

SAN RAFAEL CITY HIGH SCHOOL DISTRICT

PARENT-STUDENT GUIDE TO ATHLETICS

Marin County Athletic League <http://www.mcalports.org/>
North Coast Section, CIF <http://www.cifncs.org/>
California Interscholastic Federation <http://www.cifstate.org/>

San Rafael High School

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Athletic Assistant: Jeanne Look (415) 485-2333
District Web Site: www.srcs.org
School Web Site: www.srhs.srcs.ca.schoolloop.com/
Mascot: Bulldogs
Colors: Red & White

Terra Linda High School

Athletic Director: Steve Farbstein
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Athletic Assistant: Pam Collins (415) 492-3139
District Web Site: www.srcs.org
School Web Site: www.tlhs.srcs.ca.schoolloop.com/
Mascot: Trojans
Colors: Royal Blue & Gold

PHILOSOPHY:

Athletics play an important part in the San Rafael High School District (SRHSD). Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are an integral part of each team in our athletic programs. Athletics play an important part, too, in helping the individual student develop a healthy self-concept as well as a healthy body. Athletic competition adds to school spirit and helps all students – spectators as well as participants – develop pride in their school.

SEASONS OF SPORT:

Fall	Winter	Spring
Begins: August	Begins: November	Begins: February
Cheerleading, Coed	Basketball, Boys: V, JV, F	Baseball: V, JV, F
Cross Country, Boys: V	Basketball, Girls: V, JV, F	Golf, Boys: V
Cross Country, Girls: V	Cheerleading, Coed	Lacrosse, Boys: V, JV
Football: V, JV, F	Wrestling, Coed: V	Soccer, Girls: V, JV
Soccer, Boys: V, JV		Softball: V
Tennis, Girls: V		Swimming & Diving, Boys: V
Volleyball, Girls: V, JV, F		Swimming & Diving, Girls: V
Waterpolo, Boys: V, JV		Tennis, Boys: V
Waterpolo, Girls: V, JV		Track & Field, Boys: V, JV
		Track & Field, Girls: V

ATHLETIC PARTICIPATION CLEARANCE FORMS:

Every player must have a new Athletic Participation Clearance Form on file each school year before participating on any team. The form is available on the athletic website. Among other things, it requires the signature of a physician certifying the athlete’s health, so plan ahead. One form is good for all seasons in the same school year. Incoming freshmen must provide a copy of their June 8th grade report card when turning in the Athletic Participation Clearance Forms. Copy of form included in this handbook, available at your school’s Athletic Department, and online.

CIF/NCS/MCAL TRANSFER ELIGIBILITY:

Any student who transfers between high schools is subject to the CIF transfer policy. **Beginning July 1, 2007, student athletes may transfer ONCE at at the beginning of NINTH grade, so long as all CIF bylaws are met. Any TENTH, ELEVENTH OR TWELFTH grade transfer student may not be eligible for varsity competition. All transfer athletes must request review of eligibility by the new school's principal or designee to determine eligibility for competition in any league sport in which they have participated in the previous 12 months. Before participating in a league sport, CIF forms 207 and 510 will be required. Allow, at least, 20 business days for processing these forms. The athlete may miss part of the season of sport during the review and evaluation process. See the school's Athletic Director and visit <http://cifstate.org/> for additional information. Please schedule an appointment with the Athletic Director for review of the transfer policies. Eligibility must be established prior to participation.**

ACADEMIC ELIGIBILITY: BP6145, BP6145, AR6145.2 and AR6145.2

In order to participate in athletics, **students must earn a 2.0 “C” grade point average** on a 4.0 scale in all enrolled classes. Students must be enrolled in and pass a minimum of 20 units (4 classes). **Spring semester grades count for Fall eligibility on the first day of practice including for incoming freshmen. See the Athletic Director in advance for specific information regarding possible options for making up grades or credit recovery.** One academic probation period (one grading period) may be authorized over the four years in high school by the Superintendent or designee for students to participate in athletics whose GPA is between 1.5 and 1.99. **Academic eligibility resets the 2nd Tuesday after grades are turned in for EACH grading period (6 times per year).** Students must reside in the San Rafael City High School District, or have an approved inter-district transfer, and abide by the school district’s policies for residency. **Freshmen are ineligible for athletic probation except when waived by the Principal under very exceptional circumstances.**

TRY-OUTS:

High school sports are competitive. Teams usually conduct try-outs for team membership. **Selection to participate on a team does not guarantee the student playing time during competition.** All decisions for try-outs and playing time are the responsibility of the team coach. All students, including freshmen, are permitted to try out for any sport provided they are academically and residentially eligible and have a physical exam on file. **If a student is currently playing on a team when try-outs for the next season's sports begin, that student will be allowed to try-out AFTER the current season is over.**

SCHOOL ATTENDANCE:

In order to participate in an athletic contest, an athlete must have attended a minimum of four (4) regular periods or two (2) block periods on the day of the contest. A school field trip is considered to be school attendance.

