

Middle School Co-Curricular Clearance/Eligibility Packet

Name: _____

Please Print Clearly-Include nicknames

Central Unified School District

The following forms need to be filled out **neatly** and **completely**. Students will not be allowed to try-out or participate until **ALL** forms have been completed and turned in to the Athletic Office. Forms must be signed by the student and Parents/Guardians where indicated throughout the packet. Please double-check to make sure all forms are filled out and signed. Return completed packet to the Athletic Office.

Do not turn in to Coaches or Advisors.

Checklist: please make sure the following is complete.

CUSD Co-Curricular Eligibility (Pg. 1)
CUSD Residence Questionnaire (Pg. 2)
CUSD Sports Physical Form (Pg. 3)
CUSD Athletic Code Conduct (Pg. 4)
CIF Parent/Guardian Code of Ethical Conduct (Pg. 6)
CUSD Field Trip Code of Conduct (Pg. 7)
CUSD Student Excursion & Transportation Agreement (Pg. 8)
CUSD Participation/ Website/ Emergency Information (Pg. 9)
Concussion Fact Sheet (Pg. 10 & 11)
Sudden Cardiac Arrest Information (Pg. 12 & 13)

Parent Signature

Date

Questions? Please contact your site Athletic Director

I have read and verify that I understand and signed all attached documents

CUSD CO-CURRICULAR ELIGIBILITY

NAME _____
(Please print) Last First

Address _____ City _____ Zip _____ Home# _____ Cell# _____

Is this address in the **Central Attendance area**? (Circle one) **YES NO**

If answer is **NO**, in which school attendance area do you live? _____

Does the student live with both natural parent or legal court approved guardians at the above address?
(Circle one) **YES NO**

Has an intra or inter district transfer been granted for this school year? (Circle one) **YES NO**

Grade _____ Last school attended (including Central) _____ Date of Birth _____

CIF By-Law, Article 2, Eligibility Requirement E: "If it is discovered that any parent, guardian, caregiver, or student has provided false information in regards to any aspect of eligibility status, the student/athlete is subject to immediate ineligibility for CIF competition at any level in any sport for a period up to 12 calendar months."

Students will be ineligible to participate the next season's sport until all spirit pack/equipment/fundraising obligations are met. Any outstanding obligations, and student will be ineligible for graduation ceremonies or registration for the following year.

MEDICAL INSURANCE

I have medical insurance that provides coverage of at least \$1,500.00 accidental injury. I understand that if my insurance does not cover certain types of injuries, I will cover all injury expenses.

Company _____

Policy Number _____ Expiration Date _____

(OR)

School Insurance (Meyers –Stephens – Toohey)or(Federally Funded Low Cost) 1- 800-977-8860

I have purchased the following type of insurance through Central Unified School District.

School Time _____ Tackle Football (only) _____ 24-Hour Coverage _____

Athletics – Warning of Risk

SERIOUS, CATASTROPHIC, AND PERHAPS FATAL INJURY MAY RESULT FROM

ATHLETIC PARTICIPATION. By its very nature, competitive athletics may put students in situations in which accidents may occur. Many forms of athletic competition result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury. Students and parents must assess the risks involved in such participation and make their own choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk; athletic participation by students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in serious permanent impairment as a result of athletic competition. Students will be instructed in proper techniques to be used in athletic competition and in proper utilization of all equipment worn or used in practice or competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques. By granting permission for your student to participate in athletic competition, you, as a parent or guardian, acknowledge that such a risk exists. By choosing to participate, you, the student, acknowledge that such a risk exists. No helmet can prevent head or neck injuries a player might receive while participating in football, baseball, or softball. Do NOT use your helmet to butt, ram, or spear an opposing player. This is a violation of rules and such use can result in severe head or neck injuries, paralysis or death to you and possible injury to your opponent. If any of the foregoing is not completely understood, please contact the Athletic Director for further information.

Signature of Parent or Guardian _____ Date _____
Signature of Student-Athlete _____ Date _____

CUSD RESIDENCE QUESTIONNAIRE

Please answer the questions listed below so that we may determine if you will qualify for residence eligibility.

1. Student-Athlete Name (print) _____
Date of Birth: _____
2. Current Address _____
Phone Number _____ Work Number _____
3. Have you attended any school other than Rio Vista/ El Capitan/ Glacier Point Middle School or Central High School in the past year? **Circle One:** YES NO
If YES, give the name of the previous school _____
Date left previous school _____
4. Have you lived at any other address in the past year? YES NO
If YES, List previous address _____
Date left previous address _____
5. If you have moved within the last year, check which of these situations pertains to you:
 - a. _____ My WHOLE family moved from the old address to new address.
 - b. _____ I moved from one parent to live with another parent.
 - c. _____ I moved from one parent to a relative or other guardian.
 - d. _____ I moved from a relative or guardian to a parent(s).
 - e. _____ A court order placed me at my new address.
 - f. _____ Other (please explain)
6. Are you now, or have you been in the past year, on an inter or intra district transfer to attend a school outside your attendance area? YES NO
7. Are you changing schools because you were dismissed from your old school for disciplinary reasons? YES NO
8. When was the first semester of your 9th grade (date) _____
9. At what school did you attend your first day of school in the 9th grade? _____

CIF By-Law, Article 2, Eligibility Requirement E: "If it is discovered that any parent, guardian, caregiver, or student has provided false information in regards to any aspect of eligibility status, the student-athlete is subject to immediate ineligibility for CIF competition at any level in any sport for a period up to 12 calendar months."

Signature of Parent/Guardian _____ **Date** _____

Signature of Student _____ **Date** _____

Student Name: _____ School: _____
Address: _____ Grade: _____ Date of Birth: _____
Phone Number: _____ Cell Number: _____

Parent's or Guardian's Permission and Release: I hereby give my consent for the above-named student to represent his or her school in competitive sports except those indicated on this form by the examining physician. I also give my consent for the student to accompany the school team on any of its local or out-of-town trips. The Central Unified School District Board of Education has no responsibility to provide first aid at any of the games and the parent or guardian understands that the risk of injury is assumed by the student and parent when they sign this form. However, in the event physicians, physical therapists, physicians assistants, nurses, or other persons trained in the rendering of first aid are available, as volunteers or otherwise, and render aid to any student injured during the course of any such activities or travel, then the parents/guardians do hereby release and forever discharge such persons and the Central Unified School District Board of Education from any liability arising out of any first aid or immediate treatment of injuries.

Health History: To be completed by the Parent/Guardian (Answer "Yes" or "No" Only)

	Yes	No		Yes	No
1. Chronic/Recurring illness	___	___	21. Physician limiting participation	___	___
2. Hospitalization or surgery	___	___	due to heart problems	___	___
3. Under care of physician	___	___	22. Problem with blood/anemia	___	___
4. Currently taking any medication	___	___	23. Problem with liver, spleen or kidneys	___	___
5. Organs missing/removed	___	___	24. Mononucleosis within last year	___	___
6. Easily overheated	___	___	(if yes, month/year _____)	___	___
7. Heat stress/exhaustion/stroke	___	___	25. Hernia	___	___
8. Injuries under care of physician	___	___	26. Neck/back/spine injury or pain	___	___
9. Headaches	___	___	27. Hand/wrist/arm injury or pain	___	___
10. Head injury & loss of consciousness	___	___	28. Knee/hip injury or pain	___	___
11. Concussions (how many ___)	___	___	29. Foot/ankle/leg injury or pain	___	___
12. Dizziness/fainting	___	___	30. Sudden death of family member	___	___
13. Seizures/epilepsy	___	___	before age 50	___	___
14. Diabetes	___	___	31. Cancer	___	___
15. Vision problems	___	___	32. Recent weight loss or gain	___	___
16. Glasses/contacts	___	___	33. Immunizations current	___	___
17. Asthma/wheezing/inhaler	___	___	34. Tetanus shot (what year ___)	___	___
18. Allergies: pollen, stinging insects,	___	___	35. Ringworm	___	___
food	___	___	36. High blood pressure	___	___
19. Chest pain/dizziness with exercise	___	___	37. For females, age at onset of periods	___	___
20. Heart murmur/rhythm problem	___	___	38. Period regular or irregular	___	___

Please describe any "YES" answers above or list anything not mentioned:

An athletic physical arranged by the school district is not a complete physical examination. It is a screening to detect obvious impairments that might affect the student's safety in sports participation. This evaluation should not be used as a substitute for regular health maintenance examinations with your personal physician.

Verified by: PARENT/GUARDIAN SIGNATURE _____

DATE _____

PHYSICAL SCREENING

HT _____ WT _____ BP _____ Eyes _____ Pulse (resting) _____ (after exercise) _____

General _____ Chest _____ Heart _____ Abdomen _____

GU/Hernia _____ Neck/Back _____ Extremities _____

Limitations: Yes _____ No _____ (If "yes" list limitations in the Comments area below)

Comments: _____

I verify that _____ has been examined by me on _____.
(Student's Name) (Date)

To the best of my knowledge, the above named student is physically able to participate in interscholastic athletics.

Physician/Practitioner Name (please print or type) _____

Physician/Practitioner Signature _____

CIF CODE OF ETHICS

It is the duty of all concerned with Central Unified School athletics: (ATHLETES, PARENTS, FANS, COACHES & STAFF)

1. To display acceptable standards of behavior and citizenship at school and in the community.
 2. To cooperate in a mature, sportsmanlike manner in all events whether it be as a participant or spectator.
 3. To show respect for other participants, supervisors, coaches and officials.
 4. To comply with the Board of Education policies, District Regulations, and the State Education Code.
 5. To comply with the rules and regulations established by the appropriate governing bodies of their activity.
 6. To eliminate all possibilities which tend to destroy the best values of the game.
 7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
 8. To encourage leadership, use of initiative and good judgment by the players on a team.
 9. To recognize that the purpose of athletics to promote the physical, mental, moral, social and emotional well-being of the individual players.
 10. To understand that the use of intoxicants, tobacco, drugs, or substances for sale or possession of them will not be tolerated.
 11. To understand that the use of Steroids or Dietary Supplements will not be tolerated. If parent suspects the use of either substance they may refer to www.drugfreesport.com/choices/ or www.consumerreports.org, also the Athletic Department has a CD available for viewing. The Athletic Director or Counselors are available for information.
 12. Athlete must not be a member of any outside club that participates in the same sport in the same season.
 13. Athlete must carry an accident insurance policy (either their own or one available at the school).
 14. Athlete must maintain a grade point average of 2.0 and be passing 20 credits.
 15. All concerned must remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, official or fan.
- Information regarding CIF violations/penalties in regards to player/coach ejection from athletic contests is available upon request from the Athletic Office.

Appeals Procedure – First and Second Ejection: Unless otherwise specified an appeal of an ineligibility of a player or coach because of ejection from a game or event, may be made, in writing, to the player or coach's site administrator. The site administrator of his/her designee's decision on his/her athlete or coach shall be final and shall be conveyed to the site administrator of the school(s) involved, to the president of the league(s) involved and the CIF Area and Section Commissioner.

The CIF State Constitution, Article 5, Section 522 states: Any student who physically assaults the person of a game or event official shall be banned from interscholastic athletics for the remainder of the student's eligibility. A game or event official is defined as a referee, umpire or any other official assigned to interpret or enforce rules of competition at an event. A student may, after a lapse of 18 calendar months from the date of the incident, apply for reinstatement of eligibility to the State CIF Commissioner.

ENFORCEMENT

1. Athletes who fail to comply with the Code of Ethics will be declared ineligible to participate in school activities by the school administration. Parents/Fans who fail to comply with the above Code of Ethics will be banned from one game to the entire season. The Administration has the right to enforce any penalties deemed necessary to provide safe and consistent environment for Central Unified School District student/athletes.
2. Students/Parents/Fans may seek a hearing before an Appeal Review Panel consisting of the Athletic Director, Vice Principal and Principal.

PENALTIES

Minor: Violations are those which do not require suspension from school.

1. Any student who commits a minor violation of the Code of Ethics shall be immediately suspended from all activities for a period ranging from one day to two weeks.

Major: Violations defined as those which result in suspension from school.

1. Students who commit a major violation of the Code of Ethics will be suspended from all activities for a period of not less than two weeks and not more than one calendar year, beginning on the date of return. This penalty must be imposed by the school administration.

The Administration reserves the right to prohibit a student from participation in other school activities as is deemed appropriate. Code of Ethics violations which occur when a student is not under the supervision of the school may be considered for penalties.

SPORTS PARTICIPATION/ASSUMPTION OF RISK/QUITTING OF A SPORT

The undersigned student/athlete and his/her parent/legal guardian understand and agree: (1) that the student must obey and comply with any and all rules, regulations and directions related to such participation; (2) that they are aware that athletic participation in sport requires physical fitness; (3) that said student/athlete possesses the required degree of physical fitness to participate; (4) that a risk of physical injury is involved by participating in sports; (5) that by quitting a sport after the first 30% of the season, the athlete will not be allowed to participate in another sport until the previous sport has finished, and it is the coach of the sport's prerogative to allow or disallow the student's participation the following year in the sport he/she quit.

Therefore, in consideration of the Central Unified School District allowing said student/athlete to participate in the sports programs, both the student and his/her parent/legal guardian agree to hold the district, its Board Members, officers, agents and employees harmless from any and all liability related to an injury which the student/athlete may incur as a result of participation in this sports program.

In this respect, both the student/athlete and the parent/legal guardian understand that a risk of injury exists and that by signing this form, they assume said risk and responsibility for any injury to the student/athlete.

I HAVE READ AND UNDERSTAND THE REQUIREMENTS AND CONDITIONS FOR PARTICIPATION IN THE ATHLETIC PROGRAM AT CENTRAL UNIFIED SCHOOLS AND WITH THIS SIGNATURE, AGREE TO ALL OF THE PRECEDING.

REQUIRED SIGNATURES BELOW

Athlete _____

Parent/Legal Guardian _____

CIF ETHICS IN SPORTS

I. POLICY STATEMENT

The Central Section and C.I.F is committed to the exhibition of sportsmanlike and ethical behaviors in and around all athletic contests. All contests must be safe, courteous, fair, controlled, and orderly for all athletes and fans alike.

It is the intent of the C.I.F. that violence in any form not be tolerated. In order to enforce this policy, the Central Section has established rules and regulations that set forth the manner of enforcement of this policy and the penalties incurred when violation of the policy occurs. The rules and regulations shall focus upon the responsibility of the coach to teach and demand high standards of conduct and to enforce the rules and regulations set forth by the C.I.F.

The Central Section requires the following Code of Ethics be issued each year and requires signing by student athletes, parent/guardian, and coaches each year prior to participation as a guide to govern their behavior.

II. CODE OF ETHICS

- A. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- B. To eliminate all possibilities which tend to destroy the best values of the game.
- C. To stress the values derived from playing the game fairly.
- D. To show cordial courtesy to visiting teams and officials.
- E. To establish a happy relationship between visitors and hosts.
- F. To respect the integrity and judgment of sports officials.
- G. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- H. To encourage leadership, use of initiative, and good judgment by the players on a team.
- I. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
- J. To remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, official, fan, or nation.

I have read and I understand the Policy Statement and the Code of Ethics. I agree to abide by the policy while participating in interscholastic athletics, regardless of context, site of jurisdiction.

Student Signature

Printed Name

Date

Parent/Guardian Signature

School Name

Central Unified
School District

CUSD PURSUING VICTORY WITH HONOR



Co-Curricular activities are a vital part of our total school program. We exemplify the supreme standards of ethics and sportsmanship in addition to first-class character and life long skills. Students electing to participate in co-curricular activities assume certain responsibilities and obligations to their coach, team, school, and themselves. The school invests a lot of time, money, and personnel in an effort to provide a quality program for our students.

Our major co-curricular programs have “participation contracts” stating what is expected of the participant. Students agree to the rules that follow upon joining an activity. In an effort to strengthen the relationship between the parent/guardian, school, coaches, and student athletes, each parent/guardian must read and sign also, in order to build a better working relationship with all parties.

1. **Eligibility:** The athlete must have and maintain a 2.0 GPA to try-out and/or participate in a co-curricular program. Any athlete falling below the 2.0 GPA will be put in a probationary status where they are eligible to play for one grading period while attending tutoring. If still below 2.0 after the probationary period, the athlete is then ineligible until grades are brought above a 2.0. Athletes that are ineligible may practice with the team so long as they have a chance to become eligible before the season ends. Ineligible athletes are not allowed to attend games home or away.
2. **Attendance/Conduct:** The student must be in school the day of a performance for half the time or more unless verified by the attendance office i.e. field trip, conference, etc. Conduct while participating in a co-curricular activity is to be satisfactory as judged by the coach or administration. If any student quits or is discharged from a team without a release from the coach or athletic director, they may not join another team during that season.
3. **Equipment:** It is the students’ responsibility to return and care for all equipment and uniforms issued to them. Any lost or damaged equipment will be paid before the student participates in another activity. Post season awards will be held until uniforms and equipment are returned.
4. **Code of Ethics:** The athletes are expected to participate in the activity in a positive manner. The parent/guardian needs to support the athlete, coaches, and officials in a positive manner. Each athlete/parent/guardian must adhere to the following:
 - a) Athlete/Parent/Guardian must display acceptable standards of behavior and citizenship at school and in the community.
 - b) Athlete/Parent/Guardian must cooperate in a mature, sportsmanlike manner in all events whether it is as a participant or spectator.
 - c) Athlete/Parent/Guardian must comply with the Board of Education policies, District Regulations, and the State Education Code.
 - d) Athlete/Parent/Guardian must comply with the rules and regulations established by the appropriate governing bodies of their activity.
 - e) The use of intoxicants, tobacco, drugs, or related substances, or the sale or possession of them will not be tolerated.
 - f) Athletes must not be a member of any outside club that participates in the same sport.
 - g) Athlete must carry an accident insurance policy (either their own or one available at the school).

Placed at all sporting events should be a sign that reads as follows:

“Welcome to (school name) and our contest today. Sportsmanship and citizenship are stressed here at (school). To that end, we ask that all student-athletes, the coaches, and our fans abide by the following rules during today’s contest:”

- *Only positive reinforcement of your team is allowed (cheer them on!)*
- *No profanity allowed!*
- *Only players, coaches and referees are allowed by the benches*

Failure to follow these rules at any co-curricular event will result in the removal of the athlete, coach, and/or parent/guardian by a school administrator/athletic director.

5. **Enforcement:** The athlete/parent/guardian must follow all rules set forth from the Code of Ethics. Each athlete/parent/guardian must adhere to the following:
 - a) Athletes who fail to comply with the Code of Ethics will be declared ineligible to participate in school activities by the school administration.

CUSD PURSUING VICTORY WITH HONOR

- b) Athletes may seek a hearing before an Appeal Review Panel consisting of the Athletic Director, Vice Principal and Principal.
- c) Parents/Guardians who fail to comply with the Code of Ethics will be asked to leave the event by the school administration/athletic director. Parents/Guardians who fail to comply with the Code of Ethics a second time will be asked to leave the event by the school administration/athletic director, and not be allowed to attend any future competition for the remainder of the school year.

6. **Penalties:** All athletes must adhere to the following:

Minor violations are those which do not require suspension from school

- a) Any student who commits a minor violation of the Code of Ethics shall be immediately suspended from all activities for a period ranging from one day to two weeks.
- b) Any student, who is assigned RC for the entire day of a game, home or away, will not be allowed to attend the game.

Major violations defined as those result in suspension from school

- c) Any student who commits a major violation of the Code of Ethics will be suspended from all activities for a period of not less than two weeks and not more than one calendar year beginning on the date of return. The penalty must be imposed by the school administration.

7. **Non-Privilege Work Back:** Non privilege begins when it is determined the student has committed a violation for non suspendable offenses or on the first day back to school on a suspendable offense. Non privilege is a minimum of 10 school days or 14 calendar days (the lesser of the two options). Non privilege excludes a student from all student activities and events on and off campus (ie-rallies, dances, games, practices, plays, etc).

A student may be permitted to reduce up to half of this non privilege period if the student completes a work back plan. A work back plan is defined as two hours of campus or community service equaling one day of non privilege. This work must be supervised by an Administrator, Coach or Custodian and signed off on the official work back document. Once this plan is completed and turned into the Athletic Office, the student may participate in practice and games.

Students are eligible for the work back plan one time per school year. If another violation occurs after utilizing the work back plan, the student must serve the duration of the non privilege time. Upon coach's discretion, student may attend practice, but may NOT dress out or participate. The student is eligible for the work back plan the following school year.

8. **Sports Participation/Assumption of Risk/Quitting of a Sport:** The undersigned student/athlete and his/her parent/guardian understand and agree: (1) that the student must obey and comply with any and all rules, regulations and directions related to such participation; (2) that they are aware that athletic participation in sports requires physical fitness; (3) that said student/athlete possesses the required degree of physical fitness to participate; (4) that a risk of physical injury by participating in sports; (5) that by quitting a sport without a release from the coach or athletic director, they may not join another team that season.

Therefore, in consideration of the Central Unified School District allowing said student/athlete to participate in the sports programs, both the student and his/her parent/guardian agree to hold the district, the Board Members, officers agents and employees harmless for any and all liability related to an injury which the student/athlete may incur as a result of participation in this sports program.

In this respect, both the student/athlete and the parent/guardian understand that a risk of injury exists and that by signing this form, they assume said risk and responsibility for any injury to the student/athlete.

I HAVE READ AND UNDERSTAND THE REQUIREMENTS AND CONDITIONS FOR THE CODE OF ETHICS WHILE PURSUING VICTORY WITH HONOR IN THE ATHLETIC PROGRAMS AT CUSD SCHOOLS AND WITH THIS SIGNATURE, AGREE TO ALL OF THE PRECEDING.

(Please Print Student Name)

(Sign Student Name)

(Date)

(Please Print Parent Name)

(Sign Parent Name)

(Date)

CUSD ATHLETIC ETHICAL CONDUCT

OVERVIEW

The following Code of Ethics applies to all students who represent Central Unified in any co-curricular program. The student will be asked to make this commitment prior to the start of the season/activity, and abide by its conditions for **one calendar year from the signing date. During the summer vacation this code is still in force.** The Code is a statement of responsibility and understanding for a student who freely chooses to represent the school. No statement can express the excellence of performance for which we hope all students will strive. There is no substitute for school pride and good judgment.

STUDENT/PARENT COMMITMENT

We, the student and parent or guardian of the student, understand that the student will abide by the C.U.S.D. Code of Ethics. We also understand that when the student signs the Code of Ethics he/she is to follow the stated rules twenty-four hours a day, seven days a week, during the one calendar year following the signing. The student is also subject to the school rules while at school or at a school related activity.

APPEARANCE

The co-curricular program holds a very prominent place on campus and in the community. Appearance, expressions and actions always influence people and their opinion of our students, the program and the school. Each participating student of C.U.S.D. has the responsibility to uphold the C.U.S.D. dress code when at school and representing C.U.S.D. at a co-curricular event. An individual coach/advisor may set a stricter dress code policy, but may not be more lenient than the district dress code as stated in Board Policy. If the coach/advisor chooses to set a more strict policy, he/she will furnish that policy in writing to students/parents, with prior approval of the school site athletic/activities director.

ATTENDANCE

We understand regular attendance is expected of all our students and habitual absenteeism will result in disciplinary action. A participating student must be in attendance the day of the performance (half of the day unless he/she has a doctors appointment or is excused by the school principal) or in school the day prior to performance on a non-school day, to be eligible for participation. Students are also expected to attend all classes the day following a school contest

ACADEMIC ELIGIBILITY

We understand the academic eligibility requirements set forth by C.U.S.D.:

- Passing a minimum of four subjects
- Grade Point Average Requirements - A student must earn at least a 2.0 grade point average in all enrolled classes for the prior grading period in order to participate in the current grading period. (Grade 7 - 12). A student who fails to achieve a 2.0 grade point average will be placed on probation for the current grading period. A student who does not achieve at least a 2.0 grade point average during the probationary period shall be excluded from participation in extracurricular activities during the subsequent grading period. The grading period in C.U.S.D. is six weeks. Ineligible athletes may practice but may not travel to away games or tournaments.
- Progress Towards Graduation Requirements – Central Unified number of accumulated units towards high school graduation will be standard for minimum achievement:

A student who does not accumulate the required number of units towards graduation will be placed on probation for the current semester. A student who does not achieve the necessary number of units by the end of the probationary semester shall not be allowed to participate in extracurricular and co-curricular activities the following semester.

CUSD ATHLETIC ETHICAL CONDUCT

CLEARANCE

We agree to provide the correct information on the following forms as requested:

- Date of birth of the student (sports)
- Provide the results of an annual physical examination
- Provide verification of insurance
- Provide a signed residence questionnaire (sports)
- Provide signed informed consent for all (sports)
- Provide a signed C.U.S.D. Code of Ethics
- Provide a signed C.I.F. Code of Ethics (sports)
- Provide a signed dress code, if coach uses a stricter dress code than C.U.S.D.

BEHAVIOR

The conduct of a C.U.S.D. student is closely observed by many people. The student, in representing themselves, their parents, school and community, is expected to conduct themselves in an exemplary manner.

