

# **Vista Unified School District**



## **Student-Athlete & Parent Athletic Handbook**

**Athletics Department**

## **ATHLETIC CLEARANCE**

Athletic clearance is required each year, even for returning athletes. All athletic clearance paperwork must be submitted for a student-athlete to receive clearance to participate. Athletes will not be permitted to attend tryouts and or practices until they have been cleared by the athletic department at your school.

To start the athletic clearance process log on to your school's website or access the clearance packet below for your school of enrollment.

### **Athletic Clearance Packet**

- Must be completed, submitted and approved by the school's Athletic Director prior to any participation in try-outs, practice or contests.

### Athletic Clearance Due Date

Fall Sports: 2 Weeks before the start of your season

Winter Sports: 2 Weeks before the start of your season

Spring Sports: 2 Weeks before the start of your season

### Forms Required:

- VUSD Physical Form (signed, stamped, and dated by a MD, DO, PA, NP)
  - Physicals are valid for 1 calendar year and must be valid through the entire season of play to be accepted.
- Signed CIF Ethics in Sports Form (Home Campus)
- Proof of Insurance (Home Campus)
- Signed confirmation of Athlete Handbook (Home Campus)

More information and links to the required forms can be found on your school's athletic webpage under the "Athletics" tab. All schools reserve the right to ask for additional forms as required by CIF and/or VUSD.

## **VISTA UNIFIED SCHOOL DISTRICT ATHLETICS VISION, VALUES AND PURPOSE**

Athletic competition is an integral part of the high school experience. The three Vista Unified School District high schools and CIF are uniquely positioned to foster student growth in values and ethics. All VUSD high schools are members of the San Diego Section of the California Interscholastic Federation (CIFSDS). CIF's operating principles of "Pursuing Victory with Honor," provides the opportunity to dramatically influence the actions of the athletic community.

The Vista Unified School District is committed to providing students with access to high quality athletic programs to support their academic, social, and emotional development. The District's Athletic Council has developed a comprehensive athletics plan to ensure program implementation in alignment with Title IX across our high schools. The plan outlines the vision for athletics, values, safety procedures, and professional development for staff. The plan focuses on communication to all stakeholders and provides systems for equitable allocation of resources to support all girls and boys sports and athletic programs.

### **The Vista Unified School District Athletics Department Vision for Athletics**

The vision for athletics seeks to promote the Vista Unified School District's values of equity, collaboration, trust, kindness, and respect, providing students with meaningful experiences through education-based athletics. In this vision, we want to create the conditions where our student-athletes and adults are supported, challenged, and inspired to grow academically, athletically, socially and emotionally.

The Vista Unified School District is committed to developing character, camaraderie, and excellence through education-based athletics.

- Character
  - Respect
  - Sportsmanship
- Camaraderie
  - Relationships
  - Trust
- Excellence
  - [Growth Mindset](#)
  - [Pursuing Victory with Honor](#)

### **The Vista Unified School District Athletics Department Values for Athletics**

The values embedded in our vision for athletics are important to success on and off the field of play. They describe what student-athletes will know, be, and be able to do, in order to thrive in their lives and careers.

## Values

### Character

- Student-athletes demonstrate respect to the game, coaches, teammates, opponents, spectators and officials.
- Student-athletes demonstrate sportsmanship through a positive attitude, best effort, fair play, and respecting opponents in victory and defeat.

### Camaraderie

- Student-athletes develop mutual trust to foster team spirit in pursuit of a common goal.
- Student-athletes build positive relationships that are trustworthy, honest, and committed to collaboration with teammates, coaches, teachers, parents and the community.

### Excellence

- Student-athletes develop a [growth mindset](#) for continuous improvement both athletically and academically.
- Student-athletes [pursue victory with honor](#) to promote high standards of sportsmanlike and ethical behavior in athletic competition and in life.

## EXPECTATIONS AND RESPONSIBILITIES

### Student- athlete responsibilities:

#### 1. Attendance

- a. Be at all practices and games.
- b. Be on time.

#### 2. Attitude

- a. Put the team before yourself.
- b. Come prepared to be part of a team.
- c. Do whatever it takes to help the team.
- d. Come prepared to do your best. This includes proper nutrition, sleep and taking care of any injuries or illness.

#### 3. Respectful Communication

- a. Communicate any problems or important issues with your coach.
- b. If you don't understand something, ask your coach for further clarification.
- c. Social media, dishonorable conduct that violates VUSD or your high school of enrollment's policies will result in disciplinary action. This includes but not limited to racial, ethnic, sexual orientation/sexual nature, hazing, sexual harassment, bullying inappropriate behavior, Ed. Code violations. religious, and physical disabilities.

#### 4. Sportsmanship

- a. Act at all times as a representative of the VUSD community.
- b. Respect your teammates, opponents, coaches, officials, equipment, and any other aspects that your athletic endeavors may include.

## **Parent responsibilities:**

### **1. Attendance**

- a. Please schedule vacations, appointments, etc. as to not interfere with practices or games. Programs may vary on what's considered an "excused absence", even when a parent holds their athlete out.
- b. Encourage your student athlete to be on time to all athletic functions.

### **2. Attitude**

- a. Help your student-athlete to know and understand both school and team rules.
- b. Help your student-athlete to understand the team concept by explaining and supporting their role on the team.
- c. Help your student-athlete to come prepared to do their best by encouraging them to be physically and mentally prepared. This includes proper nutrition, sleep and care of any injuries or illness.
- d. Help your student-athlete to understand that the team comes before the individual. Sometimes you must sacrifice individual success for team success.

### **3. Respectful Communication**

- a. Use the system of communication set up by the Vista Athletic Department.
- b. Encourage your student athlete to communicate with their coach.
- c. Follow the VUSD High School Expectation chain of command.

### **4. Sportsmanship**

- a. Act at all times as a representative of the VUSD community.
- b. Be a positive example for all VUSD community members to follow by showing respect and acting in a positive manner in regards to all student athletes, coaches, and officials.

## **Coach responsibilities:**

### **1. Attendance**

- a. Provide schedules of all practices and games.
- b. Communicate any changes in schedule.
- c. Be on time.

### **2. Attitude**

- a. Come prepared for all practices and games.
- b. Encourage student athletes to always do their best.
- c. Apply all school and team rules to all athletes equally.
- d. Act in a professional manner at all times.

### **3. Respectful Communication**

- a. Philosophy of coach.
- b. Expectations of both athletes and team as a whole.

- c. Location and times of all practices and games.
- d. Communicate all CIF, District, MVHS or RBVHS or VHS , and Team rules to athletes and parents clearly.
- e. Communicate to individual athletes their role on the team.
- f. Return parent phone calls and other communication in a timely manner.

#### **4. Sportsmanship**

- a. Act at all times as a representative of the VUSD community.
- b. Be a positive example for all student athletes to follow by showing respect and acting in a positive manner in regards to all student athletes, parents, other coaches, and officials at all times.

### **EXPECTATIONS AND GRIEVANCES**

Both parenting and coaching are extremely challenging in today's world. We must realize that at the core, coaches and parents have the same goal—to see that each student-athlete has a positive experience and has an opportunity to become a well-rounded individual. By working together we can help our student-athletes reach their full potential. In an effort to promote civil discourse, a waiting period of 24 to 48 hours may be invoked before discussing appropriate concerns with the athletic coach.

