

Last Name _____ First Name _____ Student ID # _____
Grade _____ Sport(s) _____

Have you EVER attended another high school other than this one? <input type="checkbox"/> Yes <input type="checkbox"/> No
If yes, where: _____

The Red Bluff Joint Union High School District is an equal opportunity employer and does not discriminate on the basis of sexual orientation, gender, ethnic group identification, race, ancestry, national origin, religion, color, or mental or physical disability. (Title VI, Title IX, and Section 504 Vocational Rehabilitation)

Red Bluff High School ATHLETIC HANDBOOK



Overview and Purpose Athletics at Red Bluff High School

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

While the Red Bluff Joint Union High School District takes great pride in winning, it does not condone "winning at any cost" and discourages any and all pressures which might tend to neglect good sportsmanship and good mental health. At all times, the co-curricular programs must be conducted in such a way so as to justify it as an educational activity.

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

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

Demonstrating the following attributes is essential for Red Bluff High athletic team selection and participation:

- Character, Work Ethic and Commitment: these are essential for successful athletic participation.
- Listening, Concentration and Focus: without these, there is less chance for improvement.
- Accountability: accept responsibility for outcomes, be a problem solver not an excuse maker, and look to yourself first when improvement is needed.

- Work Habits: commit yourself to hard, productive work and continuous improvement.
- Discipline: accept and embrace discipline for your benefit and the benefit of the team.
- Teachable Spirit: demonstrate the ability to take correction and show an eagerness to learn.

I understand that once I sign the Code of Conduct, all eligibility rules will apply. These expectations will apply from the first day of the school year or the start of the extra-curricular activity (including pre-season meetings, practices, camps, and school-sponsored activities) whichever comes first. This includes the activities scheduled prior to the start of the school year, through the end of the sport season and/or the end of the school year, whichever is longer in duration. Consequences of any Code violation(s) are cumulative. For example, if a student violates his or her Code agreement in the 9th grade year and then again in the Senior year, it counts as a second offense. **Coaches retain the right to enforce their own policies and consequences in addition to and not in place of the rules in this Code of Conduct.**

→ Student initials	→ Parent initials
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GENDER EQUITY and TITLE IX

Title IX of the Education Amendments of 1972 is a federal statute that prohibits sex discrimination in education programs that receive federal funds. The Title IX regulation covers admissions, treatment of students, access to academic courses, and employment. The regulation also outlines athletics requirements covered by Title IX. In athletics, Title IX requires equal access to the program for both men and women as well as overall equal treatment of male and female participants.

The Office for Civil Rights (known as the “OCR”) within the U.S. Department of Education enforces Title IX. It has described three tests pursuant to which an athletic program can establish that it is in compliance. A program that meets any one of the three tests is considered to be in compliance with Title IX’s requirement of equal access. To establish compliance under one of the three tests, an athletic program must show:

1. That male and female students are provided with athletic participation opportunities at rates substantially proportionate to their respective rates of enrollment, or
2. That it has a history and continuing practice of program expansion for the underrepresented sex, or
3. That it has fully and effectively accommodated the interests and abilities of the underrepresented sex.

Title IX requires equal opportunity for male and female students to participate in the program and equivalent treatment of participants in the overall girls’ program as compared to the overall boys’ program.

Red Bluff High School has a proud tradition in both girls’ and boys’ sports. That tradition cannot be tarnished by discrimination. If you have a question or concern about the district’s compliance, please feel free to raise it with your coach, Athletic Director, Brett Southwick, (bsouthwi@rbhsd.org), or Title IX Coordinator, Jody Brownfield, (jbrownfi@rbhsd.org). Remember, too, that discrimination is unlawful and that you can raise a complaint of discrimination with the OCR.

DIVERSITY & INCLUSION

Diversity, inclusion and gender equity among our student-athletes, coaches and staff are core values of Red Bluff Joint Union High School District that we are committed to and will not compromise. We hold ourselves accountable for maintaining an inclusive culture that fosters equitable participation for student-athletes and career opportunities for coaches and staff from diverse backgrounds. This diversity and inclusion not only improves the learning environment for all student-athletes, it enhances excellence within our district.

