the management of concussion before returning to practice.*
3. *Before a student-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 student-athlete and the parent or guardian.*

[Every 2 years all coaches are required to receive training about concussions (AB 1451), sudden cardiac arrest (AB 1639), and heat illness (AB 2500), and 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. However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.

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 physician trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 for immediate transport 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 physician, athletic trainer or coach understand how they are feeling and hopefully will show improvement over time. You may 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 their everyday life. We call this a "baseline" so that we know what symptoms are normal and common for your child. Keep a copy for your records, and turn in the original. If a concussion occurs, your child can fill out this checklist again. This Graded Symptom Checklist provides a list of symptoms to compare over time to follow your child's recovery 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 research 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 may contribute to long-term neurological problems. One goal of concussion education 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, students may have difficulties with short- and long-term memory, concentration and organization. They may require rest while recovering from injury (e.g., limit texting, video games, loud movies, or reading), and may also need to limit school attendance for a few days. As they return to school, the schedule might need to start with a few classes or a half-day. If recovery from a concussion is taking longer than expected, they may also benefit from a reduced class schedule and/or limited homework; a formal school assessment may also be necessary. Your school or physician can help suggest and make these changes. Students should complete the Return to Learn guidelines, successfully returning to a full school day and normal academic activities, before returning to play (unless your physician makes other recommendations). 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 is a gradual, step-wise increase in physical effort, sports-specific activities and then finally unrestricted activities. If symptoms worsen 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 physician 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 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 students 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 they experience such symptoms, or if they suspect that a teammate has had a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms that you may be seeing in your child.

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 Berlin, October 2016
- <https://www.cdc.gov/traumaticbraininjury/PediatricmTBIGuideline.html>
- <https://www.cdc.gov/headsup/youfhsports/index.html>



Hoja de información de la CIF sobre la conmoción cerebral

¿Por qué recibí esta hoja de información?

Usted recibió esta hoja de información sobre las conmociones cerebrales debido a la existencia de la ley estatal AB 25 (con vigencia a partir del 1 de enero, 2012), en la actualidad, Código de Educación § 49475:

1. *La ley requiere que un/una estudiante que haya sostenido una conmoción cerebral durante una práctica o juego deba ser retirado(a) de la actividad durante el resto del día.*
2. *Cualquier at/eta estudiante que sea retirado(a) por esta razón deba recibir una nota escrita de un médico capacitado en el manejo de conmociones cerebrales antes de regresar a las prácticas.*
3. *Antes de que un/una estudiante pueda empezar la temporada y comenzar a practicar un deporte, una hoja de información sobre la conmoción cerebral deba ser firmada y devuelta a la escuela por el/la estudiante y por el padre o tutor.*

[Cada 2 años, todos los entrenadores deberán recibir capacitación sobre las conmociones cerebrales (AB 1451), paro cardíaco repentino (AB 1639) y enfermedad por el calor (AB 2500) así como ostentar una certificación de capacitación en primeros auxilios, reanimación cardiopulmonar (CPR por sus siglas en inglés) y en la utilización del desfibrilador externo automático (AED por sus siglas en inglés). (Este último es un dispositivo eléctrico salvavidas que puede ser utilizado durante CPR)].

¿Qué es una conmoción cerebral y cómo la reconocería?

Una conmoción cerebral es un tipo de lesión cerebral. Puede ser causada por un golpe en la cabeza, o por un golpe en otra parte del cuerpo con una fuerza tal que sacuda la cabeza. Las conmociones cerebrales pueden suceder en cualquier deporte, y pueden manifestar un aspecto diferente en cada persona.

La mayoría de las conmociones cerebrales mejoran con reposo, y más de 90% de los atletas se recuperan completamente. Sin embargo, todas las conmociones cerebrales deben considerarse graves. Si no se reconocen y no se manejan de la manera correcta, se pueden producir problemas que incluyen daños cerebrales e incluso la muerte.

La mayoría de las conmociones cerebrales ocurren sin haber perdido el conocimiento. Las señales y los síntomas de conmoción cerebral (consulte el reverse de esta página) pueden manifestarse inmediatamente después de una lesión o pueden tomar horas para que aparezcan. Si su niño/nina reporta cualquier síntoma de conmoción cerebral, o si usted observa algún síntoma o señal, solicite una evaluación médica del entrenador atlético de su equipo y de un médico capacitado en la evaluación y manejo de concusiones cerebrales. Si su niño/nina está vomitando, tiene un fuerte dolor de cabeza, o tiene dificultad para permanecer despierto(a) o no puede responder preguntas sencillas, llame al 911 o lleve(a) inmediatamente a la sala de emergencias de su hospital local.

En el sitio web de la CIF se encuentra una Lista de verificación por etapas de los síntomas por conmoción cerebral (Graded Concussion Symptom Checklist). Si su niño/nina llena esta hoja después de haber sufrido una conmoción cerebral, la misma ayudará al médico o entrenador atlético entender cómo el o ella se está sintiendo y esperamos que también pueda mostrar señales de mejora conforme avanza el tiempo. Le pedimos que su niño/nina llene la lista de verificación al comienzo de la temporada, incluso antes de que haya sufrido una conmoción cerebral para que podamos entender si algunos de los síntomas tales como el dolor de cabeza podrían ser parte de su vida cotidiana. Esto es lo que llamamos una "base de referencia" para que sepamos cuáles síntomas son normales y comunes para su niño/nina. Guarde una copia para sus registros, y entregue el original. Si se produce una conmoción cerebral, su niño o nina puede llenar esta lista de verificación de nuevo. Esta Lista de verificación por etapas de síntomas provee una lista de síntomas para comparar conforme avanza el tiempo para asegurarse que su niño o nina se está recuperando de la conmoción cerebral.

¿Qué puede suceder si mi niño/nina sigue jugando con síntomas de conmoción cerebral o vuelve demasiado pronto después de una conmoción cerebral?

Los/las atletas con señales y síntomas de conmoción cerebral deben ser retirados(as) del juego de forma inmediata. NO existe la posibilidad de volver a jugar el mismo día para un(a) joven bajo sospecha de padecer una conmoción cerebral. Los jóvenes atletas pueden tardar más tiempo en recuperarse de una conmoción cerebral y son más propensos a tener graves problemas a largo plazo debido a una conmoción cerebral.

Aunque una escanografía cerebral tradicional (por ejemplo, una imagen de resonancia magnética [MRI o CTI]) puede ser "normal", el cerebro aun está lesionado. Estudios realizados en los animales y en los humanos indican que un segundo golpe antes de que el cerebro se haya recuperado puede resultar en daños graves en el cerebro. Si su atleta sufre otra conmoción cerebral antes de estar completamente recuperado(a) de la primera, esto puede resultar en una recuperación prolongada (de semanas a meses) o incluso en una inflamación grave (Síndrome del segundo impacto) con consecuencias devastadoras.

Hay una creciente preocupación por el hecho de que la exposición a impactos en la cabeza y conmociones cerebrales recurrentes pueden contribuir a tener problemas neurológicos a largo plazo. Una de las metas de este programa de conmoción cerebral es evitar que el niño/la nina vuelva demasiado pronto a jugar para que graves daños cerebrales se puedan prevenir.

Las señales observadas por los compañeros de equipo, los padres y los entrenadores son:

- | | |
|---|---|
| <ul style="list-style-type: none"> • Parece estar mareado(a) • Parece estar aturdido(a) • Confundido(a) acerca de los juegos • Se olvida de los juegos • No está seguro(a) del juego, la puntuación, ni de quienes son sus adversarios • Se mueve con torpeza o con dificultad • Responde a las preguntas con lentitud | <ul style="list-style-type: none"> • Balbucea • Muestra cambios de personalidad o en su forma de actuar • No puede recordar lo ocurrido antes o después de la lesión • Tiene convulsiones o "sufre una crisis" • Cualquier cambio en su conducta o personalidad típica • Se desmaya |
|---|---|

