



# PIERCE HIGH SCHOOL ATHLETIC CODE



Parent/Guardian and Athlete Signature Page

I am acknowledging that I have received 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 suffered a concussion during a practice or a game to be removed from the activity for the remainder of the day.
2. Before returning to practice, any student athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion symptoms.
3. Before a student athlete can start the season and begin practice in a sport, a concussion-information sheet must be read and signed by the student athlete and the parent or guardian, and returned to the school.

**Every 2 years, all coaches are required to receive training regarding the treatment of concussions (AB 1451), as well as certifications 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 have received and acknowledge the Concussion Information Sheet, the Sudden Cardiac Arrest Information Sheet, the Athletic Code, and the Risk Policy.

I (we) understand that a violation by the athlete of any of the rules in this code will result in loss of athletic privileges and/or suspension from the team. I (we) also understand our signature (s) indicate that we have read the Statement of Risk, and are aware of the risks involved with athletics, and assume those risks. We release and hold the Pierce Joint Unified School District and its officers and employees harmless from any and all claims for damage or injury, including claims of negligence, arising out of, or in connection with our child's participation in any aspect of the school's athletic program.

By signing this document, parents are giving parental permission for the student to participate in the Pierce High School Athletic Program, and if appropriate, be transported by the District to and from competitions. I understand that the Pierce Joint Unified School District requires that students ride with their team on the district-provided transportation to and from sporting events, and a departure from this requirement will release the Pierce Joint Unified School District from all liability for any adverse results that may occur. I agree to release Pierce Joint Unified School District and its employees and officers from all liability with reference to the above-stated transportation arrangements. If I choose to take my athlete home after an athletic event, I will sign the appropriate PHS Athletic-Event Release form when taking my son/daughter.

\_\_\_\_\_  
Name of Parent or Guardian

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of Student

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

\*\* Have you ever attended another high school? YES \_\_\_\_ NO \_\_\_\_ If yes, what high school or high schools did you attend and what year(s) \_\_\_\_\_

## PIERCE HIGH SCHOOL ATHLETIC CODE

Pierce High School believes that a dynamic program of student activities is vital to the educational development of the student. Young people learn a great deal from participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are integral parts of our athletic program. Athletic participation also plays an important part in helping students develop a healthy concept of self as well as a healthy body. Athletic experiences contribute to the development of learning skills and emotional patterns that enable the student to achieve maximum benefit from his or her education.

While Pierce High School takes great pride in winning, it does not condone "winning at any cost" and discourages any and all pressures which might tend to neglect good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way so as to justify it as an educational activity.

### **I. OVERVIEW AND PURPOSE OF ATHLETICS AT PIERCE HIGH SCHOOL**

To be of maximum effectiveness in providing a beneficial experience for student athletes, the athletic program will:

1. Make the welfare of the student the ultimate consideration. The purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of those participating.
2. Be a well-coordinated part of the school, compatible with and complementary to all aspects of a student's education.
3. Be conducted in such a manner as to provide a sound rationale for use of funds, time, and facilities.
4. Be nondiscriminatory, making the same benefits available to all students, regardless of race, sex, or ethnic origin.
5. Foster training in conduct, commitment, character, perseverance, game ethics, and sportsmanship for participants and for spectators.
6. Adhere to national, state, and local rules and policies under which the program is conducted.

### **II. ATHLETIC CODE OF CONDUCT AND ELIGIBILITY**

At Pierce High School participation is a privilege not a right. The athlete does not deserve to compete; instead, he/she earns the privilege to compete. Those students who earn the privilege to represent our school through our athletic programs are expected to demonstrate high standards of behavior. We expect our students to do the right thing. Any athlete who brings discredit to a team or to our school will have consequences for his/her behavior. Participants in athletic activities shall not consume, possess, facilitate, or distribute alcohol or any illegal substance in any manner. Student athletes will comply with all federal, state and local laws, school district policies and procedures and school regulations. They will conduct themselves in a manner that reflects the common courtesies of decency, morality, cleanliness, honesty and respect for the rights and property of others. Failure to meet these expectations will result in consequences that affect an athlete's privilege to participate in the current season of sport or in future seasons of sport. This expectation applies 24/7/365 from his or her date of enrollment through graduation.

