





Student Athletics Packet

General Information, Guidelines and Expectations



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Sport Season Schedules

6th & 7th & 8th Grade ONLY



Girls Basketball

August 26 - October 18



Co-Ed Cross County

September 3 - October 23



Co-Ed Wrestling

October 21 - December 14



Boys Basketball

January 6th - February 28



Girls Volleyball

March 3rd - May 2nd



Co-Ed Track & Field

April 21 - May 19

Jamestown Elementary School

2025-26 Athletics

Welcome Parents/Guardians and Student Athletes!

We are excited for the new athletic school year! Please review the athletic packet with your child. Included in the athletic packet:

- ♦ Sports Schedule
- ♦ General Information for all Sports
- ♦ Philosophy of Students Athletics
- ♦ Athletic Guidelines
- ♦ Code of Conduct
- ♦ Lifelong Learning Skills Rubric
- ♦ Concussion Information
- ♦ Cardiac Arrest Information
- ♦ Heat Illness Information

A copy of the Athletic Packet will be available on the website to print out and/or review

<https://www.jespanthers.org/>

Jamestown's Athletic Department is looking forward to a wonderful athletic season. If you have any questions regarding general athletics please contact us.

Thank you,

Athletic Directors: Sara Sanchez and Paige Pletcher adirector@jespanthers.org

General Information For All Sports

- Athletes must attend all mandatory meetings (signing up for the sport, information meeting, etc).
- Afternoon practices are typically Monday – Friday 3:00 - 6:00 PM. Students must be picked up after practice no later than 5 minutes when practice ends. There is no supervision after practice.
- If scheduled by the coach, outdoor morning practices are typically from 6:45-7:45 AM Monday – Friday
- Coaches will go over their teams expectations.
- Playtime will be determined by effort, attitude, attendance, and ability
- Discipline, depending on the frequency and severity, has the potential to lead to issues with participation in practices and/or games.
- A student/athlete must maintain 70 citizenship points to be able to participate in sports. If they drop below 70 they will only be able to participate in practice until they bring those points back up to 70. Citizen points are checked every Friday.
- If an athlete receives a classroom suspension or is placed on in-school suspension, they will not be able to participate in games on that day.
- Athletes must follow the school's code of conduct.
- During the game, athletes must sit on the bench with the coach for the entirety of the contest. They must display good sportsmanship.
- Uniforms are issued to each athlete, and are the athlete's responsibility. Uniforms must be returned clean and in the same condition as issued. If an athlete quits the team or becomes ineligible or moves during the season, the uniform must be returned immediately. Parents may be charged the entire cost of the uniform should it become lost, damaged, or stained. The athlete will not be allowed to participate in another sport until the charges have been cleared.
- Schedules will be provided to the athlete ASAP.

Philosophy of Student Athletics

The Jamestown School District recognizes the importance of athletics as an integral component of a student's complete educational development. As such, we believe that all students should have the opportunity to participate in some form of interscholastic athletics and that such participation should encourage positive scholastic, social growth and achievement. All participants and teams will represent the school and community in a positive manner and will reflect the dedication and hard work that will be required to compete and be successful. Success will not be measured by records that are achieved by teams or individuals, but rather by the knowledge that each participant gave their best effort and prepared for each contest to the best of their ability. The Jamestown School District realizes that an effective interscholastic athletic program is the product of responsible cooperation between its four major components: the student athlete, the coaching staff, the parent, and the administration.

Athletic Guidelines

A. Sportsmanship

Participation in the athletic program requires adherence to the highest standards of good sportsmanship. Aspects of good sportsmanship include ensuring fairness in competition and exhibiting respect for the people and institutions associated with athletic contests. Athletes of this school will be required to comply with the rules of each sport to ensure that fairness in competition is not limited by their actions in any way.

1. 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.
2. 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 court/field, as positive role models who exemplify good character and act as ambassadors of Jamestown Elementary School.
3. 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.
4. All participants in school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
5. 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.
6. The profession of coaching is a profession of the mental and physical dimensions of their sport. Coaches, through words and examples, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

Any person who is unable to comply with these standards must understand that their opportunity for participation may be limited or removed.