We understand that organizations work best when people with different backgrounds and viewpoints are brought together. As such, we will always foster an environment, through programming and education, where individuals of diverse race, color, gender, sexual orientation, gender identity and genetic information, ancestry, citizenship, and protected veteran status may succeed athletically, academically and personally. Inclusion is how we

leverage our differences to form a genuine community. By creating an inclusive environment, characterized by dignity and respect, we empower every student-athlete, coach and staff member to contribute to our success.

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ATHLETE COMMITTED - AGREEMENT FOR COMPLETE DRUG AND ALCOHOL BAN

Because possession and use of alcohol or drugs by youth is against the law, it is our intent to prevent any student from being in an environment which greatly increases the risk of danger and negative behaviors. Every participant and his/her parent/guardian will be apprised of the Athletic Code of Conduct in the required Athlete Committed presentations conducted at the beginning of each sports season.

- Student athletes are expected to never use, possess, sell or be in the presence of and location of illegal alcohol or drugs as defined in Education Code 48900 at any time. These expectations will apply from the first day of the school year or the start of the extra-curricular activity (including pre-season meetings, practices, camps, and school-sponsored activities) whichever comes first. This includes the activities scheduled prior to the start of the school year, through the end of the sport season and/or the end of the school year, whichever is longer in duration.
- Additionally, athletes may not host or remain present at events, activities, or location where illegal distribution of alcohol, drugs, or other controlled substances are present and/or being used.
- If a student attends a party/gathering where alcohol or drugs are being consumed and/or illegally dispensed, the student must leave the party/gathering immediately – and take as many teammates as possible.
- The student must report his/her attendance to a coach or school administrator before the end of the next school day.
- **BAN ON USE OF ANDROGENIC/ANABOLIC STEROIDS:** Student athletes and their parents, legal guardians/caregivers 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. Student athletes and their parents, legal guardians/caregivers also recognize that under CIF bylaw 200.D, there could be penalties for false or fraudulent information. Student athletes and their parents, legal guardians/caregivers also understand that District policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Self-Referral by Students

1. Students may take advantage of a self-referral procedure to seek information, guidance, counseling and/or assessment in regard to his/her use of alcohol and/or drugs. First time voluntary referrals DO NOT carry any punitive consequences.
2. Students are allowed one (1) voluntary referral during their high school participation.
3. Self-referrals can be made by the student or by his/her immediate family.
4. Self-referral cannot be used as a method to avoid consequences once a rule of the RBJUHS Code of Conduct is violated and a student has been identified as having violated that rule.
5. Students must make self-referrals to an advisor, coach, athletic director, teacher, administrator, or guidance counselor.
6. Self-referrals will lead to referral to an approved assessing agency and completion of any assigned programs.
7. Those referrals to an assessing agency will remain confidential; however, proper release of information forms must be on file with the school nurse.

Violations will initiate an investigation by the Athletic Director and Athletic Administrator. Once the violation is verified by a school or district employee and/or a law enforcement officer, the disciplinary consequences described below will be given. The attitude and behavior of the student/athlete and whether or not they are forthcoming and honest during the investigation of an incident are some of the factors that will/may be taken into account if and when consequences are given. These consequences are cumulative over an athlete's entire enrolled time at Red Bluff High School.

First Offense: Automatic suspension from participation in no less than 20% of competitive scheduled contests from the first date of disciplinary action. The student may be required to attend mandatory drug/alcohol counseling no more than twice per

week prior to regaining eligibility to compete. The student is required to attend all meetings, sessions and practices and must participate in every group/team activity, but may not compete or perform.

**If the offense occurs at the end of the season, the penalty carries over to the next season sport until the full disciplinary consequence is fulfilled.

Second Offense: Automatic suspension from participation in no less than 50% of competitive scheduled contests from the first date of disciplinary action.

Third and Fourth Offense: Automatic suspension from participation in competitive scheduled contests for no fewer than 12 calendar months. The student will be placed on probation following the 12 month suspension and a subsequent (fourth) violation while on probation will result in the student being denied further participation for the remainder of his/her enrollment at RBHS.

● **Students that provide a place or location for committing an illegal act will automatically move to the Second Step above.**

● **Students who self report their own code infraction will have the opportunity to receive a lesser penalty and/or reduced suspension.**

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BULLYING AND HARASSMENT POLICY: Red Bluff High School District believes that all students have a right to a safe and healthy school environment. The district, schools, and community have an obligation to promote mutual respect, tolerance, and acceptance. Students will not engage in cyberbullying, participate in sending or creating inappropriate cyber images or be seen in an inappropriate cyber image. Red Bluff High School District will not tolerate behavior that infringes on the safety of any student. A student shall not intimidate or harass another student through words or actions. Such behavior includes: direct physical contact, such as hitting or shoving; verbal assaults, such as teasing or name-calling; and social isolation or manipulation. This includes cyber-bullying, threatening or harassing another student through any social networking site or electronic media device (i.e, texting, sexting, cyber imaging). Red Bluff High School District expects students and/or staff to immediately report incidents of bullying to the principal or designee.

HAZING: Events have made it necessary to clarify and articulate the policies regarding HAZING. As defined by the California Education Code, HAZING includes any method of initiation or pre-initiation into a student organization or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any student or other person attending any school, but the term "hazing" does not include customary athletic events or other similar contests or competitions. Additionally, the following refers to California Education Code Section 32051: No student, or other person in attendance at any public, private, parochial or military school, community college, or other educational institution, shall conspire to engage in hazing, participating in hazing, or commit any act that causes or is likely to cause bodily damage, physical harm, or personal degradation or disgrace.

SOCIAL MEDIA POLICY

Red Bluff High School and the Athletic Department recognize and support the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks.

In this context, however, each student-athlete must remember that playing and competing for Red Bluff High School is a privilege. As a student-athlete, you represent Red Bluff High School and you are expected to portray yourself, your team, and the school in a positive manner at all times.

Below you will find our social networking guidelines which provide the following guidelines for social networking site usage:

1. Avoid sharing private information. Be careful of how much and what kind of identifying information you post on social networks. It's unwise to make available information such as date of birth, social security number, address, phone numbers, class schedules, bank account information or details about your daily routine. All of these can

- facilitate identity theft or stalking. Remember that once posted, the information becomes the property of the website.
2. Consider your career. Be aware that potential current and future employers and college admissions offices can access information you post on social networking sites. Realize that any information you post provides an image of you to prospective employers or schools. The posting is considered public information. Protect yourself by maintaining a self-image you can be proud of years from now.
 3. Watch out for 'phishing.' Be careful in responding to unsolicited emails asking for passwords or PIN numbers, also known as "phishing." Reputable businesses do not ask for this information online.
 4. Understand your rights. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited and not without consequence. Social networking sites are not a place where you can say and do whatever you want without repercussions.
 5. Protect your photos. Remember that photos put on social networks become the property of the site. You may delete the photo from your profile, but it still stays on their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.
 6. Similar to comments made in person, the Red Bluff High School Department of Athletics will not tolerate disrespectful comments and behavior online, such as:
 - a. Derogatory language or remarks that may harm my teammates or coaches; other Red Bluff High School student athletes, teachers, or coaches; and student-athletes, coaches, or representatives of other schools, including comments that may disrespect my opponents.
 - b. Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
 - c. Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
 - d. Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.

One of the biggest lessons athletes should learn is that anything you post online enters the public record. High school students should carefully consider their profiles and ask themselves how they would look to a future college admissions officer or potential employer.

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DUE PROCESS REVIEW:

- Students suspended from athletic activities will be notified by the principal/designee of the suspension and the basis thereof as soon as practical after the school becomes aware of the basis for the suspension. After an investigation by school administration, the student and family will be notified in writing of the final consequences assigned by the school.
- If the student or his or her parent/guardian is not satisfied with the school's decision, they may have the decision reviewed by the superintendent / designee by making a request within five (5) school days of receiving the notification of the decision. Only the following factors will be considered during the appeal conference:
 - o Did the school present evidence that a Code violation took place?
 - o Did the student-athlete and parent/guardian have an opportunity to present their version of events to school Administration?
 - o Did the investigating administrator have the basis to reasonably determine that a Code violation took place?
- If the student or his or her parent/guardian is not satisfied with the decision of the superintendent/designee, they may appear before the school board at a regular meeting (closed or open as requested by the parent).
- During the appeal process as noted above, the suspension from athletic activities remains in effect pending the outcome of the appeal.

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ATHLETIC and EXTRA-CURRICULAR ELIGIBILITY and PARTICIPATION

Your participation in high school activities is dependent on your eligibility. Athletics are considered an extra-curricular activity. PROTECT that eligibility by reviewing with your parent(s)/guardian(s) this RBJUHSD athletic and extra-curricular eligibility criteria.

1. Grades: Every participant must be enrolled in and pass at least four classes with an overall 2.0 GPA each grading period (approximately every six weeks). A student may not miss any class in which s/he is failing (F grade) to participate in activity. The grading periods are considered consecutive and uninterrupted. Therefore, the second semester grade of the previous year will be the basis for determining the first quarter eligibility for the following year. Some coaches may enforce stricter grade expectations.
 - a. Freshmen only: a probationary period will apply to freshman students during the first or second six week grading period of their fall semester. This probation allows for the GPA to be under 2.0.
2. Behavior: Students must follow all normal school rules and state laws both at school and during any school sponsored events, including out-of-town competitions and events. In addition to any school consequence for a behavioral infraction, coaches may impose additional consequences for the participant.
3. Absences: A student may not participate in extra-curricular activities for any day that s/he did not attend over 50% of the school day without approval from Athletic Director and/or Athletic Administrator. Any unexcused absence from classes on the day of a game will result in a denial of participation unless cleared by the Athletic Administrator or the Athletic Director.
4. Truancy: A student who has been deemed "habitual truant" and referred to the Tehama County Student Attendance and Review Board (SARB) may become ineligible as a directive from the SARB panel.
5. Debts owed: Any debt owed to the school site or school district will deem a student ineligible until the debt is paid.

Athlete- specific eligibility:

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

1. If you reach your nineteenth birthday on or before June 15th, you cannot participate in interscholastic athletics.
2. If you are in your fifth year of high school, you cannot participate in interscholastic athletics.
3. CIF athletic eligibility rules are complicated and constantly changing. If you do not live within the RBJUHSD boundaries and if you have not been continuously enrolled in the RBJUHSD since the beginning of your freshman year, contact your coach or athletic director to confirm your eligibility.
4. You cannot compete on any "outside" team in your sport from the date of your first game until the season is over. If you have any questions on this regulation, see your coach.
5. You cannot try out for a professional or collegiate team from September 15 to June 25 each year.
6. Foreign students wanting to participate in athletics must be part of a CIF approved exchange program and must complete appropriate paperwork to be eligible.
7. Prior to try-outs or practice an athlete must have a physical examination by a qualified medical doctor. This exam must be on record in the high school Student Store.
8. Prior to being allowed to practice or try out with the team, the Athletic Code of Conduct packet and the RBHS Sports Permission Slip. must be completed and on file in the Student Store:
9. When all paperwork is completed, you will receive an Athletic Clearance Slip to be given to your coach to clear you for participation.
10. All athletes and parents are required to attend an Athlete Committed presentation and sign the code contract.
11. Athletes are encouraged to purchase an ASB sticker.

NO CUT POLICY FOR GIRLS' SPORTS

Effective November 1, 2017, RBJUHSD implemented a "No Cut" Policy for girls' sports at the Frosh and JV levels with multiple teams if there is sufficient interest.

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INFORMED CONSENT: By its nature, participation in interscholastic athletics includes risk of injury and the transmission of infectious diseases such as HIV, Hepatitis B, herpes and others. Although serious injuries are not common and the risk of HIV transmission is almost nonexistent in supervised school athletic programs, it is impossible to eliminate all risk. Participants have the responsibility to help reduce that risk. Participants must obey all safety rules, report all physical and hygiene problems to their coaches, follow proper conditioning programs, and inspect their own equipment daily.

ACKNOWLEDGMENT AND ASSUMPTION OF POTENTIAL RISK:

- I understand and acknowledge that the activities of athletic teams, by their very nature, pose the potential risk of serious injury/illness to individuals who participate in such activities.
- I understand and acknowledge that some of the injuries/illnesses which may result from participating in activities include, but are not limited to, the following: Sprains/strains; fractured bones; unconsciousness; head and/or neck injuries; paralysis; loss of eyesight; communicable diseases; death.
- I understand and acknowledge that participation in these activities is completely voluntary and as such is not required by the district for course credit or for completion of graduation requirements.
- I understand and acknowledge that in order to participate in these activities, I and my son/daughter agree to assume liability and responsibility for any and all potential risks which may be associated with participation in these activities.
- I understand, acknowledge, and agree that the District, its employees, officers, agents, or volunteers, shall not be liable for any injury/illness suffered by my son/daughter which is incident to and / or associated with preparing for and/or participating in this activity.
- I acknowledge that I have carefully read this PARTICIPATION AGREEMENT FOR CIF VOLUNTARY ACTIVITIES and that I understand and agree to its terms.