A. CONDUCT THAT IS NOT ACCEPTABLE:

1. Possession/Use of illegal drugs
2. Possession/Use of alcoholic beverages
3. Possession of weapons
4. Fighting (Battery) Repeated mutual combat
5. Possession/Use of tobacco
6. Violation of a law in the community
7. Defiance of adult authority
or the breaking of rules established by
the coach/advisor or school
8. Use of profanity or vulgar language
9. Taunting/abusing of another student
10. Misuse of equipment/uniform
11. Unsportsmanlike conduct
12. Wearing uniform incorrectly
13. Negative behavior toward an official
(either spoken or a physical reaction)

VIOLATIONS WILL RESULT IN A CO-CURRICULAR BOARD HEARING AND APPROPRIATE DISCIPLINE WILL BE DETERMINED

ATHLETIC/ACTIVITIES BOARD

1. The board will be composed of a minimum of three people per case.
 - a. Vice Principal and /or GIA
 - b. Athletic Director or Student Activities Director
 - c. Counselor/Learning Director

The coach/advisor of the student may not be a board member for that case, but may attend. The board will hear a case within three (3) school days of a request (unless extended by mutual consent or circumstances beyond our control), and inform the student of its decision as soon as possible. Any board meeting will be restricted to the board members, school officials, the student, and parents (any exception must be cleared through the Deputy Principal's office). **The athlete needs to be aware that if they are allowed to return to their team, their standing on the team, and any individual end of the season/year honors, will be affected.**

CODE OF ETHICS

I have read and understood the Central Unified School District Code of Ethical Conduct. We agree to abide by the policies and related consequences while participating in interscholastic and co-curricular athletics/activities. I understand complete copies of the code of ethics are available in the Athletic Office.

Parent Signature: _____ **Date:** _____

Student Signature: _____ **Date:** _____

CUSD PARENT/GUARDIAN CODE OF ETHICAL CONDUCT AND EXPECTATIONS

The purpose of this Parent Code is to develop parental support and positive role models in all Central co-curricular activities. In the tradition of excellence, the purpose of all co-curricular activities in Central Unified is to promote the physical, mental, moral, social, and emotional well-being of each student. Parents/guardians are an integral part of this process.

Expectations

As a Central Unified parent/guardian, I agree to:

- Be a positive role model for my student, the school, and community.
- Display positive attitude and behavior. Adult behavior affects student behavior.
- Show respect for all participants, officials, judges, advisors, and coaches.
- Assist in providing for student safety and welfare at all times.
- Encourage my student to attend school regularly and excel academically.
- Inform my student of the dangers of using and discourage the use of any illegal drugs, alcohol, and tobacco.
- Help my student carefully consider the time and commitment that will be required of them when joining an athletic team. This commitment should not be compromised once a Central student joins a team.
- Understand playing time is the coaches discretion and not guaranteed

Grievance Procedure

It is Central's school policy that grievances should not be addressed during or immediately following any practice, game, or activity. If a situation arises where a parent/guardian wishes to meet with an advisor/coach, or address a specific issue or complaint, the following steps should be followed.

- Request a meeting at school with the advisor/coach.
- If your concern is unresolved, arrange an appointment with the school administrator that is in charge of the specific sport or program or the Athletic Office.
- If your concerns are still unresolved, contact Eliseo Cuellar, Coordinator of District Athletics.

We have read and agree to the policies stated in the Code of Ethics regarding the conduct of parents/guardians of Central students participating in co-curricular activities. We agree that these rules are important in helping our students become good citizens with a sense of moral integrity, a competitive spirit, and the ability to be honest and forthright in all endeavors. We agree to abide by these rules for co-curricular participation in Central Unified.

Student (Print name)

Date

Parent/Guardian

Parent/Guardian

CUSD FIELD TRIP CODE OF CONDUCT

Trip Purpose/Philosophy Statement

The trip you are embarking on to represent your school, the Central Unified School District, and the community promises to be a great experience. We are confident that each of you will put your total effort and concentration into this event. Not only will you be experiencing participation at its highest level, but hopefully, accumulating unforgettable memories along the way. We are extremely proud of each of you who contribute much to the school.

Remember who you are. Remember that you represent our school and district. Savor the experience and take pride in being a member of our school. We believe in you and know you will make us proud of your achievements.

Rules and Regulations

Please be aware that all CIF, Central, and CUSD rules and policies apply, and any trip discipline will be followed by school discipline and code of ethics consequences upon your return. Any students not complying with the general guidelines for the trip may be sent home immediately (at parent expense) or be restricted for the rest of the trip. In most cases, the student will be sent home or parents will need to travel to pick up their child.

Gambling, drinking, use of drugs, tobacco, controlled substances, theft, profanity or other undesirable behavior will not be tolerated.

Hotel Deportment

Upon arrival at the hotel, keys will be issued to those who have been assigned that responsibility. If keys are lost, extras will be available after the replacement cost is paid. Remember that the hotel will be full of other guests and you should be considerate of their presence. Any problems or damages with any room will be considered to have been caused by all the room members. Never should anyone other than the assigned students or parents be in the room without advisor/coach permission. Absolutely no one of the opposite sex will be allowed in the rooms. Students should not give out the name of the hotel, room number, and/or phone number to anyone other than their own immediate family members.

Upon checkout, the room will be charged for any missing items. All keys will need to be turned in to the chaperone/coach, and all room charges will need to be cleared before checkout is completed.

Remember that hotels charge for all phone calls. Pay phones (or cell phones) are to be used for all personal calls. Also, many hotels have pay TV included on "in-room" television sets. There is an additional charge and if you use this service, you will need to pay for it. Only appropriately rated programming should be viewed. Many hotels have mini-refrigerators in the rooms. The contents of these units are not complimentary and often expensive. Anything taken will be added to your bill.

Be considerate of other guests. After room check and "lights out", there should no TV, radio, hair dryers, horseplay, etc. You are not allowed to leave room except in emergency. Get some sleep at night...you will have a full itinerary, which demands your full energy.

Transportation

All students should comply with instructions given by advisors, coaches, and employees of the transporting service. Safety standards should always be observed. Remember that you represent your school and organization throughout the trip.

Student Signature

Parent/Guardian Signature

Date



CENTRAL UNIFIED SCHOOL DISTRICT
STUDENT EXCURSION & TRANSPORTATION AGREEMENT
(PLEASE SIGN ALL THREE SECTIONS)

Student Name _____
Activity/Excursion _____
Activity Date(s) _____

DISTRICT PERMISSION TO TRANSPORT

I hereby give permission for the district to transport my child to or from any school activity, sports activity or excursion, including but not limited to practice and competition as may be necessary. I understand that transportation may be by school bus, charter bus, district van, rental van or private vehicle.

Student Signature _____ Date _____

Parent/Legal Guardian (If student is under 18 years of age) _____ Date _____

PARENT AND INDIVIDUAL PREMISSION TO TRANSPORT

I understand the Central Unified School District may or may not be providing transportation to or from the above activity. However, my child will not avail himself/herself of the transportation provided by the Central Unified School District.

I understand that pursuant to Education Code Section 44808, the District is not responsible for the conduct or safety of my child when he/she is not under the immediate and direct supervision of an employee of the Central Unified School District.

THIS MUST BE SIGNED TO ALLOW PARENTS OR ATHLETES TO TRANSPORT THEMSELVES TO PRACTICE OR GAMES.

Student Signature _____ Date _____

Parent/Legal Guardian (If student is under 18 years of age) _____ Date _____

PLEASE READ AND INITIAL THAT YOU HAVE READ AND ACKNOWLEDGE THE FOLLOWING STATEMENT

Central USD students are NOT allowed to transport other students to or from any school activity or excursion. By failing to comply with this policy the parents or guardians are releasing Central USD of all liabilities associated with this form of voluntary transportation. I understand as the parent or guardian that I am assuming responsibility if my child voluntarily rides or provides transportation for another CUSD student which is against CUSD policy.

☐ Student Initials

☐ Parent/Legal Guardian Initials

VOLUNTEERS

Central USD encourages parents/guardians and other members of the community to share their time, knowledge and abilities with our students. If you are planning on volunteering twice per week or more during the school year, and/or planning to volunteer for more than 10 days in a row, and/or chaperone for field trips overnight, and/or transport students other than your own you must complete a VOLUNTEER PACKET through our Human Resources Department. **THIS PROCESS IS LENGTHY AND WILL REQUIRE 4-6 WEEKS FOR PROCESSING.**

Participation

Student _____ has my permission to participate/attend any Central Unified School District event/activity/sport for the entire 2015 – 2016 school year.

**Parental Blanket Claim Release for;
Website, Press, Television, and like Organizations**

All rights in connection with my son/daughters participation in/on the website, television, press, Grapevine, film, or audio tape series during the 2015/16 school year are hereby granted, world wide and in perpetuity, to the Central Unified School District and to the Fresno County Department of Education. I hereby waive the right to any fees or control of the aforementioned programs now or in the future, and I grant full permission for the use of my son/daughters name, likeness, performance, voice, and biography for the purpose of publicizing, advertising, or promoting the athletic programs at Central Unified School District. By signing below I as the parent and/or guardian agree to allow my son/daughter to participate in activities that promote and support Central Unified Athletics. I also understand that my approval or disapproval may be revoked by notifying the Principal or Athletic Director in writing.

☒ May participate in all activities

☐ May NOT participate in activities

Signature of Parent/Guardian



CENTRAL UNIFIED SCHOOL DISTRICT ATHLETICS

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

Athletes with the signs and symptoms of concussion should be removed from play immediately.

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

If you think your child has suffered a concussion

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

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

and

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion 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: <http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed
Date

Student-athlete Signature

Parent or Legal Guardian Printed
Date

Parent or Legal Guardian Signature

Central Unified School District
Voluntary (Random) Drug Testing Program
Authorization Form

Central Unified School District is implementing a voluntary random drug testing program for all high school students. The objective of this program is to help our children in the fight against drug abuse. The program is not being implemented as a way to catch students on drugs but rather to keep our children from experimenting with them. By enrolling in this program, you are giving your child a reason to "just say no" to drugs.

No one at Central Unified will have any knowledge of your child's drug test results. This program will not keep any student out of athletics or other school activities. Results will remain extremely confidential and will be reported directly to the parent/legal guardian.

The form below must be completed and signed by the student and you as the parent/legal guardian indicating your decision to have your son/daughter participate in this program. This program is provided free of charge during the school year 2015-16.

Please circle your choice:

YES

NO

By circling YES, I am authorizing Central Drug System to put my child in a random drug testing pool to collect a urine specimen from my child for drug testing when my child's name is selected. By circling NO, this form will be filed for record keeping purposes only.

Please return this form to the school.