Los síntomas pueden incluir uno o más de los siguientes:

- | | |
|---|--|
| <ul style="list-style-type: none"> • Dolores de cabeza • "Presión en la cabeza" • Náuseas o vómitos • Dolor en el cuello • Dificultad para pararse o caminar • Visión borrosa, doble o difusa • Sensibilidad a la luz o al ruido • Se siente cansado(a) o hace las cosas más lentamente • Parece aturdido(a) o desorientado(a) • Somnolencia • Cambia de patrones de sueño | <ul style="list-style-type: none"> • Pérdida de la memoria • "No se siente bien" • Se siente cansado(a) o con poca energía • Está triste • Está nervioso(a) o con los nervios de punta • Se siente irritable • Está más sensible • Confundido(a) • Problemas de concentración o de memoria • Repite la misma pregunta/comentario |
|---|--|

¿Qué es Volver a Aprender?

Después de una conmoción cerebral, los estudiantes pueden tener dificultades con la memoria, la concentración y la organización al volver al colegio ya largo plazo. Será necesario el descanso mientras se recupera de una lesión (por ejemplo, limitar enviar textos, juegos de video, ver películas de alto volumen, o leer), y quizás tengan que quedarse en casa y no ir a la escuela por unos cuantos días. A su regreso a la escuela, es posible que el horario deba comenzar con unas pocas clases o media día. Si la recuperación de una conmoción cerebral está llevando más tiempo del esperado, ellos también pueden beneficiarse de un horario de clases reducidas y/o tareas limitadas; una evaluación escolar formal también podría ser necesaria. Su escuela o médico puede ayudar a sugerir y hacer estos cambios. Los estudiantes deben completar las directrices de Volver a Aprender (Return to Learn) y volver exitosamente a la escuela ya las actividades académicas normales a tiempo completo antes de comenzar a participar en Volver a Jugar (Return to Play) (a menos que su médico recomiende otra cosa). Visite la página web de la CIF (cifstate.org) para obtener más información sobre Volver a Aprender (Return to Learn).

¿Cómo se determina Volver a Jugar (Return to Play [RTP])?

Los síntomas de conmoción cerebral deben haber desaparecido por completo antes de volver a competir. Una progresión RTP, o Volver a Jugar, es una progresión gradual de aumento del esfuerzo físico, actividades específicas del deporte y, finalmente a las actividades sin restricciones. Si los síntomas ocurren con la actividad, la progresión debe ser detenida. Si no hay síntomas el día siguiente, el ejercicio se puede reiniciar en la etapa anterior.

RTP después de la conmoción cerebral debe ocurrir solo con autorización médica de un médico capacitado en la evaluación y la gestión de casos de conmoción cerebral, y un plan de progresión por etapas supervisado por un entrenador atlético, coach, u otro administrador escolar identificado. Por favor consulte cifstate.org para un plan gradual de volver a jugar. [AB 2127, una Ley del estado de California con vigencia a partir del 1/1/15, reza que volver a jugar (es decir, a competir plenamente) no debe ocurrir antes de 7 días después de que la conmoción cerebral haya sido diagnosticada por un médico.]

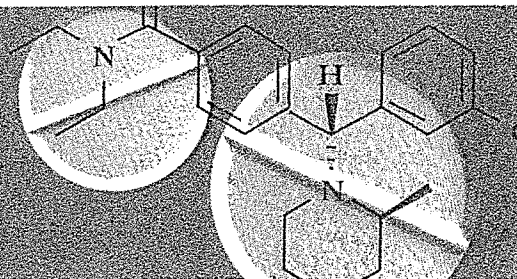
Reflexiones finales para los padres y los tutores:

Es bien sabido que los estudiantes a menudo no hablan acerca de las señales de la conmoción cerebral, la cual es la razón por la que es importante que esta hoja de información sea revisada con ellos. Enseñe a su niño/nia que le diga al personal entrenador si el o ella siente tales síntomas, o si el o ella sospecha que un compañero de equipo ha sufrido una conmoción cerebral. Usted también debe sentirse cómodo hablando con los entrenadores atléticos acerca de las señales y síntomas de la conmoción cerebral que pueda ver en su niño/nia.