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NORTHERN SECTION, CIF - Concussion Information

Coaches are required to take and pass an online course on concussion protocols every two years. The course is free and available to the public at <https://nfhslearn.com/courses/61129/concussion-in-sports>.

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

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

healthcare 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/>

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

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

Signs observed by teammates, parents and coaches include:	
<ul style="list-style-type: none"> ● Appears dazed ● Vacant facial expression ● Confused about assignment ● Forgets plays ● In unsure of game, score, or opponent ● Moves clumsily or displays incoordination ● Answers questions slowly 	<ul style="list-style-type: none"> ● Slurred speech ● Shows behavior or personality changes ● Can’t recall events prior to hit ● Can’t recall events after hit ● Seizures or convulsions ● Any change in typical behavior or personality ● Loses consciousness

Adapted from the C.D.C. and the 3rd International Conference on Concussion in Sport

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Sudden Cardiac Arrest Information

Keep Their Heart in the Game

Sudden Cardiac Arrest Information for Athletes & 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 each year, as it is the #1 killer of student athletes and the leading cause of death on school campuses.

Who is at risk for sudden cardiac arrest?

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

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

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

**FAINTING
is the
#1 SYMPTOM
OF A HEART CONDITION**

Recognize the Signs & Risk Factors

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 40
- 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, diet pills or performance-enhancing supplements

Cardiac Chain of Survival

On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delayed 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.

Recognition of Sudden Cardiac Arrest



Victim is collapsed, unresponsive and not breathing, even if gasping, gurgling, exhibiting breathing noises or seizure-like activity.

Call 9-1-1



Follow emergency dispatcher's instructions. Call any on-site Emergency Responders.

Hands-Only CPR



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

Defibrillation



Immediately retrieve and use an automated external defibrillator to restore the heart to its normal rhythm. Follow step-by-step audio instructions from the AED.

Advanced Care



Designate a bystander to direct EMS to the victim for quick transfer to the hospital.

Cardiac Chain of Survival Courtesy of Parent Heart Watch

Keep Their Heart in the Game

Sudden Cardiac Arrest Information for Athletes & Parents/Guardians

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.

What are we doing to help protect student athletes?

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

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 Department
of Education
cde.ca.gov

Eric Paredes Save
A Life Foundation
epsavealife.org

California Interscholastic
Federation (CIF)
cifstate.org

National Federation of High Schools Free
20-Min. Training Video For Coaches, Parents or
Anyone Involved in Student Sports Activities
nfhslearn.com/courses/61032



COACHES CODE OF CONDUCT - Pursuing Victory with Honor

CIF Expectations for Coaches

1. Sign and follow the district's or CIF coaches' code of conduct.
2. Use "teachable moments" on a daily basis to emphasize the importance and essential elements of the six core principles of Pursuing Victory with Honor: trustworthiness, respect, responsibility, fairness, caring and good citizenship.
3. Promote sportsmanship and foster good character by Teaching, Enforcing, Advocating and Modeling the six principles above.
4. Ensure that the athletic program enhances the academic, emotional, social, physical and ethical development of the student-athletes.
5. Demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules from student-athletes by teaching the history and traditions of the sport.
6. Communicate to student-athletes and parents that athletic participation is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and conduct themselves, on and off the field, as role models who exemplify good character.
7. Enforce, with student-athletes, the district-approved codes of conduct for student-athletes.
8. Emphasize in all communications directed to student-athletes and parents the importance of character, ethics and sportsmanship. Coaches should hold a student and parent pre-season meeting to communicate their educational philosophy regarding athletics, academics, character, ethics and sportsmanship. At this meeting the coach should clearly define the expectation that coaches have for student and parent behavior and the repercussion of not meeting those expectations.
9. Emphasize to the student-athlete and their parents that the first priority of the student-athlete is a serious commitment to getting the best education possible and developing the academic skills and character to succeed. Success in the classroom should be the first priority of any student-athlete.
10. Ensure that pressure to win is not placed above education, character development, academic, social, emotional, physical and ethical well-being of the student-athlete.
11. Possess the following minimum competencies: 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 capacities and limitations of the age group coached, as well as first aid; and 3) coaching principles related to educational philosophy, adolescent psychology, nutrition, risk management, and the rules and strategies of the sport.
12. Model respectful behavior and demand that athletes refrain from disrespectful conduct, including verbal abuse of opponents and officials, profane and belligerent trash-talking, taunting and inappropriate celebrations.
13. Safeguard the integrity of athletic programs by ensuring that there is no undue interference or influence of commercial interest or inappropriate exploitation of the school name or reputation. This should include avoiding undue financial dependency on particular companies or sponsors.
14. Always remember that profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches shall through words and example, strive to build character of their student-athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.
15. Urge and play a leadership role in planning and implementing pre-season meetings with parents and players, wherein the values and expectations of the district and the school principal are spelled out as they relate to athletics.

