

LIBERTY UNION HIGH SCHOOL DISTRICT

2018-2019

PARENT-STUDENT GUIDE TO ATHLETICS

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



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Table of Contents

PHILOSOPHY:.....	3
SEASONS OF SPORT:.....	3
ACADEMIC ELIGIBILITY:.....	3
ADMISSION:	3
ATHLETIC PARTICIPATION FORM:	4
BLOOD-BORNE PATHOGENS:.....	4
BOOSTERS CLUBS:.....	4
CIF/NCS/BVAL TRANSFER ELIGIBILITY:.....	4
COACHES:.....	4
COACHING EVALUATIONS:.....	5
CONCUSSIONS:.....	5
FEES:.....	5
FUNDRAISING:.....	5
HAZING:.....	5
H1N1 FLU:	6
INSURANCE:	6
ISSUING AND COLLECTION OF UNIFORMS AND EQUIPMENT:	6
LOCKER ROOMS:	6
MRSA:.....	6
OUTSIDE COMPETITION AND SUMMER LEAGUES:.....	6
PARENT FUNDING:	6
PLAYOFFS:	6
PLAYING TIME:	7
PRACTICES:.....	7
PRACTICE SCHEDULES ON NON-SCHOOL DAYS:	7
PRESEASON PARENT MEETING:	7
SCHOOL ATTENDANCE:	7
SOCIAL MEDIA AND NETWORKING:.....	7
SPORTSMANSHIP:	8
TEAM PARENTS:	8
TRANSPORTATION FOR ATHLETICS:.....	8
LUHSD ATHLETIC COORDINATOR:.....	8
LUHSD ATHLETIC CODE OF CONDUCT:	9

NCS/BVAL EJECTION POLICY: 10

UNSPORTSMANLIKE ACTIONS:..... 11

INAPPROPRIATE BEHAVIOR: 11

OFFICIALS: 11

ATHLETIC INELIGIBILITY DUE TO SCHOOL RULE VIOLATIONS INCLUDING ALCOHOL AND OTHER DRUG ABUSE:..... 12

BVAL SPORTSMANSHIP GUIDELINES:..... 13

EXPRESSING CONCERNS ABOUT A STUDENT’S ATHLETIC EXPERIENCE 13

PARENTAL NOTIFICATIONS 14

CONCUSSION: A Fact Sheet for Parents/Guardians and Coaches 16

CONCUSSION: A Fact Sheet for Student-Athletes..... 17

SUDDEN CARDIAC ARREST (SCA) IN STUDENT ATHLETES 18

HEAT INDEX:..... 19

PHILOSOPHY:

Athletics play an important part in the Liberty Union High School District. 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 program. 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 our school spirit **and helps all students – spectators as well as participants – develop pride in their school and maximize individual potential.**

The Governing Board recognizes that the district's athletic program constitutes an integral component of the educational program and helps to build a positive school climate. The athletic program helps also to promote the physical, social, and emotional well-being and character development of participating students. Within the District's financial and personnel constraints, the athletic program shall be designed to meet students' interests and abilities and shall be varied in scope to ensure wide participation.

SEASONS OF SPORT:

Fall

Begins: August 13, 2018

Cross Country, Girls: V, JV

Football: V, JV, F (begins July. 30)

Golf, Girls: V

Tennis, Girls: V, JV

Traditional Comp. Cheer (no season)

Volleyball, Girls: V, JV, F (Aug. 6)

Water polo, Boys: V, JV

Water polo, Girls: V, JV

Unified Soccer, Coed: V

Winter

Begins: October 29, 2018

Basketball, Boys: V, JV, F

Basketball, Girls: V, JV, F

Wrestling, Coed: V, JV, F

Soccer, Boys: V, JV

Soccer, Girls: V, JV

Unified Bowling, Coed: V

Spring

Begins: January 28, 2019

Baseball: V, JV, F

Competitive Sport Cheer: V, JV,

Golf, Boys': V

Softball: V, JV

Swimming & Diving, Boys': V, JV

Swimming & Diving, Girls': V, JV

Tennis, Boys': V, JV

Track & Field, Boys': V, JV

Track & Field, Girls': V, JV

Volleyball, Boys': V, JV

Unified Basketball, Coed: V

ACADEMIC ELIGIBILITY:

In order to tryout and participate in athletics, students must earn a 2.0 "C" grade point average on a 4.0 scale in all enrolled classes AND be on track for graduation. Students must be enrolled in and pass a minimum of 20 semester credits (4 classes). To be eligible for tryouts, students must maintain a 2.0 during the current tryout quarter and the quarter immediately previous (ie: two consecutive quarters). **In addition, a student must be fully academically eligible in grading period prior to the probationary period in order to participate.** See the Athletic Director in advance for specific information about making up grades during summer school.

Academic eligibility resets on the date of determination set by the district. Incoming freshman must maintain a 2.0 in their last semester at middle school to be eligible. Ask your athletic director for list of these dates. The NCS does not recognize grade changes after the date of determination. If an error is discovered, there is an appeal process to NCS. If the student meets all necessary prerequisites for probation, one academic probation period may be authorized once in an academic school year in high school by the Superintendent or designee for students to participate in athletics whose GPA is between 1.75 and 1.99.

ADMISSION:

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

ATHLETIC PARTICIPATION FORM:

Every player must have a new [Athletic Clearance Packet](#) on file each school year before participating on any team. All forms are online and can be accessed by clicking the hyperlinked words above. The physician form in the packet must be printed to get the required signature of a physician certifying the athletes' health. The physical clearance is good for all seasons in the same school year but must be turned in before a student is able to participate in sports.

ATHLETIC TRAINER: Athletic Trainers are available at each site. Please contact your Athletic Director for their hours.

BLOOD-BORNE PATHOGENS:

All players should be aware of blood-borne pathogen protocol when there is bleeding. Whenever a player incurs an injury or wound that produces bleeding or other body fluids, the practice or game shall be stopped in accordance with CIF guidelines and the player shall be escorted away from the playing field for appropriate treatment. The player shall not return to the practice or game until the bleeding has stopped and the wound is properly covered. Gloves should always be worn when dealing with any body fluids.

BOOSTERS CLUBS:

The athletic departments are 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. As a note, sport specific booster clubs are prohibited.

BULLYING:

The Liberty Union High School District will not tolerate behavior that infringes on the safety of any student. A student or coach shall not intimidate, harass, or bully 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.

The Liberty Union High School District expects students and/or staff to immediately report incidents of bullying to the principal or designee. Staff who witness such acts take immediate steps to intervene when safe to do so. Each complaint of bullying will be promptly investigated. This policy applies to students and coaching staff on school grounds, while traveling to and from school or a school-sponsored activity, whether on or off campus, and during a school-sponsored activity.

CIF/NCS/BVAL TRANSFER ELIGIBILITY:

Any student who transfers between high schools is subject to the [CIF transfer bylaws](#). **A varsity-level transfer athlete who does not have a change residence will be required to "sit out" 50% plus one day of each sport season previously played.** ALL transfer athletes 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 207 and 510 will be required. Allow at least 20 business days for processing these forms, especially at the beginning of the year. The athlete may miss part of the season of sport during the review and evaluation process. See the Athletic Director for more information. Please schedule an appointment with the Athletic Director for review of the transfer policies. **Eligibility must be established prior to participation.** Students must reside in the Liberty Union High School District or have an approved inter-district transfer and abide by the school district's policies for residency and discipline.

COACHES:

All athletic teams shall be supervised by qualified coaches to ensure that student athletes receive appropriate instruction and guidance related to safety, health, sports skills and sportsmanship. Athletic events shall be officiated by qualified personnel. Coaches are to be treated with the same respect accorded any other professional. Please share any concerns you have with the coach directly or with the school's Athletic Director.