B. General Behavior

- Student-Athletes must comply with all rules and regulations as specified by California Education Code, California Penal Code, and JSD Board Policy and Administrative Regulations.
- Profanity, unsportsmanlike conduct, throwing of equipment or any similar displays of immaturity, and disrespect to any person or institution will not be tolerated.
- Athletes accept responsibility for their actions both on and off the court/field. An athlete's language and behavior should not embarrass themselves, the team, the school, the district, or the community. Defiant behavior and back-talk toward any coach, school official, or game official will not be tolerated. Any disagreements should be handled in private adult discussions.
- Violation of any of the above behavior guidelines could result in one or more of the following consequences: benching, suspension or dismissal.

- A student/athlete must maintain 70 citizenship points to be able to participate in sports. If they drop below 70 they will only be able to participate in practice and sit on the bench during home games until they bring those points back up to 70. Citizen points are checked every Friday and a list of eligible students goes out every Monday.

C. Academic Eligibility

Grade checks are based on the 6 grading periods throughout the year: the progress reports that are issued at each Trimester half and report cards that are issued at the end of each Trimester. Academic eligibility will be based on the most recent progress report or report card prior to the first day of the season. An athlete must maintain a 2.0 GPA. One F is acceptable each grade check, but the GPA must be 2.0.

Note: Fall Sports: First grade check will be from their third trimester final grades from the previous year.

Coaches will be made aware if an athlete is not eligible. Athletes may continue to practice and sit on the bench during home games, but cannot participate in games. It is the athlete's responsibility to find out from their teachers what they need to do to improve their grades AND to request a "progress report" with their teachers' signatures when they have improved their grades to turn in to the Athletic Director.

D. School Attendance

Attending all classes is a high priority for all student-athletes: athletic events may require students to miss classes during the week making it very important for all student-athletes to establish good attendance patterns and communicate with their teacher about assignments to be done.

1. Students must attend the entire school day, with the exception of medical appointments as verified by a doctor's note, in order to participate in practice or competition that day.
2. Student-athletes in violation of this rule, as it relates to competitions, will be suspended for a minimum of one contest or game. (Subject to review with head coach and athletic directors.)

E. Athletic Eligibility

- No student, whose 15th birthday is attained prior to June 15, shall participate or practice on any team in the following school year. A student, whose 15th birthday is on June 14, or before, is eligible.
- Students who are not enrolled in programs under the jurisdiction of the District are not eligible to participate.
- A student who enrolls after games have started will not be allowed to participate.
- All student athletes are required to have completed immunizations in order to be eligible to participate. Each school's administration and AD is responsible to monitor immunization requirements for their athletes.

F. Behavior/Speech Provisions-And Relationship to Social Media

Team members should be respectful of the other team members, school administrators, the coaches, other students, and parents at all times. Team members are expected to maintain a positive attitude acceptable for the environment.

Coaches may take appropriate corrective action where speech, conduct or electronic acts by a team member, whether taking place during a team, team-related activity or event, or taking place away from the school grounds or school or team activities, has a direct disruptive or detrimental effect on, or seriously threatens the discipline, environment, safety or general welfare of huge program, other team members, the coaches, or other students, faculty, staff and/or administrators of the District.

G. Travel

The district may provide transportation to selected away contests. If transportation is provided by coaches in school vans, students may return to school in the vans. However, if transportation is provided by a bus driver on a bus, there may not be transportation back to school.

1. Athletes must be picked up **PROMPTLY** from **ALL** practices and games. Failure to do so may result in your child being suspended from games or removed from the team if they are frequently picked up late.
2. All athletes will dress in an appropriate manner for bus trips. Coaches will establish requirements for proper attire.
3. Students are expected to conduct themselves in a mature, responsible manner. Profanity and inappropriate behavior will not be tolerated.
4. Students are expected to follow all rules set forth by the bus driver and to be courteous and respectful at all times.
5. Transportation is Not provided to tournament games.
6. Athletes must ride school transportation to be eligible to play unless there has been a pre-arrangement with their coach and/or athletic director.
7. Parents/Guardians or appointed individuals by parent/guardian **MUST SIGN THEIR ATHLETE OUT WITH THE COACH AT ALL OF THE AWAY GAMES THAT THE SCHOOL PROVIDED TRANSPORTATION TO.**
8. If someone other than that athlete's parents will be picking them up from a sporting event an **Authorization for Transportation and General Liability Release Form** must be signed and turned in to their coach or athletic directors before that specific sporting event. This must be done for every single event. You may get a form from the office, coach or athletic director. If a form has not been filled out beforehand then that athlete will not be allowed to leave with that person.