**Demonstrating the following attributes is essential for Pierce High athletic team selection and participation:**

1. Character, Work Ethic and Commitment: these are essential for successful athletic participation.
2. Listening, Concentration and Focus: without these, there is less chance for improvement.
3. Accountability: accept responsibility for outcomes, be a problem solver not an excuse maker, and look to yourself first when improvement is needed.
4. Work Habits: commit yourself to hard, productive work and continuous improvement.
5. Discipline: accept and embrace discipline for your benefit and the benefit of the team.

## **Conduct**

**It is vital that our athletes represent the school, the community, and themselves in a positive way. In an effort to achieve this goal, we expect athletes:**

1. Will not use alcohol, tobacco, non-prescribed narcotics, marijuana, steroids, or any controlled substances.
2. Will not host an event that allows the use of alcohol, tobacco, non-prescribed narcotics, marijuana, steroids, or any controlled substances.
3. Will not display conduct detracting from a positive educational environment, including but not limited to: Hazing, cyber bullying, intimidation, harassment, vandalism, being a public nuisance and any conduct that involves police or court action. This also includes encouraging and or being a bystander to such behaviors.
4. Will not violate school rules. (Discipline for violation of school rules will be left to the discretion of the administration.)
5. Will follow other expectations and commitments relating directly to an individual sport established by the head coach (e.g., participation in PHS strength and conditioning classes, team specific camps, and summer league competitions). All such expectations must first be approved by the Athletic Director or Principal and then communicated to the individual athletes. Coaches and advisors can “bench” or take away privileges for members of their team or club based on their own pre-stated policies as outlined in their individual team rules.

For athletes who fail to meet expectations, the severity of the offense and prior violations will be factors in determining the discipline administered. The following violations will lead to a forfeiture of a student's participation in extracurricular activities:

- Suspension (see “Major & Minor” below)
  - Students who are suspended for a “minor” suspension (not listed below under “major”) forfeit their eligibility to participate in all school-related activities during the day(s) of their primary suspension. If there is no event during their suspension period, the student must forfeit the next scheduled game/event after he/she returns from their primary suspension.
    - Student behaves in an inappropriate manner: receives referral, removed from class, defiance the day of the event.
    - Note: A “minor” suspension during football season may result in a ½ game forfeiture. This rule applies to football only as this sport plays approximately ½ the number of games as other sports. The ½ game forfeiture must occur during the first half of play. Administration has final say on the length of game forfeiture.

- Students who commit the following violations earn a “major” suspension and will forfeit their privileges to all extracurricular and athletic activities for 9 weeks from the day the suspension starts. This suspension can span over two or more sporting seasons. Major suspensions include: the possession or use of alcohol, controlled substances, and/or weapons; the promotion of, or involvement in theft, violence, fighting, harassment, hate speech and/or vandalism.
  - Students facing nine week ineligibility due to a major suspension may submit a typed “appeal” letter to the Athletic Director or Assistant Principal requesting a reduced sports suspension. The letter must include an explanation of how the student could have handled the situation differently, how he/she plans to avoid future suspensions, how he/she plans to make amends to his/her victim (if applicable) i.e., a letter of apology to victim. The appeal must also describe what they have learned from the situation. A review committee including the Assistant Principal, Athletic Director (or appropriate advisor) and one PHS teacher will meet to make a confidential recommendation to the Principal. The Principal will then decide the final duration of the suspension. A decision will be rendered and explained to the student within ten school days, once the appeal letter is received. No appeals can occur after the Principal makes the decision.
- Student athletes on disciplinary suspensions may not attend games, events or practices if the event falls on the day(s) of the student’s primary school suspension. They may not attend games (home or away) as a spectator. For an athletic-game suspension that falls on a date after the primary suspension, students may attend home games, sit on the bench, but not “suit up” for games. Students may not miss any class time or travel with the team.
- Special Note on Hazing: Events have made it necessary to clarify and articulate the policies regarding HAZING. As defined by the California Education Code, HAZING includes any method of initiation or pre-initiation into a student organization, or any pastime or amusement in which such an organization is engaged, 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; but the term “hazing” does not include customary athletic events or other similar contests or competitions. Additionally, the following refers to California Education-Code Section 32051: No student, or other person in attendance at any public, private, parochial or military school, community college, or other educational institution, shall conspire to engage in hazing, participating in hazing, or commit any act that causes or is likely to cause bodily damage, 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 no less than one hundred (\$100), and not more than five thousand (\$5,000) dollars, or imprisonment in the county jail for not more than one year, or both. Please be aware that there are legal ramifications if students engage in activities that can be considered hazing.