#### **COMMUNICATION ATHLETES/PARENTS CAN EXPECT FROM COACHES**

- Philosophy of the coach.
- Team goals for the season.
- Expectation of individual athletes and the team.
- Location, dates, and times of all practices and games.
- NFHS, CIF, Conference, VUSD, and school rules.
- Modes of transportation.
- Athletes' role on the team.

#### **COMMUNICATION COACHES CAN EXPECT FROM PARENTS**

- Concerns expressed directly to coaches, chain of command will be enforced.
- Specific questions about philosophy or expectations.
- Notification of any injuries or illness.
- Any absences prior to practices or games.

#### **APPROPRIATE CONCERNS TO DISCUSS**

- Treatment of your child (mentally or physically).
- Ways to help your child improve.
- Concerns about your child's behavior/academic problems.

## INAPPROPRIATE CONCERNS TO DISCUSS

- Playing time
- Game strategy
- Another athlete

It can be very difficult to accept when your athlete is not playing as much as you may have hoped. Coaches make decisions based upon what they believe to be in the best interest of the team. The coach must take into account all members of the team, not just one individual. As noted in the above lists, certain concerns should be discussed with the coach. Other decisions like the examples on the list of, “Inappropriate Concerns” must be left to the discretion of the coach.

## COMMUNICATION CHAIN OF COMMAND

### **If you have a concern to discuss with the coach, please follow this procedure:**

- Contact the coach and set up an appointment directly with him/her.
- Please do not attempt to confront a coach before or after a contest. This can be an emotional time for both the parent and the coach. Confrontations of this nature do not promote positive resolutions.

### **If a satisfactory resolution between parent and coach does not take place after the initial communication:**

- Contact the Athletic Director
- The Athletic Director will set up a meeting with the parent, athlete, and coach.
- The Athletic Director will attempt to mediate a resolution.

It is our intention to do our best in resolving any situations between athletes, parents, and coaches at its lowest level. For this to happen, all of the parties involved must be willing to work together to find the best possible solution.

## ATHLETIC PROGRAM

Vista Unified high schools are a member of the California Interscholastic Federation, San Diego Section (CIFSDS) and compete in the North County Conference (NCC). The Conference consists of the following schools:

Canyon Crest Academy	Carlsbad	Del Norte	El Camino	Escondido
Fallbrook	La Costa Canyon	Mission Hills	Mission Vista	Mt Carmel

Oceanside	Poway	Ramona	Rancho Buena Vista	Rancho Bernardo
San Dieguito Academy	Sage Creek	San Marcos	San Pasqual	Torrey Pines
Valley Center	Vista	Westview		

The athletic program is bound by the Constitution, By-Laws and rules of the California Interscholastic Federation, and by the Constitution and rules of the North County Conference. Our own school/district may also have policies and rules with which we must comply that could be more stringent than those of CIF or the North County Conference. Please contact your high school's Athletic Director for a list of the sports being offered in the athletic program.

## **PARTICIPATION**

### **A. CIF Requirements**

Vista Unified will uniformly meet the standards of eligibility as stated by the Constitution and By-Laws of the California Interscholastic Federation – San Diego Section (CIF Green Book).

Some requirements are:

1. If an athlete attains his/her 19th birthday prior to June 15th of the current year, shall not be allowed to participate or practice on any CIF team.
2. If an athlete is in his/her fifth year of high school, he/she cannot participate in interscholastic athletics. A student who enters the ninth grade of any school following the student's completion of the eighth grade in any school may be eligible for athletic competition during a maximum period of time that is not to exceed eight consecutive semesters following the initial enrollment in the ninth grade of any school. Said eligibility must be used during the student's first eight consecutive semesters of enrollment at that school or any other school. The students' attendance area is the one in which his/her parent(s) or legal guardian(s) reside full time. The attendance area originally established when the student enters Vista Unified School District remains the student's attendance area as long as one or both parents or legal guardians reside in that attendance area.
3. Students will be considered for attendance in high schools other than their school of residence on a space-available basis. Any student who attends a high school other than the school of the students' attendance area, for whatever reason, shall be ineligible for athletics for one calendar year from the date of enrollment.
4. Student Athletes must attend and be passing at least two classes to be eligible for athletic participation. Further, student athletes must pass at least 2/3 of their classes for each grading period. If you're taking two classes, then you must pass both classes. If you're taking three classes, then you must pass at least two of the courses. If you're taking four classes, then you must pass at least three of the courses. (Incompletes are counted as F's until they are changed to a letter grade. Passing means "D" grades and better).
5. An athlete cannot compete on any "outside" team in that sport from the date of the first scrimmage until the season is over (with the exception of swimming and gymnastics, who may continue to compete unattached and practice with their teams).
6. Participation in school athletics takes precedence over all other outside athletic



- activities. This includes club teams.
7. An athlete cannot be a member, a pledge, or attend meetings of a secret fraternity or club and still be eligible for a Vista Unified team.
  8. An athlete cannot try out for a professional or collegiate team from September 15 to June 25 each year.
  9. Seniors must participate at the varsity level.
  10. Transfer Students: Must have written approval from the CIF San Diego Section. Transfer paperwork is available from the high school Athletic Director.
  11. Foreign students must be in a CIF approved exchange program and have written approval from the CIF San Diego Section. Foreign Exchange paperwork is available from the Carlsbad Athletic Director.

## **B. Vista Unified Rules of Eligibility**

### **1. Athletic Clearance**

Athletic Clearance packets are available from your athletic director or from your high school of enrollment's website (MVHS, RBVHS, VHS). Athletes will not be allowed to participate in practices or contests until the clearance packet is on file with the Athletic Department:

- a. Physical form signed by a practicing physician stating that the athlete has passed a physical examination. Physicals are valid for one calendar year and must be valid for the entire season of play to be accepted.
- b. Proof of insurance coverage. Athletes must be covered by health/medical insurance.
- c. Signed written parental consent to participate.
- d. Signed CIF Ethics in Sports Form.

### **2. Scholastic Requirement:**

- a. During each grading period, students must attain a 2.0 grade point average in all enrolled courses on a 4.0 scale.
- b. Students must pass at least 20 credits of work during the term to be eligible. If taking three classes, must be passing two of the classes during the term. If taking four classes, must be passing at least three classes. If taking five classes, must be passing at least four classes.
- c. Changes in athletic eligibility become effective the day after school-wide distribution of grades. The grades that will be counted for eligibility are six-week and end-of-semester or trimester grades.

#### *Probation criteria:*

- d. If students do not attain a 2.0 grade point average in the previous grading period, they will be placed on probation for the following grading period. However, a student may only be placed on probation once during their freshman year and once during the subsequent three years.
- e. If students do not bring their grades up to a 2.0 grade point average at the end of the probationary period, they will be ineligible to participate for the following grading period.
- f. Progress Toward Graduation: At the high school level, normal progress toward graduation will be defined as follows: The student has earned 20 credits the previous term or has earned an average of 20 credits for each term enrolled.

- g. All CIF eligibility rules still apply.

## **ATHLETIC DISCIPLINE**

Athletes are governed by District Policy, CIF Regulations, school rules, and the Athletic Handbook. Any violation of the following acts outside of school functions, during the sport season of your participation, will be grounds for immediate dismissal from participation for the remainder of the season (fall, winter, spring) or a minimum of four weeks - which will carry over into the next season of sport.

A. Possessing, using, having consumed, or being under the influence of alcohol, narcotics, dangerous drugs, other controlled substances, or intoxicants of any kind, including anabolic steroids at a school, or a school related function will result in application of District Sanctions (see Discipline Section).

B. Any violation of the following acts outside of school functions during the sport season of your participation will be grounds for immediate dismissal from participation for the remainder of the season (Fall, Winter, Spring) or a minimum of four weeks – which will carry over into the next season of sport. They are:

1. Possessing, using, having consumed, or being under the influence of alcohol, narcotics, dangerous drugs, other controlled substances or intoxicants of any kind, including anabolic steroids.
2. Offering, arranging or negotiating to sell any drug paraphernalia as defined in the Health and Safety Code.
3. Transferring, selling, distributing, offering, arranging or negotiating to sell, or possessing quantities sufficient to suggest the intent to purvey, give or sell to other students, substances which are, or purported to be, alcohol, or narcotics of any kind.
  - a. In addition the athlete will remain on probation for one calendar year from the date of the offense.
  - b. An additional incident involving alcohol or drugs, including anabolic steroids or performance enhancing drugs (PED's), within that year of probation, will result in a full year suspension.
4. Vista Unified and its high schools require that students participating in athletic activities conduct themselves appropriately at all times while in public. Any public behavior at any time during a season of sport that is in conflict with VUSD or school policies or codes of law enforcement is subject to team participation sanctions. These sanctions may range from a short term suspension to removal from the team at the discretion of the Principal, Athletic Director and Head Coach.
5. These rules will apply 24 hours a day, seven days a week for all athletes all year.

C. Any use of tobacco in any form during the season will result in a five-day suspension from athletics. These five days will carry over into the next season of sport if the incident occurs near the end of the season. A second offense will result in a one-month suspension.

D. Athletes who are absent from school all day will not be allowed to practice that day after school.

E. An athlete must attend 2/3 of their classes on the day of a contest in order to practice or play in any athletic contest at any level. An exception may be granted if the Principal or

Athletic Director is informed prior to the day of the contest.

F. Athletes will not be allowed to compete or practice on days in which they have been home suspended.

G. An athlete will not be allowed to participate on another team during the same season if they quit a team without permission from the Athletic Director.

H. Multiple Sports – athletes may compete in more than one sport in the same season, i.e. baseball, track, but only with the consent of both coaches.

I. Athletes are not allowed in the locker room or team room unless a coach or locker room supervisor is present. A written warning will be provided to the athlete, parent, and coach informing all parties involved that a second offense will result in a three-day suspension from the participation in athletic activities.

J. Students wishing to appeal disciplinary decisions should contact the Principal or Athletic Director for information on specific procedures.

### **PRACTICE RULES**

A. Athletes are expected to be on time. Coaches will impose an appropriate penalty of tardiness.

B. If an athlete is absent from school, he/she must leave a message for their coach by contacting the coach.

C. If an athlete has attended school, he/she may not miss practice unless cleared by the coach to do so.

D. If an athlete is absent from school, he/she may not practice.

### **CIF - ETHICS IN SPORTS**

#### **A. Policy Statement**

The California Interscholastic Federation- San Diego Section (CIF- SDS) is committed to the exhibition of sportsmanlike and ethical behaviors in and around all athletic contests played under its sanction. Citizenship, integrity, and fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials and spectators. Behavior by all involved at all times should manifest the highest standards of conduct.

It is the intent of the CIF-SDS Board of Managers that poor sportsmanship, unethical behavior, and violence in any form, will not be tolerated in athletic contests (or practices) under the jurisdiction of this Board. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.

Coaches are expected to assume responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life.

It will be the school Principal who assumes responsibility for enforcement of the rules and regulations and to demand high standards of conduct from coaches, athletes, parents, and spectators.

The CIF-SDS Board of Managers requires that the following Code of Ethics be issued and signed by each student athlete, coach, and officials' association as a guide to govern their behavior. Penalties for failure to sign a copy of this policy are as follows: - Athlete – Ineligibility for CIF- San Diego Section Athletics - Coach – Restricted from coaching in CIF- San Diego Section contests. - Officials Associations – Not approved to officiate in the CIF-San Diego Section.

#### B. CIF Ethics in Sports Policy

1. Be courteous at all times with school officials, opponents, game officials, and fans.
2. Exercise self-control.
3. Be familiar with all rules of the contest.
4. Show respect to players, officials, and other coaches.
5. Refrain from the use of foul and abusive language.
6. Respect the integrity and judgment of the game officials.
7. Do not use illegal and non-prescription drugs, anabolic steroids or any substance to increase physical development of performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or the American Medical Association.
8. Win with character, lose with dignity.

### **CIF EJECTION POLICY**

#### EJECTION POLICY:

Any athlete, parent, coach or fan who is ejected from a contest by a game official, school administrator or athletic director, is subject to immediate disqualification from the remainder of that contest and is ineligible for a minimum of the team's next contest. The next contest may not be a forfeited, postponed or canceled game. If it is determined by the CIFSDS office that the ejection warrants a one game suspension (current game plus next contest), the athlete, parent, coach or fan must attend a post-ejection meeting with designated administrative staff at their respective high school. A postejection report must then be submitted by the high school to the CIFSDS office.

Note: A one game suspension(s) may not be appealed.

Note: It is the responsibility of the coach to make sure that an ineligible athlete is not allowed to continue to compete following an ejection. However, the principal and athletic director shall make certain these policies are followed. A school may determine that a greater penalty than what is herein contained may be appropriate and retains the right to be more restrictive in applying penalties than this policy outlines. The lack of receipt of the official incident report does not invalidate the ejection.

#### Gross Unsportsmanlike Conduct Ejection:

A student, coach, parent or spectator who, prior to, during or following an interscholastic athletic contest commits an act of malicious nature toward a contest official, opponent or any person

present, shall be guilty of gross unsportsmanlike conduct. Such acts shall include but not be limited to, maliciously cursing at, striking or threatening an official; physical contact with an opponent that is beyond the normal scope of competition and which appears to be with the intent of inflicting bodily harm on the opponent; spitting on or at a contest official or opponent; directing ethnic, racial or gender slurs toward a contest official or opponent; or other such acts that may be deemed “grossly” unacceptable conduct by the game official.

Any person ejected for an act of gross unsportsmanlike conduct will be subject to the following penalty: In all sports, with the exception of football, the penalty will be ejection from that contest and a 3 or 6 game/match suspension; In the sport of football, the penalty will be ejection from that contest and a 3 game suspension. A school principal or designee may appeal a gross unsportsmanlike ejection to the CIF- San Diego Section Commissioner or designee if the school believes that the student, coach, parent or fan was ejected due to an error in identification or does not believe the ejected person was ejected as a result of flagrant misconduct or unsportsmanlike behavior. The CIF-San Diego Section Commissioner or designee shall review the case and make a final determination.

- The penalty may be appealed to the CIFSDS Commissioner; the Commissioner’s decision is final.
- The established CIFSDS appeal procedure will be provided on the Notice of Ejection sent to the school principal or designee and will be adhered to.
- Any person ejected for gross unsportsmanlike conduct violation is required to meet with a CIFSD official before returning to play.
- Ejected athletes may practice with their team and attend contests, but not in game uniform, during the period of suspension. (Approved June 3, 2008, Board of Managers).
- Any athlete or coach ejected for a 2nd time in the same season will be ineligible for competition for the remainder of the season. Any parent or spectator ejected for a 2nd time in the same season will be prohibited from competitions for the remainder of the season. A Principal may appeal the penalty for a 2nd ejection, in writing to the CIFSDS Commissioner, within 48 hours of the ejection.