COACHING EVALUATIONS:

The school administration (Athletic Director, Athletic Assistant Principal and Principal) regularly evaluates paid coaches through observations at practices and games, written input from athletes, adherence to school expectations and other information that is gathered. Evaluation conferences are held with coaches at the end of the season to acknowledge successes and make a plan for improvement when needed. Site administration is responsible for employment of coaches

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. Parents and athletes are required to sign the CIF Concussion Information form as part of the Athletic Participation Form. If a student athlete is suspected of sustaining a concussion or head injury in an athletic activity, s/he shall be immediately removed from the activity for the remainder of the day. The student shall not be permitted to return to the activity until he/she is evaluated by a licensed health care provider trained in the management of concussions and receives the health care provider's written clearance to return to the activity, no earlier than 7 days prior to diagnosis. (Education Code 49475). **Parents, coaches and athletes are encouraged to view [Concussion in Sports - What You Need to Know](#)** (a free on-line course). For more information, see the CIF Sports Medicine alert at [CIF Concussions](#).

FEES:

Students shall not be charged a fee to participate in an athletic program.

FUNDRAISING:

Teams may feel the need to raise money to support their activities. Any such fundraising activity must be completely voluntary and approved by the Athletic Director and the Associated Student Body (ASB) prior to commitment. Funds donated by families for the sport account cannot be accrued to a specific athlete. All funds must go directly into ASB accounts and purchases must be made from those same accounts. **Team money should never be kept by a coach or parent or deposited into private accounts.** All money raised must be for the benefit of the team and no individual can make a profit. No food sales (such as candy) may be made during the school day without prior approval. As schools are non-profit institutions, team fundraising cannot be used to generate funds for other causes. Teams may partner with other non-profits, but no percentage of student funds can be earmarked for any purpose outside of team activities.

HAZING:

LUHSD does not tolerate any activities having the potential to embarrass, humiliate or injure any student as a condition of participation in any school activity. Perpetrators may be penalized by, but not limited to, removal from the team, suspension from school and/or criminal citation. Hazing should be reported to the athletic director or site athletic administrator immediately. Hazing includes, but is not limited to, any activity involving an unreasonable risk of physical or emotional harm such as:

- A punishing physical activity, exposure to elements or sleep deprivation.
- Consumption of alcohol, drugs, tobacco or any other food liquid or other substances.
- Actions of a sexual nature or simulations of actions of a sexual nature.
- Subjection to an extreme level of embarrassment, shame or humiliation.
- Violation of any federal, state or local law or any violation of District policies and regulations.
- LUHSD prohibits discrimination, harassment, intimidation, or bullying of students or staff, including sexual harassment, hate-motivated behavior, cyberbullying, hazing or initiation activity, extortion, or any other verbal, written, or physical conduct that causes or threatens to cause violence, bodily harm, or substantial disruption to school activities.

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 your physician or the school if an outbreak should occur.

INSURANCE:

Insurance is the responsibility of the family in accordance with Education Code 32220 et al. seq. Low cost insurance or a waiver for financial hardship may be obtained through the school (see athletic director for more information). 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. LUHSD is NOT responsible for insurance covering injuries to athletes when engaged in a school sport.

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.** The student may pay the relevant charge for the damaged or lost school property or complete a voluntary work program in lieu of paying the charge. The Athletic Director will analyze, on a case-by-case basis, whether the school property was willfully damaged. Transcripts may not be issued until all bills owed the school have been paid.

LOCKER ROOMS:

Athletes are expected to use the locker rooms appropriately for changing. They are responsible for the security of their belongings by always locking them in the locker. Do not bring valuables into the locker rooms. Athletes should behave appropriately with language and demeanor. No pictures or videos may be taken inside a locker room. Violation will result in school/team discipline.

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. A few cases have been reported in MCAL schools. It is always important to follow good hygiene precautions. For more information, see the CIF Sports Medicine alert at [CIF MRSA](#).

OUTSIDE COMPETITION AND SUMMER LEAGUES:

According to CIF rules, no student-athlete may participate on a non-school team of the same sport during the same season. This includes leagues, club teams, tournaments, charity games, all-star games, 3-3 tournaments, college classes, etc. Since participation in a non-school event of the same sport will render an athlete ineligible and force the forfeiture of any contest, student-athletes must check with the Athletic Director if there is any doubt as to whether a competition is permissible according to NCS and CIF by-laws. LUHSD schools, BVAL, NCS, and CIF do not sponsor summer league teams. Although participation is allowed, it is not officially or unofficially associated with the above-mentioned groups. The parent assumes full responsibility for medical expenses and any liability that may occur as a result of participation on a summer league team.

PARENT FUNDING:

Parents are not permitted to pay coaches in addition to their coaching stipends or underwrite teams. 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.

PLAYOFFS:

It is exciting when a varsity team makes the BVAL, NCS, Nor-Cal or CIF championship playoffs. Playoffs may extend the athlete's participation in the sport. The BVAL playoffs are held the week after the regular season of sport. The NCS

playoffs begin immediately after the BVAL playoffs. Check the BVAL and NCS websites for playoff brackets as well as date, time and location of playoff contests. Admission will be charged by BVAL or NCS for these events. Playoff seeding is determined by BVAL/NCS policy and/or seeding committees. Home field advantage is usually at the highest seed unless appropriate athletic facilities are unavailable. Time and place of playoff games is established by BVAL/NCS and is usually non-negotiable. North Coast Section playoff information is available at www.cifncs.org after post-season seeding has taken place.

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. Thus, playing time is determined by the discretion of the coach.

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.**

PRACTICE SCHEDULES ON NON-SCHOOL DAYS:

LUHSD 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.

PRESEASON PARENT MEETING:

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).**

SCHOOL ATTENDANCE:

In order to participate in an athletic contest, an athlete must have attended a minimum of two (2) block periods on the day of the contest (or on Friday for a Saturday contest). A school field trip is considered to be school attendance. This is a District policy which may be waived by the Principal in exceptional circumstances.

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 numerous times during a season. Students have the responsibility to contact their teacher in advance to coordinate make-up work. When proper protocols are followed and students contact teachers before leaving, teachers must allow students to make up missed work.

SOCIAL MEDIA AND NETWORKING:

Athletes and parents are expected to use social networking sites in a positive, sportsmanlike manner reflecting the values of their team, their school and the LUHSD. Assume nothing posted on social media will be private. Inappropriate posts relating to athletics – including, but not limited to, trash-talking/taunting, profanity, hazing, harassment or bullying – may be subject team and/or school discipline. It is against CIF rules to use social media to engage and/or influence any student not at your school to enroll at your school for athletic purposes. Only appropriate pictures should be posted, always with the permission of the subjects of the photographs. Pictures/videos should never be taken in the locker room. Social media is not a place to solve team problems.

SPORTSMANSHIP:

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.**

Coaches, parents and athletes are encouraged to view two sportsmanship videos:

[Sportsmanship](#) (a free on-line video course)

[Positive Sport Parenting](#) (a free on-line video course)

TEAM PARENTS:

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

TRANSPORTATION FOR ATHLETICS:

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.

LUHSD ATHLETIC COORDINATOR:

The district's athletic program shall be free from discrimination and discriminatory practices prohibited by state and federal law. The Superintendent or designee shall ensure that equivalent athletic opportunities are provided for males and females. The LUHSD Athletic Coordinator's responsibility is to support the District's athletic program and the athletic directors. Denise Rugani, the LUHSD Associate Superintendent, can be reached at 925-634-2166 or at ruganid@luhsd.net.

LUHSD ATHLETIC CODE OF CONDUCT:

Players will:

The conduct of an athlete is closely observed in many areas of his/her life, and it is important that his/her behavior be above reproach. An athlete is a leader, therefore he/she has certain responsibilities and obligations that must be kept upper most in his/her mind. It is the responsibility of the coach to see that the athlete is educated to these responsibilities and obligations.

An athlete:

- Is in complete command of him/herself at all times.
- Is respectful to all officials as they are assigned to conduct our contests fairly and to enforce rules and regulations.
- Is modest in victory and gracious in defeat.
- Controls his/her temper when things fail to go as desired.
- Knows that profanity and illegal tactics are signs of poor sportsmanship.
- Is aware of his/her responsibilities and does not cut practice.
- Shows proper respect to all visiting teams.
- Does not use alcohol, nicotine, narcotics or controlled substances.
- Does not use performance enhancing supplements or those perceived as such.