PARENT CODE of CONDUCT

The most important person in any athlete's life is his/her parent. Unfortunately, youth and high school sports are filled with examples of parents demonstrating behaviors that negatively impact the athlete's experience and the experience of other athletes, coaches, and spectators. Don't be that parent.

Every participant and his or her parent/guardian will be apprised of the athletic code of conduct in the Athlete Committed presentation. All participants and at least one parent / guardian will be required to attend the first Athlete Committed presentation that is correlated with the athlete's first sport of each school year.

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

Conduct set forth in the RBHS Athletic Handbook.

Parent Responsibility

Parents and guardians are essential partners in maintaining a safe, educational and enjoyable experience for students. When present at the District's events, including athletic games, practices, and co-curricular activities, they are expected to model the kind of citizenship and sportsmanship that is expected and required of students. The following are among the District's expectations for the parents of student athletes and co-curricular participants.

Parents/Guardians:

- have knowledge, understanding and agreement about the Rules and Conduct/Standards included in this document.
- know the consequences for violations of those Rules and Conduct/Standards, and will assist in their enforcement.
- are supportive and encourage their children to demonstrate appropriate behavior while representing the District as student athletes and co-curricular participants.
- hold their children accountable for their actions and guide them in making proper decisions regarding drugs, alcohol and tobacco.
- hold their children accountable for their actions and behaviors towards others ensuring that their son/daughter does not bully or harass others and that their son/daughter is not a bystander to this behavior.
- are knowledgeable about individual team rules and expectations and address concerns regarding their children's program to the coach.
- are knowledgeable spectators, knowing the rules of the game and serving as role models for sportsmanship. They cheer our successes, and show understanding in the wake of defeat. They encourage the efforts of their children's teams, and they respect the efforts of the opposing teams.
- adhere to state laws that prohibit smoking on school grounds or in school buildings.
- bring their concerns to the attention of the appropriate coach(es), including concerns about the mental and physical treatment of their children, ways to help their children improve, and their children's behavior. They schedule meetings with coaches in order that their concerns may be discussed at appropriate times and places.
- demonstrate a respect for the privacy of all student athletes, and an understanding of the coaches' responsibilities to all student athletes, by refraining from speaking with coaches about such issues as playing time, athletic ability, and team strategy, insofar as those subjects relate to student athletes other than their own child.

Communication Involving Coaches, Athletes, and Parents

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

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

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

Communications coaches should expect from the athlete and parent:

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

Appropriate concerns for parents to discuss with coaches:

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

Many parents find it difficult to accept when their child is receiving limited or no playing time. Coaches are professionals.

They make judgment decisions based on what they believe to be best for all athletes involved. The coach must take into account the athlete's attitude, abilities, and commitment and the attitudes, abilities, and commitments of all members of the team.

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

1. Playing time
2. Team strategy
3. Team discipline
4. Play calling
5. Other student-athletes

If you have a concern or complaint to discuss with the coach, the following procedure must be followed:

1. Contact the coach to set up a meeting. The parent/guardian, student athlete and coach must attend.
2. If the parent/coach meeting does not result in satisfactory resolution, a formal, written complaint must be filed with the Athletic Administrator. A meeting will be scheduled with the parent/guardian and Athletic Administrator or Principal.
3. If a meeting with the Athletic Administrator or Principal does not result in satisfactory resolution, an appointment with the Superintendent may be scheduled.
4. If a meeting with the Superintendent does not result in satisfactory resolution, a request to appeal directly to the board of trustees may be made in writing to the Superintendent and subsequently followed up by a personal appearance at a school board meeting to discuss the issue.

For information on Title IX complaint procedure, please refer to the Red Bluff Joint Union High School webpage at www.rbhsd.org. The information is accessible as a Quick Link at the bottom of the page or under the tabs "About" and "Civil Rights and Protective Laws."

→ Parent initials

GUIDELINES FOR MOVING UP UNDERCLASSMEN

As an athletic department, we believe there are circumstances that merit moving up underclassmen. In team sports, a coach may elect to move an underclassman (grades 9 and 10) to a higher level team (ex freshman team to frosh/soph, freshman or sophomore to varsity). The coach is required to notify the parent/guardian and the Athletic Director of this decision.

QUITTING A SPORT

Commitment is a critical aspect of athletics. Therefore, students who choose to quit a sport may face consequences that could include the loss of the privilege to participate in any other current sport or future sport. However, if the Athletic Administrator determines that participation in a specific sport would be appropriate, the student may be allowed to participate. Athletes who quit and the coach of the student who quits a sport are both requested to notify the Athletic Administrator.

PRACTICE AND GAME PARTICIPATION GUIDELINES

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

1. Athletes are expected to be on time for practice, contests, and classes. Coaches may impose penalties for tardiness and absences up to dismissal from the team for excessive absences.
2. If an athlete is absent from school, he/she is expected to notify the coach as soon as possible that day.
3. If an athlete attends school, he/she may not miss practice unless prior arrangements have been made with the

coach.

4. Any unexcused absence from classes on the day of a game will result in a denial of participation unless cleared by the Athletic Administrator or the Athletic Director.

EQUIPMENT AND UNIFORMS

If equipment is abused, lost, or unaccounted for, the athlete responsible may not take part in another sport until the equipment is returned or paid for unless he/she is given permission to do so by the Athletic Director or the Athletic Administrator. An athlete may also be prohibited from participation in other high school activities until all athletic equipment is paid for or returned.

AWARDS

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

1. a certificate of participation.
2. an emblem for each sport.

At the completion of each season, an athlete may request a "Block RB letter" from the Student Store. Athletes are provided a one-time Block RB letter per level (Freshman, Frosh/Soph, Varsity).

No other additional awards will be given without clearance from the Athletic Director.

Any athlete who does not finish the season in good standing may not receive a letter, certificate, emblem, or award.

S.O.S. SAVE OUR SPORTS

A \$50 donation is requested for each season of sport. A family is asked to pay no more than \$150 per school year. The donation is waived for student-athletes who have been approved for free or reduced lunch. Donations are due upon final rosters being determined. Donations are non-refundable. Donations may be paid in our Student Store or mailed to Red Bluff High School. The completed voluntary donation form must be submitted to the Student Store for an athlete to remain eligible. Please indicate the name of the athlete(s) and the sport when payment is made.

PERSONAL PROPERTY

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

TRANSPORTATION

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

Transportation Back to RBHS: After an away sporting event an athlete may be transported back to Red Bluff by their parent/guardian or the coach. The athlete may also be transported back to RBHS by an RBHS approved driver if the athlete's parent has signed a release form to allow this.

A parent may become an RBHS approved driver by filling out the RBHS volunteer driving forms and providing proof of insurance. At your team's preseason meeting your coaches will be covering team transportation and forms are typically handed out. The RBHS main office handles the processing of approved drivers. Approved driver status lasts for one school year. Approved drivers must renew each year.

→ Student initials	→ Parent initials
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MEDICAL INSURANCE COVERAGE (Required)

California law (Education Code Sections 32220-21) requires every member of any interscholastic athletic team, as well as those associated directly with any interscholastic athletic event, including cheerleaders, team mascots, band member, team managers, etc., to possess accidental bodily injury insurance providing at least \$1500 of scheduled medical and hospital benefits. Students are not to engage in interscholastic athletic practice, games or associated activities until evidence of insurance has been completed and filed with the school.

If an athlete does not have insurance, the school offers information on purchasing basic sports insurance. These forms are available in the Student Store.

*******REQUIRED INFORMATION*******

By signing this document I (parent/guardian), indicate that I have I have read and understand the RBJUHS Student Code of Conduct. I have knowledge, understanding and agreement to these standards set forth, in order for _____ (my son/daughter) to be afforded the privilege of representing Red Bluff High School as a student. I am also aware that any violation on the part of my child, to any of these standards, shall result in consequences contained within this policy.

Student Signature _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____

PARENT AND STUDENT MUST SIGN AND RETURN THIS PACKET TO SCHOOL prior to athletic participation.