H. Extra-Curricular Discipline Consequences

Student-athletes involved in a fight, while in uniform and/or at the competition will have the following consequences:

1. First offense- one game suspension/school suspension
2. Second offense- complete removal from the team and school suspension
 - Each situation will be evaluated on an individual basis by the administrator. Input will be provided by the appropriate coach.
3. Suspensions from school will result in a loss of all extracurricular activities including games and practices for up to 5 school days for each day of suspension, beginning with the first day of the suspension.
4. A suspension may result in a dismissal from the team, which will be the decision of the Athletic Director, Head Coach, and Administrator.

I. Training Rules

For health and safety reasons, students should understand that JES believes that the use of tobacco, alcohol, and drugs is not acceptable for middle school athletes. Any violation of these training rules may result in school disciplinary actions according to JES Code of Conduct and the California Education Code. The athletic directors believe that the current glamorization of the use of tobacco and alcohol by some professional athletes is misleading and believe that middle school aged students should be aware of the negative effects of their use. Any student caught using tobacco, alcohol or drugs will be suspended and removed from the team.

J. Communication

In our continuing effort to establish and maintain clear lines of communication between the Athletic Department and the parents/guardians of our student-athletes, the coaching staff will establish a process for communication. Do not attempt to confront a coach before or after a contest or practice. **Please wait 24 hours before requesting a meeting with the coach.** Those can be emotional times for both the parent and coach. Meetings of that nature, and those times, do not promote resolution. The athletic directors will be notified and will assist with the matter. The student-athlete is highly encouraged to attend the meeting as well. The following guidelines will help make the communication process a productive and positive experience.

- Parent Involvement Guidelines

- Parents can use this time to ask questions and obtain information
- The coach will discuss what the student-athlete needs to work on in order to improve but, not necessarily playing time
- The coach will only talk to a parent/guardian about their own child
- If the guidelines are not adhered to, the discussion will be terminated
- It is the intent of the Athletic Department to provide an avenue for meaningful dialogue and communication between coaches and parents, working together we can and will accomplish great things

K. Jamestown Elementary Code of Conduct

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Characterism"). This Code applies to all student- athletes involved in interscholastic sports in California. I understand that, in order to participate in athletics, I must act in accord with the following:

- Emphasize the proper ideas of sportsmanship, ethical conduct and fair play.
- Eliminate all possibilities which tend to destroy the best values of the game.
- Stress the values derived from playing the game fairly.
- Show cordial courtesy to visiting teams and officials.
- Establish a happy relationship between visitors and hosts.
- Respect the integrity and judgment of sports officials.
- Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- Encourage leadership, use of initiative and good judgment by the players on a team.

- Recognizing the purpose of athletics is to promote the physical, mental, moral, social and emotional wellbeing of the individual players.
- Remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, official, fan or nation.

Our Athletes and Parents will provide the best and most respectful experience to all who watch and participate in our gym or on campus by:

- Cheer positively
- Respect the visiting team
- Learn and understand the rules of the sport
- Show appreciation of good sportsmanship and play by both teams
- Respect the integrity and judgment of the official
- Accept victory and defeat with dignity

-Violation for the above code of conduct may result in one or more of the following consequences:

- A warning
- Removal from the venue
- Or further action taken by administration



Lifelong Learning Skills Rubric

What the standard met would look like for each life skill.

Scoring

4-Consistent, near perfect

3-Doing the behavior most of the time

2-Sometimes

1-Rarely exhibited

Participates in class- The student responds in a timely manner (verbally, written, and any other mode for student responses).

Prepares and organizes materials- The student has the materials ready to use when the teacher is ready to teach. No classroom time is wasted with the student trying to find materials.

Respects people and property- Both physically and verbally, students are being kind and respectful toward others. