

# **Parents/Guardians and Students, Please Note:**

This athletic packet contains the following:

- *Athletic Participation Clearance Form*
- *Concussion Information Sheet*
- *Citizenship Standards and Serious Infractions Explanation and Agreement*
- *Scholastic Eligibility / Dates of Determination*

Students and parents/guardians please make sure you have **signed and dated all four pages where indicated** in order to participate in athletics at Casa Grande High School. *(Do not use pencil to fill out forms!)*

Also be sure to list **insurance carrier and policy number**. Failure to do so will result in delays in processing.

GaUCHO-stamped clearances will be available for pickup generally within 3 days. However, at the beginning of the sports season it may take longer, so it is a good idea to submit clearance packets as soon as you can.



## Voluntary Activities Acknowledgement and Assumption of Risk

The above-named student wishes to participate in the District-sponsored athletic program. We understand and acknowledge that these activities, by their very nature, pose the potential risk of serious injury/illness to individuals who participate in such activities.

- We understand and acknowledge that some of the injuries/illnesses which may result from participating in these activities include, but are not limited to, the following: sprains/strains, fractured bones, unconsciousness, head and/or back injury, paralysis, loss of eyesight, communicable diseases, and death.
- We understand and acknowledge that participation in these activities is completely voluntary and as such is not required by the School.
- We understand and acknowledge that in order to participate in these activities, the parent/legal guardian agrees to assume liability and responsibility for any and all potential risks that may be associated with participation in such activities.
- We understand, acknowledge and agree that the School, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered by the student athlete which is incident to and/or in association with preparing for and/or participating in this activity.

## NCS/Ejection Policy

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, or section or state playoff.
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 next contest.
3. Second ejection of a player for unsportsmanlike or dangerous conduct for 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, or section or state playoff.
5. Coaches are responsible for determining the cause of ejection for any of their players and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a player's ejection shall not be the basis for allowing a student who has been ejected under an applicable rule to avoid sanctions by the Ejection Policy. Should a student who is in violation of the Ejection Policy play in a subsequent contest, the contest will be forfeited.

## Androgenic/Anabolic Steroids Policy

As a condition of membership in the California Interscholastic Federation (CIF), all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the American Medical Association (AMA) to treat a medical condition (Bylaw 524). By signing below, both the participating student-athlete and the parent/legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. It is recognized that under CIF Bylaw 200.D., there could be penalties for false or fraudulent information. It is also understood that the Casa Grande High School policy regarding the use of illegal drugs will be enforced for any violations of these rules.

We have read and understand all the terms and conditions listed on this Athletic Participation Clearance Form. **(Athletes may not participate in any contest until this document is on file with the school.) The Athletic Participation Clearance Form, the Citizenship Standards and Serious Infractions Agreement Form, and the Concussion Information Sheet are due to the Athletics Secretary before the student can attend Official Practice. (Do not give paperwork to the coaches.)**

X \_\_\_\_\_  
**Student Signature** **Date**

X \_\_\_\_\_  
**Parent/Legal Guardian Signature** **Date**

## Casa Grande 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:

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| <ul style="list-style-type: none"><li>• Headaches</li><li>• “Pressure in head”</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul> | <ul style="list-style-type: none"><li>• Amnesia</li><li>• “Don’t feel right”</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same question/comment</li></ul> |
|--|--|

### 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

(continued)

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport

**Casa Grande High School  
Concussion Information Sheet (cont'd.)**

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

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

**If you think your child has suffered a concussion**

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

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

**and**

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

You should also inform your child's coach if you think that your child may have a concussion. Remember it's 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:**  
1) <http://www.cdc.gov/ConcussionInYouthSports/> and/or  
2) [www.cifnccs.org](http://www.cifnccs.org)

\_\_\_\_\_  
Student-athlete Name Printed

\_\_\_\_\_  
Student-athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date

*Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport*

## Casa Grande High School **Citizenship Standards and Serious Infractions Explanation**

The following policies apply to all students in extra-curricular activities. If you have any questions, please talk to your coach, athletic director, or the administrator who oversees the athletic program.

### **Citizenship Standards**

A. Citizenship standards apply to all students, however, higher standards are expected of student athletes because they represent the school and the community and other students recognize these students as role models.