**Social Media Policy**

Social media refers to internet-based applications designed to create and share user-generated content. Any form of digital magazine, internet forum, web-blog, podcast, photograph, video, rating and/or social bookmarking found on websites or applications such as Twitter, Facebook, Instagram, Snapchat, or Tumblr that is open to public viewing is considered to be social media. This is a rapidly changing network as we move into the 21st Century, and many more not mentioned will arise, which are also included in this policy. Disciplinary measures may apply depending on the severity of the infraction.

Pierce High School student athletes are expected to conduct themselves in a respectable manner as a member of their teams and our Athletic program. As a student athlete, you are responsible for your social-media use. Any malicious use of social-media platforms shall not be tolerated. Malicious use may include, but not be limited to:

1. Derogatory language or remarks regarding fellow athletes, students, coaches, administrators, faculty and staff of Pierce High School or other high schools.
2. Demeaning statements or threats that endanger the safety of another person.
3. Incriminating photos or statements regarding illegal criminal behavior, underage drinking, use of illegal drugs, sexual harassment or violence.

### **Self-Referral by Students**

Students may take advantage of a self-referral procedure to seek information, guidance, counseling and/or assessment in regard to his/her use of alcohol and/or drugs. First time voluntary referrals DO NOT carry any punitive consequences.

1. Students are allowed one (1) voluntary referral during their high school participation.
2. Self-referrals can be made by the student or by his/her immediate family.
3. Self-referral cannot be used as a method to avoid consequences once a rule of the PJUSD policy is violated and a student has been identified as having violated that rule.
4. Students must make self-referrals to an advisor, coach, athletic director, teacher, administrator, or guidance counselor.
5. On site counseling services by a PJUSD counselor will be provided.

### **Eligibility**

Athletes should understand the following CIF, Northern Section, league, and PHS eligibility guidelines:

1. If you reach your nineteenth birthday on or before June 15th, you cannot participate in interscholastic athletics.
2. If you are in your fifth year of high school, you cannot participate in interscholastic athletics.
3. CIF athletic-eligibility rules can be complicated and are constantly changing. If you do not live within the PJUSD boundaries and if you have not been continuously enrolled in the PJUSD since the beginning of your freshman year, contact your coach or athletic director to confirm your eligibility.
4. To be scholastically eligible for extra-curricular activities, a student must maintain a 2.0 G.P.A. on a 4.0 scale with **no more than ONE F**. The scholastic eligibility is determined by the grades recorded during the 1st Quarter, 1st Semester, 3rd Quarter and 2nd Semester.
5. The student must maintain minimum progress toward meeting the high school graduation standards.

6. If a student falls below a 2.0 G.P.A. at the end of a grading period, he/she may use a probation period to continue on the team until the next grading period. Only one academic-probationary period may be utilized during their high school eligibility.
7. A student must be in attendance at least half the school day in order to participate in any athletic practice, contest or event.
8. Medical and/or dental appointments, funerals, court or probation appointments, and religious activities are possible exceptions subject to prior approval and to the interpretation of the Athletic Director or Principal.
9. Students may not be able to participate if they have unexcused absences the day or week of the event or a pattern of recent tardies or unexcused absences.
10. You cannot compete on any "outside" team in your sport from the date of your first game until the season is over. If you have any questions on this regulation, see the Athletic Director.
11. Foreign exchange students who want to participate in athletics must be part of a CIF approved exchange program and must complete appropriate paperwork to be eligible.
12. Prior to tryouts or practice, an athlete must have a physical examination by a qualified medical doctor. This exam must be on record with the athletic director.
13. Prior to being allowed to practice or try out with the team, the items below must be completed and on file with the Athletic Director:
  - a. **Physical examination by qualified doctor.**
  - b. **Parent/Guardian and Athlete Signature Page** from the Athletic Code.
  - c. **Permission Slip & Consent to Treat**
1. Athletes are encouraged to purchase an ASB Card.