On /off campus, an athlete:

- Is ready to accept positive leadership.
- Is neat and well groomed.
- Conforms to sport-specific grooming guidelines or rules set by individual coaches.
- Does not use profanity or vulgarity.
- Is proud of his/her school and campus and does all he/she can to promote that feeling with other students.
- Works for the improvement of the school.
- Knows that hazing of students, fighting, provoking a fight, or any form of rowdy behavior is not in the best interest of the school spirit.
- Will not engage in irresponsible social media, including cyberbullying

In the classroom, an athlete:

- Meets the academic and citizenship standards of his/her school.
- Shows respect for teachers and fellow students.
- Maintains a good attendance record and realizes that athletics is only a part of his/her total education and not the sole purpose of his her/ being in school.
- Realizes that when he/she cuts classes or practice, he/she is putting him/herself above the welfare of the school and team.
- Notifies teachers when he/she has away trips or will be missing classes.

At athletic events, an athlete:

- Is the direct representative of the community, school, and team. He/she is their ambassador and displays proper conduct at all times.
- Dresses appropriately and in good taste when making trips.
- Does not place in jeopardy his/her chance, or the chances of the school, for attendance or competition at other schools by misconduct.
- Sees his/her teachers and makes up all work missed because of the athletic event.

Physical condition of the athlete – an athlete:

- Realizes that good physical education is absolutely necessary and is willing to abide by the training regulations.
- Must have a sound diet and sufficient amount of sleep.
- Knows that alcohol, nicotine, and narcotics are injurious to the human body and that the use of alcohol, nicotine, and narcotics are the same as undermining the team.
- Knows that drinking, smoking, or the use of drugs by an athlete lessens his/her team's chances of victory.

In regards to Social Media, an athlete:

- a. Be respectful of others' posts, even if you do not agree with them.
- b. Should refrain from negative comments, posts or messages.
- c. Should avoid questionable or compromising photos of self or others
- d. Should refrain from highly emotional content, like rants regarding personal situations or conflicts.

Coaches will:

- Be consistent, attempt to instruct in a positive manner and use appropriate language at all times.
- Not tolerate unsportsmanlike behavior actions by players, assistants or volunteer coaches.
- Place the safety and welfare of players as their highest priority.
- Allow no student to practice or play in competition without a completed Athletic Participation Clearance form.

Spectators will:

- Show cordial courtesy to visiting teams and officials.
- Emphasize the proper ideas of sportsmanship and conduct

NCS/BVAL 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.). If ejected due to fighting or throwing a punch, the player must complete the NFHS Sportsmanship Course and provide evidence of course completion to the league commissioner.
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).
6. A coach who is ejected from a game, for any reason, must meet with their athletic director and/or school administrator to review the sportsmanship guidelines. The coach must also complete the NFHS Sportsmanship Course and provide evidence of course completion to the league commissioner.

If a school incurs three or more ejections in the same sport at the same level (i.e. varsity boys soccer) during the season, the:

1. coach must meet with the athletic director and/or school administrator to review the sportsmanship guidelines;
2. Take the NFHS Sportsmanship Course and provide evidence of course completion to the league commissioner; and
3. Develop an action plan for the team regarding sportsmanship and submit the plan to the league commissioner.

If a school has another ejection during the season, the school will not be able to host a playoff game if their team qualifies for the NCS playoffs.

UNSPORTSMANLIKE ACTIONS:

In addition to the official's call, unsportsmanlike conduct will be dealt with by reprimand and counseling by the coach and/or appropriate other school officials. Actions of this nature may lead to benching or suspension or withdrawal of athletic privileges and school disciplinary intervention if the rules/policies are violated.

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:**

- Repeated berating, humiliating or taunting of our coaches, players or spectators.
- Repeated berating, humiliating or taunting of our opponent's coaches, players or spectators.
- Repeated berating and harassment of game officials.
- 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.**

ATHLETIC INELIGIBILITY DUE TO SCHOOL RULE VIOLATIONS INCLUDING ALCOHOL AND OTHER DRUG ABUSE (at school or school-related events):

Declaring an athlete suspended from Athletic Competition and Participation: The principal or designee and Athletic Director in conjunction with the coach may, for good cause, declare an athlete ineligible. Students and parents must agree to abide by CIF, school and team rules. Each individual coach sets team rules consequences.

a. Education Code: 48900s

A pupil shall not be suspended or expelled for any of the acts enumerated in this section, unless that act is related to school activity or school attendance occurring within a school under the jurisdiction of the superintendent of the school district or principal or occurring within any other school district. A pupil may be suspended or expelled for acts that are enumerated in this section and related to school activity or attendance that occur at any time, including, but not limited to, any of the following:

- (1) While on school grounds.
- (2) While going to or coming from school.
- (3) During the lunch period whether on or off the campus.
- (4) During, or while going to or coming from, a school-sponsored activity.

- 1) Any athlete apprehended by school personnel or police officers for consuming, having in his/her possession or being under the influence of alcoholic beverages of any kind on a Liberty Union High School District campus or at any school related activity- shall receive a twenty (20) school day activity suspension. A second offense will result in a forty (40) school day activity suspension. A third offense will result in the student being suspended from athletics for one calendar year from the date of the violation.
- 2) Any athlete apprehended by school personnel or police officers for using or having in his/her possession marijuana or other controlled substances on a Liberty Union High School District campus or at any school related activity shall receive twenty (20) school day activity suspension. A second offense will result in a forty (40) school day activity suspension. A third offense will result in student being suspended from athletics for one calendar year.
- 3) Any athlete apprehended by school personnel or police officers for using or having in his/her possession hallucinogenic or other illegal drugs on a Liberty Union High School District campus or at any school related activity shall be ineligible for regular team practice or competition for the rest of the school year.
- 4) Any athlete caught smoking, or using tobacco, e-cigarettes or vaping by a coach or other school personnel shall be counseled by the coach and referred (if offered) to a district smoking cessation program. If the athlete commits a second infraction, he/she shall be suspended from the team by the coach for one game, match, or meet. If caught for a third time, the athlete will be suspended from the team for twenty (20) school days.
- 5) Any student suspended for any other behavior under Ed Code 48900 a- t may result in being removed from the athletic team for up to 20 school days.

BVAL 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
- Entry after the end of the third quarter. 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

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 LUHSD Athletic Chain of Command. We ask that parents refrain from confronting coaches immediately after games or at practices. It is expected that team related concerns be addressed first with the coaches involved before proceeding to the Athletic Director.

No athlete should have consequences in practice, amount of playing time or other treatment due to expression of a concern about his/her athletic experience by either the athlete or a parent.

For team related concerns, parents and athletes are asked to follow these steps:

- Have the athlete speak to the coach. Sometimes the coach is unaware of the athlete's concerns or feelings.
- Arrange an appointment for the parent to speak with the coach. Coaches will respond as quickly as possible.
- If either parent or coach is not satisfied, call or write the Athletic Director.

For all other personnel concerns, parents will be asked to contact the Athletic Director.