PRACTICES:

All athletes are expected to attend ALL scheduled practices. Practices are usually 2-3 hours every weekday and may be held on Saturdays and during school holidays. **Student athletes are asked to make appointments and schedule vacations around practices and game commitments.** A coach may establish reasonable consequences that are consistently enforced for players who miss practice and/or contests.

“MEET THE COACH” EVENTS:

Coaches are expected to arrange an opportunity for parents to meet the coach and any assistants prior the first contest of the season. This meeting should include discussion of team policies and expectations and address any questions that may arise from parents. It is also a good time to meet parents of other players on the team and make other arrangements for the season. **Please plan on attending and meeting your coach(es).**

PRACTICE SCHEDULES ON NON-SCHOOL DAYS:

SRCHSD gives authority to coaches to establish team policies that may include **holding practice and/or games during non-school days that fall within their season of sport.** When teams have established practice/game schedules that are communicated well at the beginning of the season, it is expected that athletes will comply. No practices or games may be held on Sundays. No athlete may be penalized for observing a religious holiday.

PLAYING TIME:

Not all players get the same playing time. The nature of high school athletics and competition means putting the best team possible in competition. The coach must decide who the most qualified players are so the team gets its best chance for success. Part of a player's maturation process includes putting one's personal desires aside for the betterment of the team.

COACHES:

Coaches are to be treated with the same respect accorded any other professional. Coaches put in many hours for very little financial compensation. They do it because they are committed educators who enjoy the students and the sport. It is important that any conversations at home regarding the coaches and/or their decisions are put in a positive tone. We can't expect students to treat a coach with respect if the parent doesn't.

ISSUING AND COLLECTION OF UNIFORMS AND EQUIPMENT:

Uniforms and equipment issued should be cared for properly. Please follow care instructions for all garments. Uniforms and equipment should be returned to the coach at the end of the season. **Student athletes will be charged for replacement of any lost or damaged school property.** Transcripts or yearbooks may not be issued until all bills owed the school have been paid.

LOCKER ROOMS or OTHER FACILITIES:

Athletes are expected to use the locker rooms or any other facility appropriately for changing. They are responsible for the security of their belongings. Do not bring valuables into the locker rooms or other facilities. Athletes should behave appropriately with language and demeanor. School rules apply.

TRANSPORTATION FOR ATHLETICS:

The school may provide transportation for athletes to and from athletic events by contract with private transportation providers to the extent that funds are available for this purpose. When funds are not available, the Superintendent, or designee, will neither authorize nor arrange for the transportation of the students by private automobile. **Rather, students and/or their parents will be expected to assume responsibility and make their own arrangements for transportation to practices and contests. Coaches are never to provide transportation for students.**

EARLY RELEASES:

Students and parents should be aware that there is a good chance that students will miss all or part of the last class of the day when they have to travel to other schools for competition. This could happen five or more times during a season. Students have the responsibility to contact their teacher in advance to coordinate make-up work. Schedule of release times will be distributed to athletes and are available online at your school's website.

TEAM PARENTS:

Coaches appreciate when one or more parents volunteer to assist with team chores such as arranging transportation, maintaining an e-mail group, arranging team dinners and banquets and being of other assistance to the team and coach.

16 PRINCIPLES OF "PURSUING VICTORY WITH HONOR":

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents and school sports leadership – including coaches, athletic administrators, program directors and game officials – to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressured 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 study body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.

12. School Boards, superintendents, and school administrators of CIF-member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of:
- 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character.
 - 2) The physical capabilities and limitations of the age group coached as well as first aid.
 - 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 program must actively prohibit the use of alcohol, tobacco, drugs and performance-enhancing substances, as well as a 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 influence of commercial interests. In addition, sports programs must be prudent, avoiding undue dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical 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.