### III. COACHES CODE OF CONDUCT

According to Section 5596 of Title V, California Administrative Code, any person employed to supervise or provide instructional services in interscholastic athletic programs and/or activities shall adhere to the following Code of Ethical Conduct:

1. Show respect for players, officials and other coaches.
2. Respect the integrity and judgment of game officials.
3. Establish and model fair play, sportsmanship and proper conduct.
4. Establish player safety and welfare as the highest priority.
5. Provide proper supervision of students at all times.
6. Use discretion when providing constructive criticism and reprimanding players.
7. Maintain consistency in requiring all players to adhere to the established rules and standards of the game to be played.
8. Properly instruct players in the safe use of equipment.
9. Avoid exerting undue influence on a pupil's decision to enroll in an athletic program at a public or private post-secondary educational institution.
10. Avoid exerting influence on pupils to take lighter academic courses in order to be eligible to participate in athletics.
11. Denounce the use of non-prescription drugs, anabolic steroids or substances to increase physical development or performance that are not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.

12. Educate athletes on the harmful effects of non-prescription drugs, anabolic steroids or any substance that may be used to increase the physical development or performance that are not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
13. Avoid recruitment of athletes from other schools.
14. Follow the rules of behavior and the procedures for crowd control as established by the Board of Education and the league in which each school in the district participates.

### **Principles of Pursuing Victory with Honor: The Operating Beliefs and Principles of the California Interscholastic Federation**

At its best, athletic competition can hold intrinsic values for our society. It is a symbol of a great ideal: pursuing victory with honor. The love of sports is deeply embedded in our nation's consciousness. The value of millions of participants and spectators are directly and dramatically influenced by the values and actions conveyed by organized sports. In the belief that the impact of sports can and should enhance the character and uplift the ethics of our students across the state, we have established a framework of principles and a set of common values that must be adopted and practiced widely.

On November 5, 1999 nearly 50 interscholastic sports and educational leaders representing California's 1263 high schools voted as part of the CIF Federated Council, to unanimously adapt and endorse "Pursuing Victory With Honor" as operating beliefs and principles of the California Interscholastic Federation (CIF). "Pursuing Victory With Honor" is the result of a conference convened May 12-14, 1999 in Scottsdale, Arizona by the Josephson Institute of Ethics, CHARACTER COUNTS! Coalition and the United States Olympic Committee.

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 sport 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, 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 athlete 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 pressures 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 social responsibility to model respectful behavior and the duty to demand that their student athlete 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; 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 of 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 the mental and physical and dimensions 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.

#### **IV. PARENT CODE OF CONDUCT**

The role of the 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, nurtured in the school -- which young people are developing. Their



involvement in classroom and other activities contributes to that development. Trustworthiness, citizenship, caring, fairness and respect are 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(s) at our school, your goals should include:

- Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game;
- Encourage our students to perform their best, just as we would urge them on with their classwork;
- Participate in positive cheers that encourage our student athletes; and discouraging any cheers that would redirect that focus -- including those that taunt and intimidate opponents, their fans and officials;
- Learn, understand, and respect the rules of the game, the officials who administer them and their decisions;
- Respect the task that our coaches face as teachers; and support them as they strive to educate our youth;
- Respect our opponents as student athletes, and acknowledge them for striving to do their best; and 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.

***Every participant and his or her parent/guardian will be apprised of the athletic code of conduct. All participants and at least one parent / guardian will be required to attend to a Pre-season meeting with the coach/Athletic Director of the sport before every season.***

***Parents and guardians are essential partners in maintaining a safe, educational and enjoyable experience for students. When present at district events, including athletic games and practices they are expected to model the kind of citizenship and sportsmanship that is required of student athletes. Parents/guardians are also expected to understand and support the Athletic Code of conduct.***

## **V. COMMUNICATION INVOLVING COACHES, ATHLETES, AND PARENTS**

Our goal is to establish clear lines of communication between coaches, athletes and parents. Communication involving potentially emotional or disputable information should take place at a pre-scheduled time and place. Asking a coach to respond to concerns before or after practices or contests, or at any time other than a pre-scheduled meeting is likely to prove unsatisfactory for parents and coaches.