PARENTAL NOTIFICATIONS

1. Any **discrimination complaint** arising out of an interscholastic athletic activity must be reported to the site athletic administrators and/or the Associate Superintendent for Human Resources who is the District's Title IX Coordinator.
2. **Athletes' Bill of Rights** pursuant to Education Code 271
 - (a) You have the right to fair and equitable treatment and you shall not be discriminated against based on your sex.
 - (b) You have the right to have an equitable opportunity to participate in all academic extracurricular activities, including athletics.
 - (c) You have the right to inquire of the athletic director of your school as to the athletic opportunities offered by the school.
 - (d) You have the right to apply for athletic scholarships.
 - (e) You have the right to receive equitable treatment and benefits in the provision of all of the following:
 - (1) Equipment and supplies.
 - (2) Scheduling of games and practices.
 - (3) Transportation and daily allowances.
 - (4) Access to tutoring.
 - (5) Coaching.
 - (6) Locker rooms.
 - (7) Practice and competitive facilities.
 - (8) Medical and training facilities and services.
 - (9) Publicity.
 - (f) You have the right to have access to a gender equity coordinator to answer questions regarding gender equity laws.
 - (g) You have the right to contact the State Department of Education and the CIF to access information on gender equity laws.
 - (h) You have the right to file a confidential discrimination complaint with the United States Office of Civil Rights or the State Department of Education if you believe you have been discriminated against or if you believe you have received unequal treatment on the basis of your sex.
 - (i) You have the right to pursue civil remedies if you have been discriminated against.
 - (j) You have the right to be protected against retaliation if you file a discrimination complaint.
3. **Athletic Risk:** The following statements are contained in the Athletic Participation Form signed by parents and students:
 - (a) 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: Sprains/strains, Concussions, Paralysis, Communicable diseases, Fractured bones, Head and/or back injury, Loss of eyesight, Death
 - (b) I understand and acknowledge that participation in these activities is completely voluntary and is not required by the District.
 - (c) 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.
 - (d) 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.
 - (e) 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.
4. **Insurance protection** (Education Code 32221.5): STUDENTS PARTICIPATING IN INTERSCHOLASTIC SPORTS ARE REQUIRED BY STATE LAW TO HAVE MEDICAL INSURANCE. Student Accident and Health Care Insurance plans are especially recommended for students with no other insurance since they provide the most help

when injuries occur. Student Health Care covers illness as well as injury, 24 hours a day. All plans are available on a "24-Hour", "School Time", and "Tackle Football Only" basis. If your student has other health coverage, student insurance may also be used to help pay those charges not covered by other insurance. Brochures distributed at the beginning of each school year and are available through the athletic director. Keep the brochure in a safe place in case your child gets hurt. If you have any questions, please call the plan administrator, Myers-Stevens, Toohey and Co., Inc., at 1(800) 827-4695. Bilingual representatives are available for parents who need assistance in Spanish.

5. **Parental permission** for the student to participate in the program and, if appropriate, be transported by the district to and from competitions is granted in the Athletic Participation Form.
6. **Conduct:** The Governing Board's expectation that students adhere strictly to all safety rules, regulations, and instructions, as well as rules and guidelines related to conduct and sportsmanship.
7. **Performance enhancing drugs:** Athletes and parents sign a statement that the student will not use steroids or dietary supplements banned by the U.S. Anti-Doping Agency on the Athletic Participation Form.

CONCUSSION: A Fact Sheet for Parents/Guardians and Coaches

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 TOO SOON?

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

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 [CIF: Concussions](#) & [CDC: Concussions](#).

CONCUSSION: A Fact Sheet for Student-Athletes

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

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

HOW CAN I PREVENT A CONCUSSION?

Basic steps you can take to protect yourself from concussion:

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

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

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

- Amnesia.
- Confusion
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.
- Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing 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 [CIF: Concussions](#) & [CDC: Concussions](#)

SUDDEN CARDIAC ARREST (SCA) IN STUDENT ATHLETES

What Is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) is not a heart attack. It's an abnormality in the heart's electrical system that abruptly stops the heartbeat. It's caused by an undetected congenital or genetic heart condition.

First Symptom May Be Death

Possible Warning Signs: Unexplained fainting, shortness of breath, lightheadedness, chest pain, heart palpitations, family history of SCA or unexplained sudden death under the age of 50.

1 Youth Athlete Dies Every 3 Days in the United States

SCA is 60% more likely to occur during exercise or sports activity, so athletes are at greater risk. SCA is also the leading cause of death on school campuses.

Time Critical

If not properly treated within minutes, SCA is fatal in 92% of cases.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- fainting (#1 symptom of a potential heart condition)
- chest pain
- shortness of breath
- racing or fluttering of heartbeat (palpitation)
- dizziness or lightheadedness
- extreme fatigue (tiredness)

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

How are student-athletes being protected?