## **VISTA UNIFIED SCHOOL DISTRICT ATHLETIC POLICY AGAINST HAZING**

The Vista Unified School District strives to maintain a healthy athletic program in which all students feel safe, welcome and proud of the school and the athletic programs they represent. Hazing of any kind is not allowed on this campus and in the athletic program. This includes mental, verbal and physical acts. As a member of the athletic program athletes have a duty to report acts of hazing that are witnessed to a coach or administrator on campus. Athletes must uphold this District policy and any violation will result in the immediate suspension from athletics and further disciplinary action as outlined in District policy and procedures.

## **EQUIPMENT AND UNIFORMS**

- A. Athletes should treat all equipment as though it was their own personal property. They must NOT abuse it. They must NOT trade equipment with another athlete without first checking the equipment into the head coach or designated equipment person, and then having it reissued. Be sure the changes are made on the equipment documentation form as well.
- B. When players lose uniforms or equipment, they may not take part in any other sport until it is found and returned, or paid in full.
- C. Athletes are financially responsible for all equipment checked out to them.

**NO ATHLETE:**

- 1. Will be cleared from school until he/she is clear on equipment.
  - 2. Will receive credit on items turned in if they are not the items that had been checked out to him/her.
  - 3. Will receive any awards, trophies or letters until he/she is clear in all areas.
  - 4. Will allow friends to borrow their equipment.
- D. Athletes will not share their team locker unless assigned to do so.
  - E. All gear will be turned in immediately after the last contest.
  - F. Uniforms are not to be worn around school or after school except for game purposes to communicate team unity.

## **TRANSPORTATION**

All student-athletes will travel to away contests by way of VUSD authorized vehicles only (buses, vans), unless no such transportation is provided. If for some special reason a student-athlete's parent or guardian wishes to drive the athlete from an away contest, the parent or guardian must complete this [release form](#), which can also be obtained from the athletic director. The form must be submitted to the athletic director 48 hours prior to the contest.

If no such transportation is provided, the student-athlete will be responsible for their own transportation to and from the event. No student-athlete is allowed to drive themselves to any contest anywhere without prior approval by the head coach and athletic director. Private vehicles driven by parents may be used when transportation is not provided by the district. [The Private Vehicle Transportation Form](#) must be completed and submitted to the head coach prior to traveling to any contests. Note: Traveling to CIF contests do not require a signed Parent Permission for School Field Trip Form to be submitted.

## **RISK OF INJURY**

**AWARENESS OF RISK STUDENT AND PARENT** - I am aware that playing/practicing sports can be a dangerous activity involving many risks of injury. I understand that the risks of participation include, but are not limited to, death, serious neck and spinal cord injuries that may result in complete or partial paralysis, brain damage, serious internal injury to virtually any internal organs, bones, joints, muscles, tendons, or any other aspect of the skeletal system, and serious injury or impairment to other aspects of my body, general health and well being. I understand that the risks of participation may result not only in serious injury, but in impairment of my future ability to earn a living, to engage in other business, social and recreational activities, and generally to enjoy a good life. Because of the dangers of participation in sports, I recognize the importance of following coaches' instructions regarding playing techniques, training, equipment and other team rules, etc. both in competition and practice and agree to obey such instructions.

## **AWARDS**

#### A. Letters and Certificate Awards

1. All letter awards in athletics should be earned. Letter awards can only be earned by participation in varsity contests. In order for a player to letter, minimum standards and requirements must be met as established by each coach. Such standards will be communicated to athletes and parents. In order to receive a varsity letter, an athlete must complete the season, including playoffs. In addition, the head coach will establish criteria according to the sport.
2. A letter and certificate shall be awarded to each athlete, by the school, the first time it is earned in a sport. Each subsequent year, a sport emblem and certificate will be awarded.
3. There shall be a certificate awarded to any athlete for participating on freshman or junior varsity teams but not a letter.
4. At the completion of the season, all equipment must be returned and bills paid before any award is given to an athlete.

#### B. CIF Awards

1. CIF championship medals or emblems (patches) will be awarded to all athletes of a team who have won the CIF team championship of that sport providing the athlete has also earned a letter award in the sport for the same year.
2. A CIF pin or patch will be awarded to those athletes in a CIF championship individual sport providing the athlete participated in the CIF preliminaries or finals of the individual sport.
3. Awards may be presented at the appropriate end of season program for each sport with the coach having the prerogative to award them at his/her discretion.

### **NEW SPORT REQUEST FORM**

The Vista Unified School District is committed to providing education-based athletics to develop character, camaraderie and excellence and support student interests. Please fill out this form to propose a new sport for your campus. The District will evaluate requests to ensure the sport has secured verifiable interest from prospective participants, appropriate facility usage availability, and adheres to the Vista Unified School District Code of Conduct and Values for athletes. Please feel free to include any information that will assist the District in this evaluation. Please fill out the form below for the school you are enrolled in or that your child is enrolled in this school year.

[Rancho Buena Vista High School Sport Request Form](#)

[Vista High School Sport Request Form](#)

[Mission Vista High School Sport Request Form](#)

## VISTA UNIFIED ATHLETIC HANDBOOK GUIDELINES AGREEMENT

I have read and agree to abide by the guidelines/policies in the Vista Unified School District Athletic Handbook and CIFSDS Code of Ethics herein. By signing below, I acknowledge that it is my responsibility to know and understand these rules.

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Student-Athlete Signature

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Student-Athlete Printed Name

---

Parent/Guardian Signature

---

Parent/Guardian Printed Name

---

Date

---

Sport(s)





CIF-San Diego Section  
3636 Camino Del Rio, North #200  
San Diego, CA 92108  
Phone 858-292-8165  
Fax 858-292-1375  
www.cifsd.org

**ETHICS IN SPORTS (ATHLETE-PARENT/GUARDIAN/CAREGIVER) – 2020-2021**  
(Revised 3/09)

**I. POLICY STATEMENT**

- It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior in and around athletic contests played under its sanction and, in life, in general. Citizenship, Integrity, and Fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators, and behavior by all involved at all times should manifest the highest standards of conduct.
- It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.
- Coaches assume the responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life, in season and out of season.
- It is the school principal's responsibility to enforce all CIFSDS rules and regulations and to demand high standards of conduct from coaches, athletes, parents/guardians, and spectators. The principal shall demand strict adherence to all the CIF State and CIFSDS rules, regulations, and procedures.
- **Participation in interscholastic athletics and section playoffs is a privilege.**
- The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, parent, coach, and officials' association. Penalties for failure to submit a signed Code of Ethics are:

1. Athlete	Ineligibility for participation in CIF-San Diego Section athletics
2. Coach	Restricted from coaching in CIF-San Diego Section contests
3. Officials Association	Not approved to officiate in the CIF-San Diego Section
4. Parent	Prohibition/Removal from attendance at CIF or CIFSDS event
- **Failure to abide by the standards of behavior as agreed will result in a penalty up to and including disqualification to participate.**