“Pursuing Victory With Honor” and the “Six Pillars of Character” are service marks of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics. For more information on promoting character education and good sportsmanship, visit www.charactercounts.com.

SPORTSMANSHIP:

San Rafael High School District and MCAL have adopted the **16 Principles of “Pursuing Victor with Honor”**. The district desires the best experience for all our student athletes. Coaches, players and fans are expected to and held accountable for representing their school with dignity and class. **Anyone (athlete, student or adult) not conducting themselves in a positive manner may be ejected from an event and/or suspended from future events. All student athletes are required to review and sign the SRHSD ATHLETIC PARTICIPATION FORM (found at www.srscs.org) with their parents before participating in any event, including practice.**

GROUND FORS SUSPENSION OR DISMISSAL FROM A TEAM:

- A. Participation in athletics is a privilege. The administration and/or coach have the authority to revoke that privilege when the athlete does not comply with any team and/or school rules. *Suspension/Expulsion: After 30 days the student's further participation for that period is determined by the site Principal.
- B. If a coach drops a player for disciplinary reasons, the student will be ineligible to participate in another sport during the season of sport in which the student was dismissed.
- C. If a student quits a seasonal sport after the second scheduled event of that sport, without coach's approval, he/she is ineligible to participate in any other sport during that sport season.
- D. Vandalism of school property will result in a minimum of thirty (30) calendar days suspension from all athletic team participation.
- E. Possession or use of alcoholic beverages, drugs or steroids will result in a minimum of thirty (30) calendar days suspension from all athletic team participation.
- F. A grade point average of less than 2.0 will result in suspension until the following grading period.

Student Athletes are also bound to abide by both the MCAL and NCS Rules below.

INAPPROPRIATE BEHAVIOR:

Certain behaviors are considered inappropriate and unacceptable. **The school and athletic department reserve the right to refuse admission or remove persons, including adults, who exhibit such behaviors including, but not limited to:**

1. Repeated berating, humiliating or taunting of our coaches, players or spectators.
2. Repeated berating, humiliating or taunting of our opponent's coaches, players or spectators.
3. Repeated berating and harassment of game officials.
4. Racist, sexist or profane remarks directed at any coach, player, official or spectator.

OFFICIALS:

Officials should be treated with respect during and after contests, even if there is disagreement with their calls. **Any physical confrontation of an official by an athlete may be considered an assault. The athlete may lose athletic eligibility for their entire high school career under CIF Bylaw 211**

MCAL SPORTSMANSHIP GUIDELINES:

PLEASE

- Encourage your team by positively cheering for them
- Sit in the area designated for your school
- Welcome the visiting team and officials with good sportsmanship and respect
- Reserve the front row of the student rooting section for the cheerleaders

NO

- Face painting except a small school logo, mascot or initials not to exceed 2 square inches in size
- Yelling, booing or heckling an official's decision
- Costumes, except for school mascots
- Artificial noise makers like air-horns, cowbells, clappers, megaphones and drums
- Laser pointers
- Throwing things into or out of the crowd
- Bringing basketballs into the facility
- Playing basketball during half-time or between games
- Re-entry into the gym once you leave

Doors will close at the end of the third quarter.

School personnel are authorized to eject any spectator who displays inappropriate behavior at any time.

NCS/MCAL EJECTION POLICY:

1. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.

Penalty: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.).

2. Illegal participation in the next contest by a player ejected in a previous contest.

Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.

3. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.

Penalty: The player shall be ineligible for the remainder of the season.

4. When one or more players leave the bench to begin or participate in an altercation.

Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.)

5. Coaches are responsible for determining the cause of ejection for any of their players and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a player's ejection shall not be the basis for allowing a student who has been ejected under an applicable rule to avoid the sanctions required by the Ejection Policy (either prohibition from participation or forfeiture) should a student who is in violation of the Ejection Policy play in a subsequent contest (BOM 10/24/97).

ADMISSION:

Admission may be charged for varsity contests if gate control and supervision are provided by the school. **Students with ASB cards in their possession** may enter for a small fee at home games and may be charged a reduced admission at away schools.

PLAYOFFS:

It is exciting when a varsity team makes the MCAL, NCS, Nor-Cal or CIF championship playoffs. Playoffs may extend the athlete's participation in the sport. The MCAL playoffs are held the week after the regular season of sport. The NCS playoffs begin immediately after the MCAL playoffs. Check the MCAL and NCS websites for playoff brackets as well as date, time and location of playoff contests. Admission will be charged by MCAL or NCS for these events.