### **Communications that athletes and parents should expect from the athlete's coach:**

1. Expectations the coach has for the athlete and the team. Expectations vary from program to program.
2. Location and times of practices and games.
3. Team requirements, e.g., practices, special equipment, out-of-season training.
4. Major disciplinary issues that may affect the athlete's participation.
5. Participation in team fundraisers.

**Communications that coaches should expect from the athlete and parent:**

1. Concerns expressed directly to the coach at the appropriate time and place.
2. Specific concerns with regard to a coach's philosophy and/or expectations.
3. Prior notification of missed practices or contests and notification of any illness or injuries.

**Appropriate concerns for parents to discuss with coaches:**

1. Treatment of your athlete mentally and physically.
2. Ways to help your athlete improve.
3. Concerns about your athlete's behavior.

Many parents find it difficult to accept when their child is receiving limited or no playing time. Coaches are professionals. They make judgment decisions based on what they believe to be best for all athletes involved. The coach must take into account the athlete's attitude, abilities, and commitment, as well as the attitudes, abilities, and commitments of all members of the team.

**Certain issues, such as the ones listed below, must be left to the discretion of the coach and are inappropriate to discuss with the coach:**

1. Playing time
2. Team strategy
3. Team discipline
4. Play calling

**If you have a concern to discuss with the coach, the procedure you should follow is:**

1. Contact the coach to set up an appointment.
2. If you are unable to reach the coach, contact Pierce High School at (530) 476-2277 and request either the Athletic Director, Assistant Principal, or Principal to assist you in scheduling an appointment.
3. If a parent/coach meeting does not result in satisfactory resolution, an appointment with the Athletic Director may be scheduled.
4. If a meeting with the Athletic Director or Principal does not result in satisfactory resolution, an appointment with the Superintendent may be scheduled.
5. If a meeting with the Superintendent does not result in satisfactory resolution, a request to appeal directly to the board of trustees may be made in writing to the Superintendent and subsequently followed up by a personal appearance at a school board meeting to discuss the issue.

**If you have a complaint about a Title IX issue (discrimination) contact the Athletic Director.**

**VI. GUIDELINES FOR MOVING UP UNDERCLASSMEN**

As an athletic department, we believe there are circumstances that merit moving up underclassmen. The following are the criteria a coach must follow when considering placement of an underclassman on the Varsity level:

1. A conference is initiated by the Varsity coach with the JV coach to discuss the student athlete.

2. He/she fills an obvious need that current players cannot.
3. He/she will either start or play regularly through the entire season.
4. He/she is demonstrably superior in ability and maturity.
5. He/she and his/her parents are supportive of the move.
6. He/she is academically capable of handling the move.
7. The Director of Athletics should be informed of and approve any plan to move an underclassman to a higher level.

## **VII. QUITTING A SPORT**

Commitment is a critical aspect of athletics. Therefore, students who choose to quit a sport may face consequences that could include the loss of the privilege to participate in any other current sport or future sport. However, if the Athletic Director determines that participation in a specific sport would be appropriate, the student may be allowed to participate. It is expected that a student athlete who quits, as well as the coach of the student athlete who quits a sport, notify the Athletic Director.

Any athlete who quits a team without permission of the coach or who is removed from the team once the first regularly scheduled contest has begun, will not be eligible to participate in another sport until the completion of the season that the athlete quits. The athlete is also ineligible to participate in games for 1/3 of the allowable NSCIF contacts in the next sport in which they compete. An athlete may quit a team, up until the first regularly scheduled contest, with no penalty.

## **IX. PRACTICE, GAME PARTICIPATION AND BANQUET GUIDELINES**

It is of the utmost importance that athletes understand priorities. The first priority for students at Pierce High School is to attend class and achieve at the highest level possible. Athletics, though an important part of the educational process, is an extracurricular activity. Consequently, we have developed guidelines for attendance that must be met before athletic participation is possible.

1. Athletes are expected to be on time for practice, contests, and classes. Coaches may impose penalties for tardiness and absences.
2. If an athlete is absent from school, he/she is expected to notify the coach as soon as possible that day.
3. If an athlete attends school, he/she may not miss practice unless prior arrangements have been made with the coach.
4. Any unexcused absence from classes on the day of a game will result in a denial of participation unless cleared by the Athletic Director.
5. Athletes are **REQUIRED** to attend the end of season athletic banquet. If there is a reason he/she can't attend it needs to be preapproved by the Principal or Athletic Director.

## **X. EQUIPMENT AND UNIFORMS**

If equipment is abused, lost, or unaccounted for, the athlete responsible may not take part in another sport until the equipment is returned or paid for unless he/she is given permission to do so by the Athletic

Director. An athlete may also be prohibited from participation in other high school activities until all athletic equipment is paid for or returned.

## **XI. AWARDS**

All team members who finish the season in good standing and meet established criteria:

1. Receive a Block P (one time at each level, F/S-Varsity).
2. Receive a certificate of participation.
3. Receive an emblem for each sport.

Attending the awards ceremony is mandatory concluding the season unless excused by his/her coach **prior** to the event. A Block P will not be issued to athletes who do not attend the awards ceremony **without previous approval by the coach**. No other additional awards will be given without clearance from the Athletic Director.

## **XIII. PERSONAL PROPERTY**

All athletes, coaches, parents and fans are responsible for the safekeeping of their own personal property at all times. The Pierce Joint Unified School District is not responsible or financially liable for any personal property that is lost, stolen or damaged during participation in any event, including any time between athletic events. This includes any location on campus (gym, fields, classrooms, lockers, etc.), during practice and games (meets, matches, etc.), and en-route to and from events, in Arbuckle or out of town.

## **XIV. TRANSPORTATION**

Pierce High School organizes and provides transportation to away athletic events. It is required that athletes ride the provided transportation to away events. We use school buses, school vehicles and school approved drivers. When using school vehicles and school approved drivers en route to an away event our coaches will organize the athletes in order to use the least amount of vehicles possible. An athlete must have permission from the Athletic Director to be transported to an away event by any means other than the school provided or organized transportation. Permission will be granted on a case-by-case basis and determined by the reasonableness of the request.

Transportation Back to PHS: After an away sporting event an athlete may be transported back to Arbuckle by their parent/guardian, only if the parent/guardian signs the student out using the Pierce High School Athletic Event Release sign out sheet; otherwise the student will return to PHS in the district-provided transportation.

A parent may become a PJUSD-approved driver by filling out the PJUSD volunteer driving forms, being fingerprinted, providing a copy of driver's license, and providing proof of insurance. At team preseason meetings, coaches will be covering team transportation and may provide volunteer driving forms.

Forms are also available on the district's webpage. The PJUSD office handles the process of approving drivers. DMV records are pulled as part of the approval process. Approval is for a one year period from the day the DMV driving record is pulled. Approved drivers must renew every year with the district. An up-to-date auto insurance policy must be on file with the district. These sometimes expire during the year, so drivers and coaches must be aware of that fact.

## **XV. PROGRAM ADMINISTRATION**

The Principal, Athletic Director, and coaching staff administer the school's athletic program and thus are responsible for enforcing the rules of the California Interscholastic Federation (CIF), The Northern Section (NSCIF), the Sacramento Valley League (SVL), as well as Pierce Joint Unified School District, Pierce High School, and Athletic Policies and Codes. The Athletic Director meets with each coach prior to each athletic season to review all pertinent rules and regulations. Each coach, in turn, has the responsibility to review all rules with the participants of their sport.

Review and Updating of Athletic Code: The Athletic Director and the Principal will meet prior to the conclusion of each school year for the purpose of reviewing the existing athletic policies. Any proposed changes will be submitted for Board Approval.

## **XVI. CIF CONCUSSION INFORMATION**

### ***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 suffered a concussion during a practice or a game to be removed from the activity for the remainder of the day.
2. Before returning to practice, any student athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion symptoms.
3. Before a student athlete can start the season and begin practice in a sport,, a concussion-information sheet must be read and signed by the student athlete and the parent or guardian, and returned to the school.

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

### ***What is a concussion and how would I recognize one?***

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

Most concussions get better with rest and over 90% of athletes fully recover. 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.

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

| <b>Symptoms may include one or more of the following:</b>  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Headaches</li> <li>• "Pressure in head"</li> <li>• Nausea or throws up</li> <li>• Neck pain</li> <li>• Has trouble standing or walking</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Bothered by 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>• Loss of memory</li> <li>• "Don't feel right"</li> <li>• Tired or low energy</li> <li>• Sadness</li> <li>• Nervousness or feeling on edge</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confused</li> <li>• Concentration or memory problems</li> <li>• Repeating the same question/comment</li> </ul> |

### **What is Return to Learn?**

Following a concussion, students may have difficulties with short- and long-term memory, concentration and organization. They will require rest while recovering from injury (e.g., avoid or limit reading, texting, video games, loud movies), or may even 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 and return to complete school before beginning Return to Play, unless your physician makes other recommendations. Go to the CIF website ([cifstate.org](http://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, progressive increase in physical effort, sports-specific activities and then finally unrestricted activities. If symptoms occur with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a physician trained in the evaluation and management of concussions, and a incremental progression program monitored by an athletic trainer, coach, or other identified school administrator. Please see [cifstate.org](http://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 seven 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 5th International Conference on Concussion in Sport held in Berlin, October 2016
- <http://www.cdc.gov/concussion/HeadsUp/youth.html>

## **XVII. SUDDEN CARDIAC ARREST INFORMATION**

### **What is sudden cardiac arrest?**

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

### **How common is sudden cardiac arrest in the United States?**

As the leading cause of death in the U.S., there are more than 300,000 cardiac arrests outside hospitals each year, with nine out of 10 resulting in death. Thousands of sudden cardiac arrests occur among youth each year, as it is the #1 killer of student athletes and the leading cause of death on school campuses.

### **Who is at risk for sudden cardiac arrest?**

SCA is more likely to occur during exercise or physical activity, so student athletes are at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms, but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think they're out of shape and need to train harder, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA.

### **What should you do if your student athlete is experiencing symptoms?**

We need to let student athletes know that if they experience any SCA-related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a physician, surgeon, nurse practitioner or physician assistant. If the athlete has any of the SCA risk factors, these should also be discussed with a doctor to determine if further testing is needed. Wait for your doctor's feedback before returning to play, and alert your coach, trainer and school nurse about any diagnosed conditions.

### **What are we doing to help protect student athletes?**



The State of California passed the Eric Paredes Sudden Cardiac Arrest Prevention Act in 2016 to protect K-12 students participating in school-sponsored athletic activities. New policy adds sudden cardiac arrest (SCA) training to coach certification, and new protocol that empowers coaches to remove from play a student athlete who exhibits fainting—the number one warning sign of a potential heart condition, and potentially for other conditions if they are believed to be cardiac related. A student athlete who has been removed from play after displaying signs or symptoms associated with SCA may not return to play until he or she is evaluated and cleared by a licensed health-care provider. Parents, guardians, caregivers and adults involved in athletic activities are urged to have an open dialogue with student athletes about potential warning signs and risk factors, and to be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency.

## **XVII. RISK POLICY**

Pierce High School has a responsibility to make you aware of the dangers of participation in any form of athletic competition. We are asking that you carefully read the following statement with your son/daughter. Your signature on this document indicates that you are aware of the risks involved with athletics and assume those risks.

### **Statement of Risk**

Our signature on the cover page indicates we (parents/guardians) are aware of the potential dangers of participation in interscholastic athletics and realize there is a risk of being injured in any sport, no matter how many precautions are taken. We (parents/guardians) realize this risk of injury may be severe, including fractures, sprains, contusions, brain injuries, paralysis, and even death. We (parents/guardians) further realize the athlete needs to carefully follow all guidelines given by the coaching staff regarding training rules, safety procedures, proper use of equipment, legal and safe playing techniques, and any and all other safety procedures.

We (parents/guardians) also understand that even if all the above is done, those injuries discussed above as well as other types of injuries may still occur in any sport the individual participates in.

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