**II. CODE OF ETHICS FOR STUDENT-ATHLETE, PARENT/GUARDIAN/CAREGIVER, COACH, CONTEST OFFICIAL**

- A. Comply with the six pillars and 16 Principles of the Pursuing Victory with Honor program (on reverse side).
- B. Be courteous at all times with school officials, opponents, game officials, and spectators.
- C. Exercise self-control.
- D. Know all rules of the contest, of CIF State, and the CIFSDS and agree to follow the rules.
- E. Show respect for self, players, officials, coaches, and spectators.
- F. Refrain from the use of foul and/or abusive language at all times.
- G. Respect the integrity and judgment of game officials.
- H. An athletic director, sports coach, school official or employee or booster club/sport group member may not provide any muscle-building nutritional supplements to student-athletes at any time. A school may only accept an advertisement, sponsor, or donation from a supplement manufacturer that offers only non-muscle building nutritional supplements. A school may not accept an advertisement sponsorship or donation from a distributor of a dietary supplement whose name appears on the label. Permissible non-muscle building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks; energy bars, carbohydrate boosters, and vitamins and minerals. (Revised - Federated Council May 2007.)
- I. **Win with character; lose with dignity.**

**Accept consequences of conduct deemed inappropriate or in violation of rules.**

I have read, understand, and accept the Policy Statement, Code of Ethics, The Pillars and Principles of Pursuing Victory with Honor, and the Violations, Minimum Penalties, and Appeal Process (on attached page) of the CIF-San Diego Section **ETHICS IN SPORTS** Policy. I agree to abide by this policy while participating and/or being a spectator at CIFSDS athletic events regardless of contest site or jurisdiction.

\_\_\_\_\_  
Signature – Athlete

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature – Parent/Guardian/Caregiver

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

## **PURSuing VICTORY WITH HONOR**

### **SIX PILLARS OF CHARACTER**

**TRUSTWORTHINESS**

**RESPECT**

**RESPONSIBILITY**

**FAIRNESS**

**CARING**

**GOOD CITIZENSHIP**

### **SIXTEEN PRINCIPLES OF PURSUING VICTORY WITH HONOR**

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents, and school sports leadership - including coaches, athletic administrators, program directors, and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating, and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical, and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules, and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents, and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents, and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents, and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators, and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical, and ethical well-being of student-athletes is always placed above desires and pressure to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as first aid and CPR. 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs, and performance-enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimension of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring, and good citizens.

## VIOLATIONS, MINIMUM PENALTIES, AND APPEAL PROCESS

(Applicable to players and coaches from time of departure for contest until time of return.)

ACT	MINIMUM PENALTIES*
1. Behavior resulting in ejection of athlete or coach from contest.	<p><b>EJECTION POLICY:</b> Any coach, team attendant, or spectator ejected by a contest official from any contest for any reason, at any level, is suspended indefinitely from participation, practice, or attending (site and sound) any sports contest, until the first of the following occurs: the ejected person serves the tentative penalty recommended by the commissioner; or a meeting is held among the <u>school administration, coach, player, and custodial parent(s)/guardian(s)</u> with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes.</p> <p>Any player ejected by a contest official from any contest for any reason is suspended from participation in the next contest(s) until the tentative penalty recommended by the commissioner is served; or a meeting is held among the <u>school administration, coach, player, and custodial parent(s)/guardian(s)</u> with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes. <b>Players are permitted to practice with the team and attend contests, but not in game uniform, during the period of suspension. (Approved June 3, 2008, Board of Managers).</b> Meetings will be scheduled at a time to be announced. There is no appeal of the Commissioner's decision. Telephonic and electronic meetings are not permitted.</p> <p>Additionally, any person ejected (coach, player, spectator) is required to attend a CIFSDS Ethics in Sports Sportsmanship Meeting, which will be held at a time to be announced. Failure to attend the sportsmanship meeting will result in immediate suspension of athletic eligibility or attendance (site and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting. (Approved June 7, 2005, Board of Managers).</p>
2. Illegal participation in next contest by athlete ejected from previous contest.	<p>Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the commissioner.</p>
	<p>A coach, who permits participation by a player ejected from a previous contest, knowingly violates a CIF or San Diego Section rule, and penalty may include a sanction to the school, coach, or suspension of membership.</p>
3. Second ejection of athlete or coach from any contest during one season.	<p>Ineligibility of athlete for remainder of season or suspension of coach for remainder of season. A written appeal may be made by the school principal within two school days to the commissioner for reduction of penalty. Official to make report by the next school day to the commissioner.</p>
4. When an athlete leaves the bench area or fielding position to begin a confrontation or leaves the bench area or fielding position to join an altercation.	<p>Ejection from the contest for those designated by the official, ineligibility for the next contest, probation for remainder of season. Those players involved are later identified, ineligible for next contest and probation for remainder of season. A written appeal may be made by the individual(s) or school to the commissioner. Official to make report by the next school day to the commissioner.</p> <p>A similar infraction of this act by the same athlete(s) during the same season will result in termination of the season for the athlete(s) concerned. A written appeal may be made by the school principal to the Commissioner.</p>
5. When more than two athletes leave the bench area or fielding position to begin a confrontation or leave the bench area or fielding position to join an altercation.	<p>Contest will be stopped by officials and coaches. Ejection from the contest for those athlete(s) designated by the officials. The team(s) that left the bench area must forfeit the contest, record a loss, and the team(s) and player(s) placed on probation for the remainder of the season. A written appeal may be made by the school(s) principal to the commissioner. A second infraction will result in cessation of the season for the team(s) and/or athlete(s). A written appeal may be made by the school(s) principal to the commissioner. Official to make report by the next school day to the commissioner.</p> <p>If the act occurs in the CIF-San Diego Finals, and both teams are charged with a forfeit, there will be no champion. A written appeal may be made by school(s) principal to the commissioner. Official to make report by the next school day to commissioner.</p>
6. Other acts committed by individuals or teams or acts committed at end of season.	<p>Commissioner, as authorized by Green Book, to determine and implement penalties up to and including career suspension for individuals and following year penalties for teams.</p>
7. Use of an ineligible player in a contest.	<p>If a team uses an ineligible player in a contest(s), the contest(s) shall be forfeited. The number of forfeited contest(s) exceeds the maximum permitted in accordance with the CIFSDS Forfeit Policy (see Green Book) the team shall be excluded from CIFSDS playoffs.</p> <p>If an ineligible individual is permitted to participate in an individual sport, that individual is excluded from playoffs, and the school is subject to penalties for a willful violation of a rule.</p>

\*Commissioner, as authorized by Green Book, may determine and implement additional penalties up to and including career suspension for individuals and following year penalties for teams.



## CIF Concussion Information Sheet

### **Why am I getting this information sheet?**

You are receiving this information sheet about concussions because of California state law AB 25 (effective January 1, 2012), now Education Code § 49475:

1. *The law requires a student-athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.*
2. *Any student-athlete removed for this reason must receive a written note from a physician trained in the management of concussion before returning to practice.*
3. *Before a student-athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the student-athlete and the parent or guardian.*

[Every 2 years all coaches are required to receive training about concussions (AB 1451), sudden cardiac arrest (AB 1639), and heat illness (AB 2500), and certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR)].

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

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

*Most concussions get better with rest and over 90% of athletes fully recover.* However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.

*Most concussions occur without being knocked out.* Signs and symptoms of concussion (see back of this page) may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from your team's athletic trainer and a physician trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 for immediate transport to the emergency department of your local hospital.