BOOSTERS CLUBS:

The athletic department is fortunate to have very supportive athletic booster clubs. These groups play a large part in creating a positive experience for all student athletes. If you would like to be involved, contact the Athletic Director for more information.

INSURANCE:

Insurance is the responsibility of the family in accordance with Education Code 32220 et. seq. Low cost insurance may be obtained through the school. **It is very important to read the policy and understand what is covered.** It may not include ambulance service or other major expenses. Look for deductibles and the percentage of major expenses that are covered. SRHSD is NOT responsible for insurance covering injuries to athletes when engaged in a school sport.

CONCUSSIONS:

Any sport has the possibility of injury. The most potentially serious injury is a concussion or multiple concussions. Parents and athletes should take them seriously and consult their physician for medical advice. Please consult the educational materials at the end of the Parent-Student Guide to Athletics about the potential medical and academic effects of concussions that are posted on the athletic website. (See Appendix for more information on this and other health/safety related information.)

BLOOD-BORNE PATHOGENS: All players should be aware of blood-borne pathogen protocol when there is bleeding. No player who is bleeding or has blood on his/her clothing should be allowed to continue to practice or play until it has been treated, covered or clothing changed.

END OF SEASON SURVEYS: In an ongoing effort to continue to provide an outstanding athletic program for all students, each school will provide opportunities for student and parent input at the conclusion of each season of sport. The AD will provide opportunities for input via a survey for both players and parents. The AD will then compile the information and review with the site administration and appropriate coaches.

PARENT FUNDING:

Parents are not permitted to pay coaches in addition to their coaching stipends or underwrite teams that are not official MCAL or District teams (such as a new level of a sport). Coaches or parent-support clubs may not require athletes to pay to participate on a team. To do so could result in forfeiture of games or being disallowed from post-season play.

EXPRESSING CONCERNS ABOUT A STUDENT’S ATHLETIC EXPERIENCE:

If a parent has a concern, express it at the appropriate time and place. Below is the SRHSD Athletic Chain of Command. The District asks that parents refrain from confronting coaches immediately after games or at practices. It is expected that concerns will be addressed first with the coaches involved before proceeding through the Athletic Chain of Command. Anonymous letters or phone calls will NOT be treated with any credibility.

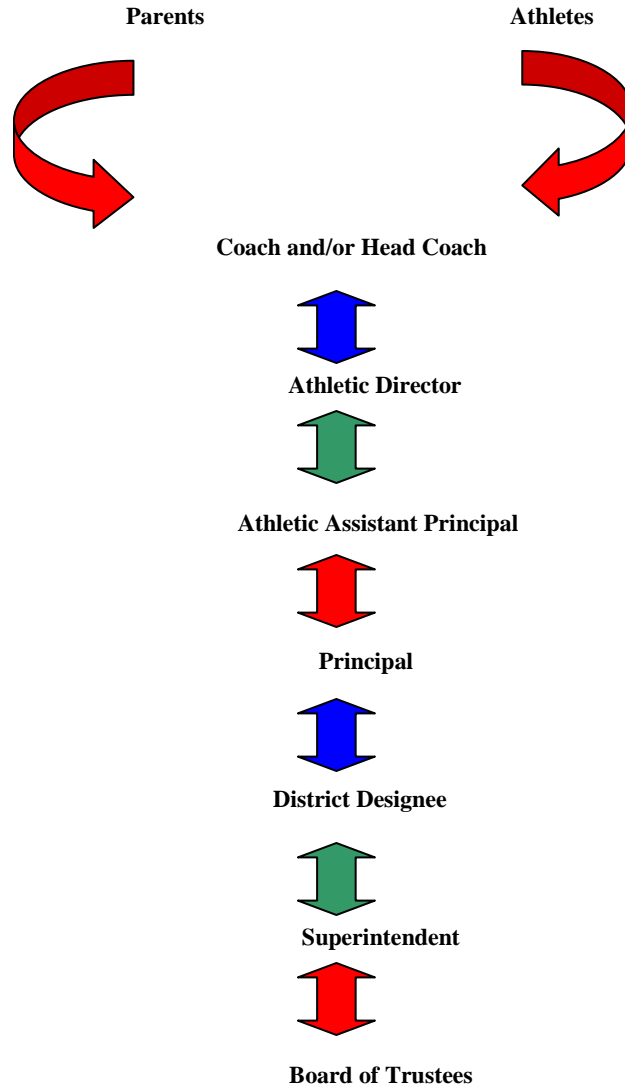
Parents and athletes are asked to follow these steps in order until they feel the issue is resolved.

1. Have the athlete speak to the coach. Sometimes the coach is unaware of the athlete’s concerns or feelings.
2. Arrange an appointment to speak with the coach. Coaches will respond to parents as quickly as possible.
3. If either parent or coach is not satisfied, call or write the Athletic Director and follow the Chain of Command.
4. Keep all oral and written communications professional and avoid being verbally abusive to anyone.
5. Use email with discretion. When emotions are involved, direct communication is usually more appropriate.

SRCHSD CHAIN OF COMMAND

- Parents/Athletes
- Coach and/or Head Coach
- Athletic Director
- Athletic Assistant Principal
- Principal
- District Designee
- Superintendent
- Board of Trustees

SRHSD ATHLETIC CHAIN OF COMMAND



DIRECTIONS TO MCAL SCHOOLS**The Branson School, 39 Fernhill, Ross CA 94904**

Take the Sir Francis Drake Blvd exit from Hwy. 101 going west (right turn). Drive 3 miles. Turn left at Bolinas Avenue (road does not go to the right). Drive 1 block. Turn left at Shady Lane. Drive 1 block. Turn right at Fernhill Avenue. Drive one and a half blocks. School is on the left. Drive through the gate

Justin Siena High School, 4026 Maher St., Napa CA 94558

Take 101 North to Hwy 37 East toward Napa/Vallejo. Slight left at CA-121 (Sears Point) toward Napa/Sonoma. At 9.2 miles, turn right continuing on CA-121 toward Napa. Stay on CA-121 until CA-29. Left on CA-29 5.3 miles. Left at Trower Ave. Right at Maher Street

Marin Catholic High School, 675 Sir Francis Drake Blvd., Kentfield CA 94904

From Hwy. 101, take Sir Francis Drake Blvd exit. Go WEST 1.8 miles. Marin Catholic is on the left.

Novato High School, 625 Arthur Street, Novato CA 94947

From Hwy. 101, take the Rowland Avenue exit. Turn left on Rowland Blvd. Turn right on S. Novato Blvd. Turn left on Arthur.

Redwood High School, 395 Doherty Drive, Larkspur CA 94939

From the North: Drive south on Highway 101, take the Lucky Drive exit. Head west toward the city of Larkspur, pass Gold's Gym, and continue straight at signal. Drive one block and turn left on Lucky Drive to stop sign. From the South: Drive north on Highway 101, Take Lucky Drive exit. Turn right on Frontage Road. Go to first signal and drive under freeway. Turn right at Tamal Vista to signal. Turn left at Fifer and left again on Lucky Drive to stop sign. You will first see the east parking lot for some fields. Go around the school and enter the west lot for the gym, football, baseball and track.

San Marin High School, 15 San Marin Drive, Novato CA 94945

From Hwy. 101, take Atherton Avenue exit in Novato. Left on Atherton Avenue. After the overpass, slight right on San Marin Drive.

San Rafael High School, 185 Mission Avenue, San Rafael CA 94901

From Highway 101, take the Central San Rafael exit to Second Street/ Turn east on Second Street. Go past the Montecito Shopping Center. Turn into the school parking lot on the left. Alternate for gym: Take Central San Rafael turnoff. Turn right on Mission. Parking is more difficult on this side of the school.

Sir Francis Drake High School, 1327 Sir Francis Drake Blvd., San Anselmo CA 94960

Going west on Sir Francis Drake Blvd, Drake High School is on the left between the San Anselmo hub and Fairfax.

Tamalpais High School, 700 Miller Avenue, Mill Valley CA 94941

From the North: Take the first Mill Valley exit - East Blithedale/Tiburon - Exit 131. Turn right on East Blithedale. Proceed to the third stop light Camino Alto (approximately 0.8 mile). Turn left on Camino Alto. Proceed to 3rd stop light. School is located at the end of Camino Alto where it meets Miller Avenue. Turn left on Miller and make a right hand turn after the school gymnasium into the school parking lot. From the South: Take the Golden Gate Bridge north to 1st Mill Valley exit - Stinson Beach/Highway 1. Follow exit under Richardson Bay Bridge. Continue on road to 2nd signal light at Highway 1. Stay to the right and continue on Almonte Blvd. which becomes Miller Avenue and four lanes. The school is on the left. The school parking lot is located on the left after the playing fields.