Student ID _____ Student's Grade (check one) 9 10 11 12

Circle School of Attendance

Central-East

Central-West

Student Name	Student Signature	Date
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Parent/Guardian Name	Parent/Guardian Signature	Date
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Street Address	City	State	Zip Code
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() _____
Parent/Guardian Home Phone

() _____
Parent/Guardian Work Phone



A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just “not feeling right” or “feeling down”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. SEEK MEDICAL ATTENTION RIGHT AWAY.

A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

2. KEEP YOUR CHILD OUT OF PLAY.

Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

3. TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION.

Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It’s better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.

Parent Signature _____

Date _____

CONCUSSION

A Fact Sheet for Student-Athletes

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a blow to the head or body.
 - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- **Can happen even if you do not lose consciousness.**

HOW CAN I PREVENT A CONCUSSION?

Basic steps you can take to protect yourself from concussion:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletics department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

DON'T HIDE IT. Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

REPORT IT. TELL YOUR COACH – TELL YOUR PARENTS! Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

GET CHECKED OUT. Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

TAKE TIME TO RECOVER. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.



**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.
WHEN IN DOUBT, GET CHECKED OUT.**

For more information and resources, visit www.cifstate.org/health_safety/ & www.cdc.gov/concussion/



Student Signature _____

Date _____

Keep Their Heart in the Game

A Sudden Cardiac Arrest Information Sheet for Athletes and Parents/Guardians

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, as it is the #2 cause of death under 25 and the #1 killer of student athletes during exercise.

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.

FAINTING
is the
#1 SYMPTOM
OF A HEART CONDITION

What should you do if your student-athlete is experiencing any of these 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 primary care physician. 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 is an AED?

An automated external defibrillator (AED) is the only way to save a sudden cardiac arrest victim. An AED is a portable, user-friendly device that automatically diagnoses potentially life-threatening heart rhythms and delivers an electric shock to restore normal rhythm. Anyone can operate an AED, regardless of training. Simple audio direction instructs the rescuer when to press a button to deliver the shock, while other AEDs provide an automatic shock if a fatal heart rhythm is detected. A rescuer cannot accidentally hurt a victim with an AED—quick action can only help. AEDs are designed to only shock victims whose hearts need to be restored to a healthy rhythm. Check with your school for locations of on-campus AEDs.



The Cardiac Chain of Survival

On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delay in attending to a sudden cardiac arrest victim decreases the chance of survival by 10%. Everyone should be prepared to take action in the first minutes of collapse.

Early Recognition of Sudden Cardiac Arrest



Collapsed and unresponsive.
Gasping, gurgling, snorting, moaning or labored breathing noises.
Seizure-like activity.

Early Access to 9-1-1



Confirm unresponsiveness.
Call 9-1-1 and follow emergency dispatcher's instructions.
Call any on-site Emergency Responders.

Early CPR



Begin cardiopulmonary resuscitation (CPR) immediately. Hands-only CPR involves fast and continual two-inch chest compressions—about 100 per minute.

Early Defibrillation



Immediately retrieve and use an automated external defibrillator (AED) as soon as possible to restore the heart to its normal rhythm. Mobile AED units have step-by-step instructions for a bystander to use in an emergency situation.

Early Advanced Care



Emergency Medical Services (EMS) Responders begin advanced life support including additional resuscitative measures and transfer to a hospital.

Keep Their Heart in the Game

Recognize the Warning Signs & Risk Factors of Sudden Cardiac Arrest (SCA)

Tell Your Coach and Consult Your Doctor if These Conditions are Present in Your Student-Athlete

Potential Indicators That SCA May Occur

- ☐ Fainting or seizure, especially during or right after exercise
- ☐ Fainting repeatedly or with excitement or startle
- ☐ Excessive shortness of breath during exercise
- ☐ Racing or fluttering heart palpitations or irregular heartbeat
- ☐ Repeated dizziness or lightheadedness
- ☐ Chest pain or discomfort with exercise
- ☐ Excessive, unexpected fatigue during or after exercise

Factors That Increase the Risk of SCA

- ☐ Family history of known heart abnormalities or sudden death before age 50
- ☐ Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- ☐ Family members with unexplained fainting, seizures, drowning or near drowning or car accidents
- ☐ Known structural heart abnormality, repaired or unrepaired
- ☐ Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks or performance-enhancing supplements

What is CIF doing to help protect student-athletes?

CIF amended its bylaws to include language that adds SCA training to coach certification and practice and game protocol that empowers coaches to remove from play a student-athlete who exhibits fainting—the number one warning sign of a potential heart condition. 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 and caregivers are urged to dialogue with student-athletes about their heart health and everyone associated with high school sports should be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency.

I have reviewed and understand the symptoms and warning signs of SCA and the new CIF protocol to incorporate SCA prevention strategies into my student's sports program.

STUDENT-ATHLETE SIGNATURE

PRINT STUDENT-ATHLETE'S NAME

DATE

PARENT/GUARDIAN SIGNATURE

PRINT PARENT/GUARDIAN'S NAME

DATE

For more information about Sudden Cardiac Arrest visit

California Interscholastic Federation
<http://www.cifstate.org>

Eric Paredes Save A Life Foundation
<http://www.epsavealife.org>

CardiacWise (20-minute training video)
<http://www.sportsafetyinternational.org>