On the CIF website is a **Graded Concussion Symptom Checklist**. If your child fills this out after having had a concussion, it helps the physician, athletic trainer or coach understand how they are feeling and hopefully will show improvement over time. You may have your child fill out the checklist at the start of the season even before a concussion has occurred so that we can understand if some symptoms such as headache might be a part of their everyday life. We call this a "baseline" so that we know what symptoms are normal and common for your child. Keep a copy for your records, and turn in the original. If a concussion occurs, your child can fill out this checklist again. This Graded Symptom Checklist provides a list of symptoms to compare over time to follow your child's recovery from the concussion.

### **What can happen if my child keeps playing with concussion symptoms or returns too soon after getting a concussion?**

*Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion.* Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g., MRI or CT) may be "normal", the brain has still been injured. Animal and human research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of concussion education is to prevent a too early return to play so that serious brain damage can be prevented.

**Signs observed by teammates, parents and coaches include:**

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

**Symptoms may include one or more of the following:**

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Headaches</li><li>• "Pressure in head"</li><li>• Nausea or throws up</li><li>• Neck pain</li><li>• Has trouble standing or walking</li><li>• Blurred, double, or fuzzy vision</li><li>• Bothered by light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul> | <ul style="list-style-type: none"><li>• Loss of memory</li><li>• "Don't feel right"</li><li>• Tired or low energy</li><li>• Sadness</li><li>• Nervousness or feeling on edge</li><li>• Irritability</li><li>• More emotional</li><li>• Confused</li><li>• Concentration or memory problems</li><li>• Repeating the same question/comment</li></ul> |
|--|--|

**What is Return to Learn?**

Following a concussion, students may have difficulties with short- and long-term memory, concentration and organization. They may require rest while recovering from injury (e.g., limit texting, video games, loud movies, or reading), and may also need to limit school attendance for a few days. As they return to school, the schedule might need to start with a few classes or a half-day. If recovery from a concussion is taking longer than expected, they may also benefit from a reduced class schedule and/or limited homework; a formal school assessment may also be necessary. Your school or physician can help suggest and make these changes. Students should complete the Return to Learn guidelines, successfully returning to a full school day and normal academic activities, before returning to play (unless your physician makes other recommendations). Go to the CIF website ([cifstate.org](http://cifstate.org)) for more information on Return to Learn.

**How is Return to Play (RTP) determined?**

Concussion symptoms should be completely gone before **returning to competition**. A RTP progression is a gradual, step-wise increase in physical effort, sports-specific activities and then finally unrestricted activities. If symptoms worsen with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a physician trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer, coach, or other identified school administrator. Please see [cifstate.org](http://cifstate.org) for a graduated return to play plan. *[AB 2127, a California state law effective 1/1/15, states that return to play (i.e., full competition) must be no sooner than 7 days after the concussion diagnosis has been made by a physician.]*

**Final Thoughts for Parents and Guardians:**

*It is well known that students will often not talk about signs of concussions, which is why this information sheet is so important to review with them.* Teach your child to tell the coaching staff if they experience such symptoms, or if they suspect that a teammate has had a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms that you may be seeing in your child.

**References:**

- American Medical Society for Sports Medicine position statement: concussion in sport (2013)
- Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Berlin, October 2016
- <https://www.cdc.gov/traumaticbraininjury/PediatricTBIGuideline.html>
- <https://www.cdc.gov/headsup/youthsports/index.html>





## Parent/Student CIF Heat Illness Information Sheet



### Why am I getting this information sheet?

You are receiving this information sheet about Heat Illness because of California state law AB 2500 (effective January 1, 2019), now Education Code § 49475:

1. *The law requires a student athlete who has been removed from practice or play after displaying signs and symptoms associated with heat illness must receive a written note from a licensed health care provider before returning to practice.*
2. *Before an athlete can start the season and begin practice in a sport, a Heat Illness information sheet must be signed and returned to the school by the athlete and the parent or guardian.*

Every 2 years all coaches are required to receive training about concussions (AB 1451), heat illness (AB 2500) as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).

### What is Heat Illness and how would I recognize it?

Exercise produces heat within the body and can increase the player's body temperature. Add to this a hot or humid day and any barriers to heat loss such as padding and equipment, and the temperature of the individual can become dangerously high.

Heat Illness occurs when metabolically produced heat combines with that gained from the environment to exceed the heat and large sweat losses. Young athletes should be pre-screened at their pre-participation physical exam form education/supplement use, cardiac disease, history of sickle cell trait, and previous heat injury. Athletes with any of these factors should be supervised closely during strenuous activities in a hot climate. Fatal heat stroke occurs most frequently among obese high school middle lineman.

Much of one's body heat is eliminated by sweat. Once this water leaves the body, it must be replaced. Along with water loss, many other minerals are lost in the sweat. Most of the commercial drinks now available contain these minerals, such as Gatorade, etc., but just plain water is all that is really required because the athlete will replace the lost minerals with his/her normal diet.

**PREVENTION:** There are several steps which can be taken to prevent heat illness from occurring:

**ADEQUATE HYDRATION** The athlete should arrive at practice well-hydrated to reduce the risk of dehydration. The color of the urine can provide a quick guess at how hydrated the athlete. If the urine is dark like apple juice means the athlete is dehydrated. If the urine is light like lemonade in color means the athlete seems adequately hydrated.

Water or sports drinks should be readily available to athletes during practice and should be served ideally chilled in containers that allow adequate volumes of fluid to be ingested.

Water breaks should be given at least every 30-45 minutes and should be long enough to allow athletes to ingest adequate volumes of fluid.

Athletes should be instructed to continue fluid replacement in between practice sessions.

**GRADUAL ACCLIMATIZATION:** Intensity and duration of exercise should be gradually increased over a period of 7-14 days to give athletes' time to build fitness levels and become accustomed to practicing in the heat. Protective equipment should be introduced in phases (start with helmet, progress to helmet and shoulder pads, and finally fully uniform).

A **FREE** online course "Heat Illness Prevention" is available through the CIF and NFHS at <https://nfhslearn.com/courses/61140/heat-illness-prevention>.



## Parent/Student CIF Heat Illness Information Sheet



**HEAT EXHAUSTION:** Inability to continue exercise due to heat-induced symptoms. Occurs with an elevated body-core temperature between 97 and 104 degrees Fahrenheit.

• Dizziness, lightheadedness, weakness	• Profuse sweating
• Headache	• Cool, clammy skin
• Nausea	• Hyperventilation
• Diarrhea, urge to defecate	• Decreased urine output
• Pallor, chills	

**Treatment:** Stop exercise, move player to a cool place, remove excess clothing, give fluids if conscious, COOL BODY: fans, cold water, ice towels, or ice packs. Fluid replacement should occur as soon as possible. The athlete should be referred to a hospital emergency if recovery is not rapid. When in doubt, CALL 911. Athletes with heat exhaustion should be assessed by a physician as soon as possible in all cases.

**HEAT STROKE:** Dysfunction or shutdown of body systems due to elevated body temperature which cannot be controlled. This occurs with a body-core temperature greater than 107 degrees Fahrenheit.

Warning Symptoms:

**This is a MEDICAL EMERGENCY. Death may result if not treated properly and rapidly.**

Treatment: Stop exercise, Call 911, remove from heat, remove clothing, immerse athlete in cold water for aggressive, rapid cooling (if immersion is not possible, cool the athlete as described for heat exhaustion), monitor vital signs until paramedics arrive.

<b>Signs observed by teammates, parents and coaches include:</b>	
• Dizziness	• Weakness
• Drowsiness, loss of consciousness	• Hot and wet or dry skin
• Seizures	• Rapid heartbeat, low blood pressure
• Staggering, disorientation	• Hyperventilation
• Behavioral/cognitive changes (confusion, irritability, aggressiveness, hysteria, emotional instability)	• Vomiting, diarrhea

### Final Thoughts for Parents and Guardians:

Heat stress should be considered when planning and preparing for any sports activity. Summer and fall sports are conducted in very hot and humid weather in many parts of the California. Many of the heat problems have been associated with football, due to added equipment which acts as a barrier to heat dissipation. Several heatstroke deaths continue to occur each season in the United States. There is no excuse for heatstroke deaths if the proper precautions are taken.

You should also feel comfortable talking to the coaches or athletic trainer about possible heat illness signs and symptoms that you may be seeing in your child.

I acknowledge that I have received and read the CIF Heat Illness Information Sheet.

\_\_\_\_\_  
Student-Athlete Name  
*Printed*

\_\_\_\_\_  
Student-Athlete  
*Signature*

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Name  
*Printed*

\_\_\_\_\_  
Parent or Legal Guardian  
*Signature*

\_\_\_\_\_  
Date

# 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 50
- ☐ Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- ☐ Family members with unexplained fainting, seizures, drowning or near drowning or car accidents
- ☐ Known structural heart abnormality, repaired or unrepaired
- ☐ Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks, 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](http://cde.ca.gov)

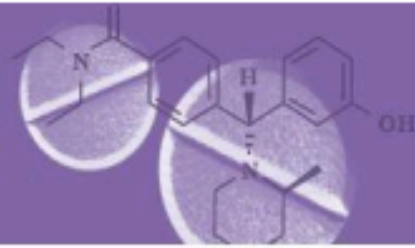
Eric Paredes Save  
A Life Foundation  
[epsavealife.org](http://epsavealife.org)

California Interscholastic  
Federation (CIF)  
[cifstate.org](http://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](http://nfhslearn.com/courses/61032)



# PRESCRIPTION OPIOIDS: WHAT YOU NEED TO KNOW



Prescription opioids can be used to help relieve moderate-to-severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious risks. It is important to work with your health care provider to make sure you are getting the safest, most effective care.

## WHAT ARE THE RISKS AND SIDE EFFECTS OF OPIOID USE?

**Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use.** An opioid overdose, often marked by slowed breathing, can cause sudden death. The use of prescription opioids can have a number of side effects as well, even when taken as directed:

- Tolerance—meaning you might need to take more of a medication for the same pain relief
- Physical dependence—meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating

As many as  
**1 in 4**  
PEOPLE\*



receiving prescription opioids long term in a primary care setting struggles with addiction.

\* Findings from one study

## RISKS ARE GREATER WITH:

- History of drug misuse, substance use disorder, or overdose
- Mental health conditions (such as depression or anxiety)
- Sleep apnea
- Older age (65 years or older)
- Pregnancy

Avoid alcohol while taking prescription opioids. Also, unless specifically advised by your health care provider, medications to avoid include:

- Benzodiazepines (such as Xanax or Valium)
- Muscle relaxants (such as Soma or Flexeril)
- Hypnotics (such as Ambien or Lunesta)
- Other prescription opioids



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention



American Hospital  
Association®

CLM1117C May 9, 2016

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## KNOW YOUR OPTIONS

Talk to your health care provider about ways to manage your pain that don't involve prescription opioids. Some of these options **may actually work better** and have fewer risks and side effects. Options may include:

- ❑ Pain relievers such as acetaminophen, ibuprofen, and naproxen
- ❑ Some medications that are also used for depression or seizures
- ❑ Physical therapy and exercise
- ❑ Cognitive behavioral therapy, a psychological, goal-directed approach, in which patients learn how to modify physical, behavioral, and emotional triggers of pain and stress.



### Be Informed!

Make sure you know the name of your medication, how much and how often to take it, and its potential risks & side effects.



## IF YOU ARE PRESCRIBED OPIOIDS FOR PAIN:

- ❑ Never take opioids in greater amounts or more often than prescribed.
- ❑ Follow up with your primary health care provider within \_\_\_\_ days.
  - Work together to create a plan on how to manage your pain.
  - Talk about ways to help manage your pain that don't involve prescription opioids.
  - Talk about any and all concerns and side effects.
- ❑ Help prevent misuse and abuse.
  - Never sell or share prescription opioids.
  - Never use another person's prescription opioids.
- ❑ Store prescription opioids in a secure place and out of reach of others (this may include visitors, children, friends, and family).
- ❑ Safely dispose of unused prescription opioids: Find your community drug take-back program or your pharmacy mail-back program, or flush them down the toilet, following guidance from the Food and Drug Administration ([www.fda.gov/Drugs/ResourcesForYou](http://www.fda.gov/Drugs/ResourcesForYou)).
- ❑ Visit [www.cdc.gov/drugoverdose](http://www.cdc.gov/drugoverdose) to learn about the risks of opioid abuse and overdose.
- ❑ If you believe you may be struggling with addiction, tell your health care provider and ask for guidance or call SAMHSA's National Helpline at 1-800-662-HELP.

LEARN MORE | [www.cdc.gov/drugoverdose/prescribing/guideline.html](http://www.cdc.gov/drugoverdose/prescribing/guideline.html)



*You can  
ENROLL  
in school!*



*¡Tú puedes  
INSCRIBIRTE  
en la escuela!*

**Even if you have:**

- Uncertain housing
- A temporary address
- No permanent physical address

**You are guaranteed enrollment in school by the federal McKinney-Vento Act and California state law if you live:**

- In a house or apartment with more than one family due to loss of housing or economic hardship
- With friends or family because you are a runaway or an unaccompanied youth
- In substandard housing (without electricity, water, or heat)
- In a shelter (family, domestic violence, or youth shelter or transitional living program)
- In a motel, hotel, or weekly rate housing
- In an abandoned building, in a car, at a campground, or on the streets

**You can enroll in school immediately even without the documents normally required for enrollment, such as:**

- Proof of residency
- Immunization records or other required health records
- School records
- Legal guardianship papers

**Your child may:**

- Participate fully in all school activities and programs for which he/she is eligible.
- Receive transportation to and from the school of origin if you request it.
- Continue to attend the school in which he/she was last enrolled even if you have moved away from that school's attendance area.
- Qualify automatically for school nutrition programs.

**Your responsibilities are to:**

- Make sure your child gets to school on time and ready to learn.
- Stay informed of school rules, regulations, and activities.
- Contact the homeless liaison for assistance in removing barriers to your child's education
- Attend parent/teacher conferences, Back-to-School Nights, and other school-related activities.