Terra Linda High School

From Hwy. 101, take Terra Linda exit to Freitas Parkway. Continue West on Freitas Parkway (past Safeway) to Las Gallinas Avenue. Turn left on Las Gallinas. Go one block to Nova Albion Way. Turn right on Nova Albion Way and continue past Vallecito School. Continue until you see Terra Linda High on the right.

APPENDIX

Section I: Required Forms

A. SAN RAFAEL CITY HIGH SCHOOL STUDENT ATHLETE PARTICIPATION FORMS

The Athletic Participation Clearance Forms, that follow, **must be competed and signed by parent, student and physician and returned to the Athletic Director prior to any athletic participation.**

Section II: Health and Safety Related Information

A. H1N1 Flu

B. MRSA (methicillin-resistant staph aureus)

C. CONCUSSIONS

Appendix Section I:

**SAN RAFAEL CITY HIGH SCHOOL DISTRICT
ATHLETIC PARTICIPATION CLEARANCE FORMS**

And

**SAN RAFAEL CITY HIGH SCHOOL DISTRICT
PHYSICAL EVALUATION CLEARANCE FORM**

The Athletic Participation Clearance Forms, that follow, **must be competed and signed by parent, student and physician and returned to the Athletic Director prior to any athletic participation.**

Forms that must be returned to School Athletic Director:

- **SECTION I: ATHLETIC PARTICIPATION CLEARANCE FORM** (Pages 12-13)
- **SECTION II: CIF PRE-PARTICIPATION PHYSICAL EVALUATION CLEARANCE FORM** **(completed by physician and returned to school athletic director)** (Page 14)

Forms that go to physician:

- **SECTION III: CIF PRE-PARTICIPATION PHYSICAL EVALUATION** **HISTORY FORM** **(completed by athlete/family and retained by physician in medical record)** (Pages 15-17)

**SAN RAFAEL CITY HIGH SCHOOL DISTRICT
ATHLETIC PARTICIPATION FORMS**

SECTION 1: ATHLETIC PARTICIPATION CLEARANCE FORM

Parental Permission: I/we consent to the following:

- A) _____ has my/our permission to participate in the following sports this school.
(student name)
- M F Grade Level _____ Fall _____ Winter _____ Spring _____
Circle name of sport name of sport name of sport
- B) **Has your student attended another high school within the past 12 months? If so, which: _____.**
I/we are aware of the CIF/NCS/MCAL transfer policy as outlined on the back of this page.
- C) The above named student resides in the San Rafael City High School District, or has an approved interdistrict transfer, and will abide by the district's residency policies in order to participate in athletics.
- D) I have read and understand all the information on this form and in the SRCHSD Parent-Student Guide to Athletics which is available at www.srcs.org and each school's athletic website.
- E) I/we permit the above named student to compete in interscholastic athletics and travel to away competitions. If he/she is injured, the coach and/or school official is authorized to have him/her treated.
- F) If above named student is participating in swimming and/or water polo sport, I authorize the team coach to be in charge of supervision and safety at away contests at the pool.
- G) I am aware that academic eligibility for Fall sports is based on June grades. **Entering 9th grade athletes must attach a June report card with this form.** See the SRCHSD Parent-Student Guide to Athletics for academic eligibility information.

I understand and acknowledge that some of the injuries/illnesses which may result from participating in these activities include, but are not limited to, the following:

- 1. Sprains/strains
- 2. Fractured bones
- 3. Concussions
- 4. Head and/or back injury
- 5. Paralysis
- 6. Loss of eyesight
- 7. Communicable diseases
- 8. Death

I understand and acknowledge that participation in these activities is completely voluntary and as such is not required by the District.

I understand and acknowledge that in order to participate in these activities, I agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities.

I understand, acknowledge, and agree that the District, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered incidental to and/or associated with preparing for and/or participating in this activity.

I acknowledge that I have carefully read this **VOLUNTARY ACTIVITIES ACKNOWLEDGEMENT AND ASSUMPTION OF POTENTIAL RISK** information, all information provided is truthful and that I understand and agree to its terms.