1. Any student who commits a violation of California Education Code 48900 (a), (b), (c), or (d) that results in suspension for up to five days shall not participate in athletics/activities and all related practices for a period of 25 school days beginning at the date of the suspension. (*Refer to student handbook for an explanation of the infractions on the Petaluma City Schools Discipline Grid.*)

A student may be suspended or expelled for any acts listed above related to school activity or attendance which occur at any time, including, but not limited to any of the following:

1. While on school grounds.
  2. While going to or coming from school.
  3. During the lunch period, whether on or off campus.
  4. During, or while going to or coming from, a school sponsored event.
2. Prior to the imposition of consequences as described above, the parent/guardian, student, site administrator and Director of Student Services shall meet for a site hearing for the student to present their side of the case and comment on the offense or infraction violated.
  3. Students who commit a violation of California Education Code 48900 for infractions not listed in number 1, that results in suspension shall not participate in athletics/activities and all related practices one to three weeks from the date of the suspension the week the violation was committed. One day of suspension shall result in one week non-participation, two days will result two weeks of non-participation, and three days of suspension from school, he/she shall sit out three weeks from the date of the infraction. If the infraction was committed on a Friday, the student shall not participate in any athletic/activities or practice the following week.
  4. In order to be eligible to practice or participate in an athletic activity on any school day, participants must be in school for 2/3's of the school day. Exceptions to this rule will be allowed in unusual cases if cleared through the school principal or designee. Advanced notice is needed if possible.

B. It is the responsibility of the principal or designee to insure that

1. Each coach/activity sponsor reviews these regulations with each team/club/group at the beginning of each sport or activity each year.
2. Each student shall return a copy signed by a parent/guardian of the letter to acknowledge they understand the contents and terms of the Citizenship Standards and Serious Infractions Explanation **before participating** in a sport or extracurricular program.

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**Casa Grande High School**  
**Citizenship Standards and Serious Infractions Explanation (cont'd.)**

C. Regarding eligibility to participate in athletics/activities:

1. A student is reinstated to participate in sports/activities after 25 school days.

**Casa Grande**  
**High School Citizenship Standards and Serious Infractions Explanation**  
**Agreement Form**

Student Name (Print) \_\_\_\_\_ ID # \_\_\_\_\_

Grade \_\_\_\_\_ Sport or Activity \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

**Parent's or Guardian's**  
**Understanding of the Terms**

I have read and understand the terms of the Citizenship Standards and Serious Infractions Explanation agreement. I hereby give my permission for the above named student to represent his/her school in athletic events or school activities.

Parent Name (Print) \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

## **Casa Grande High School Athletics** **Scholastic Eligibility / Dates of Determination**

As a member of the California Interscholastic Federation and North Coast Section, Casa Grande Athletics adheres to the following mandated scholastic eligibility requirements:

- All student athletes must maintain a 2.00 G.P.A. on a 4.00 G.P.A scale per each six-week grading period to be eligible to participate on a Casa Grande High School athletic team. Extra grade points granted in some Honors and all AP classes will not be calculated into a student athlete's G.P.A.
- Student eligibility is determined by official six-week grading period report cards, not by weekly progress reports or Aeries grade book reports.
- All student athletes must pass 20 credits (4 classes) per grading period.
- Student athletes who do not meet the 2.00 G.P.A requirement and/or the 20 credit passed requirement at the end of each grading period will become immediately ineligible to participate in scrimmages and contests.
- Student athletes receiving an "I" or Incomplete on their report card will have two weeks to make up the work needed to change the "I" to a letter grade. After two weeks the "I" Incomplete grade will turn into an "F" on their report card and their G.P.A will be recalculated with the new grade.
- Student athletes who become academically ineligible may be allowed to participate in practice with their respective team, however, this is an administrative decision. They may not dress for athletic events.
- All student athletes will become eligible and ineligible on the Date of Determination, which will be approximately 10 days after the end date of each grading period.
- The Dates of Determination are submitted to the North Bay League and North Coast Section office at the beginning of the school year and cannot be changed.
- Student athletes will not be granted athletic eligibility prior to the Dates of Determination.

I have read and understand all rules and guidelines for Athletic Academic Eligibility at Casa Grande High School. Please sign and date.

\_\_\_\_\_  
Student Athlete Signature

\_\_\_\_\_  
Student Name (Print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Legal Guardian Signature

\_\_\_\_\_  
Parent/Legal Guardian Name (Print)

\_\_\_\_\_  
Date