**Incluso si:**

- Tu situación de vivienda es incierta
- Tienes una dirección temporal
- No tienes una dirección física permanente

**La ley federal McKinney-Vento y las leyes del estado de California te garantizan la inscripción en la escuela si vives:**

- En una casa o departamento con mas de una familia debido a la perdida de tu vivienda o a dificultades económicas
- Con amigos o familiares por que huiste de tu hogar o eres un menor no acompañado
- En una vivienda precaria (sin electricidad, agua o calefacción)
- En un refugio (para familias, víctimas de violencia domestica o jóvenes, o un programa de vivienda temporal)
- En un motel, hotel o vivienda que se paga semanalmente

**Puedes inscribirte en la escuela de inmediato incluso sin los documentos que normalmente se pide para la inscripción, como:**

- Prueba de residencia
- Registros de vacunación y otros registros médicos
- Registros escolares
- Papeles de tutela legal

**Tu hijo(a) puede:**

- Participar plenamente en todas las actividades y programas escolares para los que reúne los requisitos.
- Recibir transporte de ida y vuelta a su escuela de origen si los solicita.
- Seguir asistiendo a la escuela en la que estuvo inscrito por ultima vez, incluso si se mudo fuera de la zona de asistencia de esa escuela.
- Reunir los requisitos automáticamente para participar en los programas de nutrición escolar.

**Es tu responsabilidad:**

- Asegurarte de que tu hijo(a) asista a la escuela a tiempo y listo para aprender.
- Mantenerte informado de las reglas, normas y actividades de la escuela.
- Contactar al enlace designado para las personas sin hogar para obtener ayuda para eliminar las barreras a la educación de tu hijo(a).
- Asistir a reuniones entre padres y maestros, las noches de regreso a la escuela y otras actividades relacionadas con la escuela.

For questions about enrolling in school or for assistance with school enrollment, contact:

Si tienes preguntas acerca de la inscripción en la escuela o par obtener ayuda con la inscripción, contacta a:

**Vista Unified School District Liaison**

**Enlace del Distrito Escolar Unificado de Vista**  
Student Support Services Coordinator  
Coordinador(a) de Servicios de Apoyo Estudiantil  
1234 Arcadia Avenue, Vista, CA 92084  
(760) 726-2170 ext. 92180

**County Homeless Liaison**

**Enlace para las personas sin hogar del condado**  
Susie Terry  
Homeless Education Services San Diego County  
Office of Education  
(619) 683-9340 ext. 33030

**Homeless State Coordinator**

**Coordinador de las personas sin hogar del estado**  
Leanne Wheeler  
State Coordinator California Department of Education  
1430 N Street, Suite 6408, Sacramento, CA 95814  
(866) 856-8214



## Gender Equity in Education

The Vista Unified School District protects every student's right to have equal access to educational opportunities free from sex discrimination. No student can be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of the District's education programs or activities because of his/her/their sex, sexual orientation, gender, gender-identity, or association with a person or group with one or more these actual or perceived characteristics..

Title IX provides students with the following rights (20 U.S.C.1681 et seq.):

### **FAIR AND EQUITABLE TREATMENT:**

You have the right to fair and equitable treatment and you shall not be discriminated against based on your gender, sexual orientation or gender identity.

### **EQUITABLE PARTICIPATION OPPORTUNITIES:**

You have the right to be provided with an equitable opportunity to participate in all academic extracurricular activities, including athletics.

### **ATHLETIC OPPORTUNITIES:**

You have the right to ask the athletic director at your school about the athletic opportunities offered at your school and express interest in sports not currently offered

### **EQUITABLE TREATMENT AND BENEFITS FOR ATHLETES:**

You have the right to receive equitable treatment and benefits in the following areas related to athletics:

1. Quality of equipment and supplies.
2. Scheduling of games and practices.
3. Transportation.
4. Coaching.
5. Condition of locker rooms.
6. Condition and availability of practice and competitive facilities.
7. Availability of medical and training facilities and services.
8. Publicity.

### **EQUITY COORDINATOR & SUPPORT:**

The District Title IX Coordinator has a designated Title IX Coordinator available answer questions or concerns you may have regarding gender equity. You also have the right to make an anonymous report using [PSST World](#).

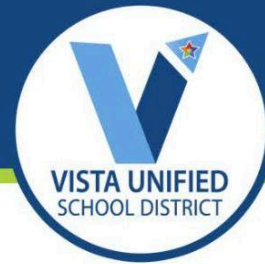
### **EQUITY LAW & SUPPORT:**

The California Department of Education and the California Interscholastic Federation (CIF) can provide you with access to information about gender equity laws. You have the right to file a confidential discrimination complaint with the United States Office of Civil Rights (OCR) or the California 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.

### **REMEDIES & PROTECTION**

You have the right to pursue legal actions if you have been subject to discrimination. Legal protections against are available if you file a discrimination complaint.





## Equidad de género en la educación

El Distrito Escolar Unificado de Vista protege el derecho de todo estudiante a tener acceso equitativo a las oportunidades educativas sin discriminación de carácter sexual. Ningún estudiante puede ser excluido de participar, de recibir beneficios, o de ser sujeto a discriminación en cualquiera de los programas o actividades educativas del Distrito debido al sexo, orientación sexual, género, identidad de género de él/ella/ellos/ellas, o por asociación con una persona o grupo que reúna una o más de esas características, ya sean reales o percibidas.

El Título IX otorga a los estudiantes los siguientes derechos (20 Código de los Estados Unidos [U.S.C.] 1681 et seq.):

### TRATO JUSTO Y EQUITATIVO:

Tiene derecho a un trato justo y equitativo, y no deberá ser discriminado con base en su género, orientación sexual o identidad de género.

### OPORTUNIDADES EQUITATIVAS DE PARTICIPACIÓN:

Tiene derecho a recibir oportunidades equitativas para participar en todas las actividades académicas extracurriculares, incluyendo las actividades deportivas.

### OPORTUNIDADES DEPORTIVAS:

Tiene derecho a consultar al director atlético y solicitar información sobre las oportunidades deportivas que se ofrecen en su escuela y expresar interés por los deportes que no se ofrecen.

### TRATO EQUITATIVO Y BENEFICIOS PARA TODOS LOS ATLETAS:

Tiene derecho a recibir un trato equitativo y beneficios relacionados con atletismo en las siguientes áreas:

1. Equipo y artículos deportivos de calidad.
2. Horarios y programación de los partidos y entrenamientos.
3. Transporte.
4. Entrenamiento.
5. Estado en que se encuentran los vestidores.
6. Condición y disponibilidad de las instalaciones donde se realizan las prácticas y se compete.
7. Disponibilidad de las instalaciones y los servicios médicos y de entrenamiento.
8. Publicidad.

### COORDINADOR DE EQUITAD Y APOYOS:

El coordinador distrital del Título IX cuenta con un coordinador asignado al Título IX, quien está disponible para responder a sus preguntas o inquietudes referentes a la equidad de género. Asimismo, tiene derecho a realizar un reporte anónimo a través del sistema [PSST World](https://psstworld.com).

### LEY DE EQUITAD Y APOYO:

El Departamento de Educación de California y la Federación Interescolar de California (CIF, por sus siglas en inglés) pueden brindarle acceso a información sobre las leyes de equidad de género. Tiene derecho a presentar una demanda confidencial en la Oficina de Derechos Civiles de los Estados Unidos (OCR, por sus siglas en inglés) o en el Departamento de Educación de California si considera que fue víctima de discriminación, o si cree que ha recibido un trato desigual con base en su sexo.

### PROTECCIÓN Y SOLUCIONES:

Tiene derecho a emprender acción legal si ha sido objeto de discriminación. Existe protección legal si presenta una demanda con motivo de discriminación.