1. Parent/Guardian Signature _____ Date _____
 Address: _____ e-mail: _____
 Street City Zip
 Phone: Mother (h) _____ (w/c) _____ Father (h) _____ (w/c) _____

2. Medical issues of which the school/coach should be aware:

3. In case of injury/emergency (when parents/guardian are not available) notify:

Name/relationship _____ Phone(s) _____

4. Insurance Certification: This certifies that the above named student is covered by personal accident insurance in case of injury while participating in interscholastic athletics during the coming school year. **Low cost school insurance is available, but may have limits that may not cover ambulance or other major medical expenses. Please read and understand such policy terms.**

Insurance Carrier _____ Policy # _____

CIF/NCS/MCAL TRANSFER POLICY: Any student who transfers between high schools is subject to the CIF transfer policy. Beginning July 1, 2007, athletes may transfer ONCE at the beginning of NINTH grade. Any TENTH, ELEVENTH OR TWELFTH grade transfer student may not be eligible for varsity competition. All transfer athletes are considered ineligible and must request review of eligibility by the new school's principal or designee to determine eligibility for competition. Before participating in a league sport, CIF forms 206 and 207/209/510 will be required. Forms are available online at www.cifnca.org. Allow 20 business days for processing these forms. The athlete may miss part of the season of sport during the review and evaluation process. See your school's Athletic Director and visit <http://cifstate.org/> for additional information.

NCS/MCAL EJECTION POLICY

1. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.
Penalty: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post season {league, section or state} playoff, etc.).
2. Illegal participation in the next contest by a player ejected in a previous contest.
Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.
3. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.
Penalty: The player shall be ineligible for the remainder of the season.
4. When one or more players leave the bench to begin or participate in an altercation.
Penalty: the player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, league, invitational tournament, post-season, league, section or state } playoff, etc.)
5. Coaches are responsible for determining the cause of ejection for any of their players and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a player's ejection shall not be the basis for allowing a student who has been ejected under an applicable rule to avoid the sanctions required by the Ejection Policy (either prohibition from participation or forfeiture) should a student who is in violation of the Ejection Policy play in a subsequent contest (BOM 10/24/97).

SAN RAFAEL CITY HIGH SCHOOL DISTRICT - STUDENT ATHLETE CONTRACT

- I have read and understand the rules and regulations of the NCS/MCAL Ejection Policy. Athletes may not participate in any contest until this document is filed with the school.
- I have read the SRCHSD Athletic Code of Conduct and understand what is expected of me as an athlete.

I WILL

- Show respect for myself, teammates, coach, opponents, and officials.
- Use no foul language, trash talk, negative gestures or actions to provoke a negative response or fighting.
- Avoid hazing of any description. Penalties may include, but are not limited to, removal from the team, suspension and/or criminal charges.
- Attend school a minimum of four (4) regular or two (2) block periods before I will be allowed to practice/play on any given day.
- Maintain a minimum of a 2.0 GPA and must be passing at least four classes according to SRCHSD, MCAL and NCS policies.

Acknowledged by: _____
Student Signature
Email
Date

CONDITIONS OF PARTICIPATION FOR STUDENT-ATHLETES:

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Bylaw 524)

By signing below, both the participating student-athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We also recognize that under CIF Bylaw 200 D, there could be penalties for false or fraudulent information. We also understand that the (insert/school district name here) policy regarding the use of illegal drugs will be enforced for any violations of these rules.

TRANSPORTATION FOR ATHLETICS: BP3541.1(a) and BP3541.1(b) The District may provide transportation for athletes to and from athletic events by contract with private transportation providers to the extent that funds are available for this purpose. When funds are not available, the Superintendent, or designee, will neither authorize nor arrange for the transportation of the students by private automobile. **Rather, students and/or their parents will be expected to assume responsibility and make their own arrangements for transportation to practices and contests. Coaches are never to provide transportation for students.**

Signature of Athlete
Date

Signature of Parent/Caregiver
Date

Approval to participate (initials of Athletic Director or Asst. Principal) _____
Fall
Winter
Spring

SECTION II. CIF PRE-PARTICIPATION PHYSICAL EVALUATION CLEARANCE FORM

Name _____ Male Female Age _____

Date of Birth _____

Sports: Fall _____ Winter _____ Spring _____

CLEARANCE STATUS:

- Cleared for all sports without restriction
- Cleared for all sports without restriction with recommendation for further evaluation or treatment for _____
- Not cleared Pending further evaluation
 - For any sports
 - For certain sport _____

Reason _____

Recommendations: _____

I have examined the above-named student and completed the pre-participation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete and his/her parents/guardian.

Name of physician (print/type) _____ MD or DO

Signature _____ State License Number: _____

Date of Physical _____ Date of Expiration _____

Physician's Address _____

Phone _____

EMERGENCY INFORMATION

ALLERGIES:

OTHER INFORMATION:

SECTION III: CIF PRE-PARTICIPATION PHYSICAL EVALUATION HISTORY FORM

(This form is to be filled out by the parent/patient prior to seeing the physician. The physician should keep this form in the medical chart.)

Name _____ Date of Exam _____ School _____
 Gender _____ Date of Birth _____ Grade _____ Sport(s) _____

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

 Do you have any allergies? Yes No If yes, please identify the specific allergy(ies): Pollens _____ Food _____ Medicines _____
 Insects _____ Other _____

Explain 'yes' answers on the back of this page. Circle questions you don't know the answer to.

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

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

Signature of student _____

Signature of parent _____ Date _____ ©

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CIF PRE-PARTICIPATION PHYSICAL EVALUATION: PHYSICAL EXAMINATION FORM

Name _____

Date of exam _____

PHYSICIAN REMINDERS (This form should be kept in the medical records)

1. Consider additional questions on more sensitive issues.
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, chewing tobacco, snuff or dip?
 - During the past month, have you used cigarettes, chewing tobacco, snuff or dip?
 - Do you always wear a seat belt, use a helmet and use condoms.

2. Consider reviewing questions on cardiovascular symptoms (questions 5-14)

EXAMINATION			
Height	Weight	<input type="checkbox"/> Male <input type="checkbox"/> Female	Date of birth:
BP / (/)	Pulse	Vision: R 20/ L 20/	Corrected? <input type="checkbox"/> Yes <input type="checkbox"/>
MEDICAL	NORMAL	ABNORMAL FINDINGS	
Appearance: Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)			
Eyes/Ears/Nose/Throat: Pupils equal, Hearing			
Lymph nodes			
Heart ¹ : Murmurs (auscultation standing, supine, ± Valsalva; Location of point of maximal impulse (PMI)			
Pulses: Simultaneous femoral and radial pulses			
Lungs			
Abdomen			
Genitourinary (males only) ²			
Skin: HSV, lesions suggestive of MRSA, tinea corporis			
Neurologic ³			
MUSCULAR/SKELETAL			
Neck			
Back			
Shoulder/Arms			
Elbow/Forearm			
Wrist/Hands/Fingers			
Hip/Thigh			
Knee			
Leg/Ankle			
Functional: Duck-walk, single leg hop			

¹Consider ECG, echocardiogram and referral to cardiology for abnormal cardiac history or exam
²Consider GU exam if in a private setting. Having a third party present is recommended.
³Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion

- Cleared for all sports without restriction
- Cleared for all sports without restriction with recommendation for further for further evaluation or treatment for _____

- Not cleared Pending further evaluation For any sports

For certain sports _____
Recommendations

I have examined the above-named student and completed the pre-participation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete and his/her parents/guardian.

Name of physician (print/type) _____
Signature _____

Address _____

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Appendix – Section II:

Health and Safety Related Information:

✚ **H1N1 Flu:** Teams should follow good hygiene in hand washing before and after practice. Any player exhibiting signs of flu should be encouraged to stay home without penalty to avoid transmitting flu to other team members. Follow the advice given by the school if an outbreak should occur.

✚ **MRSA:**

MRSA (methicillin-resistant staph aureus) is a staph infection that is resistant to many common antibiotics and hard to treat. It can be transmitted through poor hygiene, sharing of personal items, improper wound care and some other transmission sources. No cases have been reported in the MCAL schools. However, it is important to follow good hygiene precautions. For more information, see the CIF Sports Medicine alert at

http://www.cifstate.org/health_safety/MRSA/MRSA%20students_parents.pdf

✚ **CONCUSSIONS:**

- **A Fact Sheet for Parents/Guardians**
- **A Fact Sheet for Students-Athletes**

I. A Fact Sheet for Parents/Guardians

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.**

CIF Bylaw 313. Play It Safer

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 for the remainder of the day. A student-athlete who has been removed from play 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 receives written clearance to return to play from that health care provider.

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).
- Don't feel right.
- 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 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.

WHAT YOU SHOULD DO 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 written medical clearance. Close observation of the athlete should continue for several hours.

The new CIF Bylaw 313. Now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that help ensure and protect the health of student-athletes.

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

II. 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 videogames 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/