Referencias:

- 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 Berlin, October 2016
- <https://www.cdc.gov/traumaticbraininjury/PediatricTBIGuideline.html>
- <http://www.cdc.gov/headsup/youthsports/index.html>

PRESCRIPTION OPIOIDS: WHAT YOU NEED TO KNOW



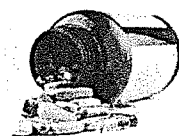
Prescription opioids can be used to help relieve moderate-to-severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious risks. It is important to work with your health care provider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

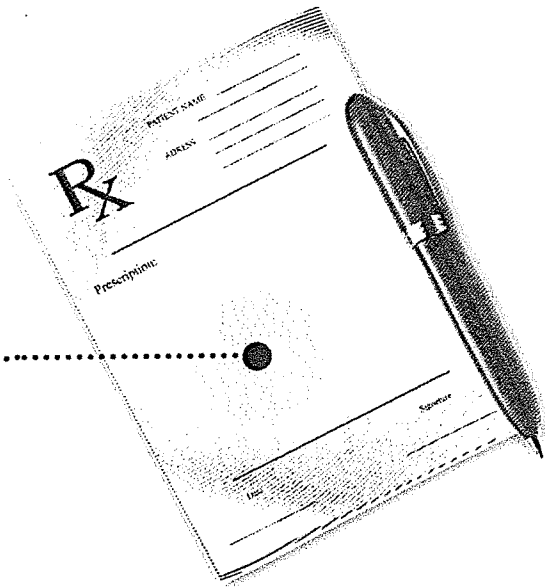


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KNOW YOUR OPTIONS

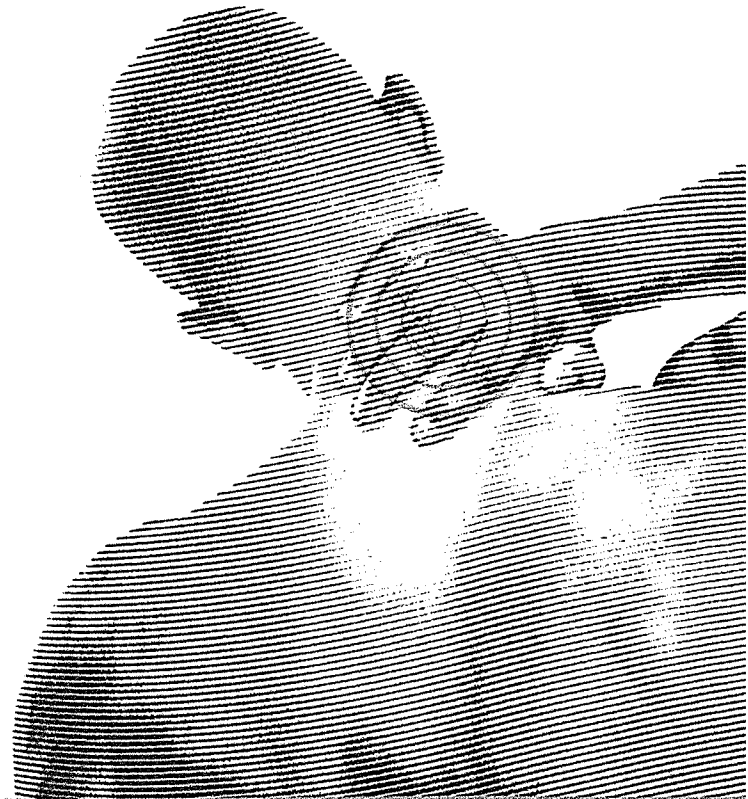
Talk to your health care provider about ways to manage your pain that don't involve prescription opioids. Some of these options **may actually work better** and have fewer risks and side effects. Options may include:

- ☐ 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.