California passed the Eric Paredes Sudden Cardiac Arrest Prevention Act in 2016 to protect students participating in school-sponsored athletic activities. New policy adds SCA training to coach certification and new protocol that empowers coaches to remove from play a student who exhibits fainting, and potentially for other conditions if they are believed to be cardiac related. Student athletes must be evaluated and cleared by a physician, surgeon, nurse practitioner or physician's assistant to return to play. Student athletes and parents/guardians review and sign an SCA Information sheet as part of their annual sports packet.

Resources

NFHS Sudden Cardiac Arrest Course (Free)

[SCA Flyer](#) / [SCA Flyer \(Spanish\)](#)

[SCA Fact Sheet](#) / [SCA Fact Sheet \(Spanish\)](#)

[SCA Risks and Symptoms](#)

[Cardiac Chain of Survival](#)

[Parent/Athlete Team Meeting Handout](#) / [Parent/Athlete Team Meeting Handout \(Spanish\)](#)

[SCA Parent/Student Review Form](#) / [SCA Parent/Student Review Form \(Spanish\)](#)

[SCA Warning Signs and Symptoms Poster](#)

[Cardiac Chain of Survival Poster](#)

[A Parents Guide to Sudden Cardiac Arrest \(Video\)](#)

[Video for Parent/Athlete Seasonal Team Meeting](#)

[Cardiac Chain of Survival Video](#)

[Eric Paredes Save a Life Foundation](#)

HEAT INDEX:

Activity should be altered and / or eliminated based on the Heat Index as follows:

<p>Under 95 degrees Heat Index “Green Flag”</p>	<p><u>*All Sports</u></p> <ul style="list-style-type: none"> • Provide ample amounts of water. This means that water should always be available at regular intervals and athletes should be able to take in as much water as they desire. • Optional water breaks approximately every 30 – 45 minutes for approximately 10 minutes duration. • Ice-down towels for cooling • Watch / monitor athletes carefully for necessary action.
<p>95 degrees to 99 degrees Heat Index “Yellow Flag”</p>	<p><u>*All Sports</u></p> <ul style="list-style-type: none"> • Provide ample amounts of water. This means that water should always be available at regular intervals and athletes should be able to take in as much water as they desire. • Optional water breaks approximately every 30 – 45 minutes for approximately 10 minutes duration. • Ice-down towels for cooling • Watch / monitor athletes carefully for necessary action. <p><u>*Contact Sports</u></p> <ul style="list-style-type: none"> • Helmets and other possible equipment removed if not involved in contact or necessary for safety. • Reduce time of outside activity. RECOMMENDATION: Practice should not exceed 2 ½ hours. Consider moving practice to morning or later in the day. • Re-check temperature and heat index approximately every 30 minutes to monitor for increased risks.
<p>100 degrees to 105 degrees Heat Index “Red Flag”</p>	<p><u>*All Sports</u></p> <ul style="list-style-type: none"> • Provide ample amounts of water. This means that water should always be available at regular intervals and athletes should be able to take in as much water as they desire. • Optional water breaks approximately every 30 – 45 minutes for approximately 10 minutes duration. • Ice-down towels for cooling • Watch / monitor athletes carefully for necessary action. • Alter uniforms by removing items where feasible. • Allow for changes to dry T-shirts and shorts. • Reduce time of outside activity as well as indoor activity if air conditioning is not available. • RECOMMENDATION: Practice length should be 2 hours or less. Consider moving practice to morning or later in the day. Limited conditions. <p><u>*Contact Sports and Activities with Additional Equipment</u></p> <ul style="list-style-type: none"> • Helmets and other possible equipment removed if not involved in contact or necessary for safety. RECOMMENDATION: Football wears helmets, t-shirts and shorts. • Re-check temperature and heat index approximately every 30 minutes for increased risks.
<p>Above 105 degrees Heat Index “Black Flag”</p>	<p><u>*All Sports</u></p> <ul style="list-style-type: none"> • Stop all outside activity in practice and / or play and stop all inside activity if air conditioning is unavailable.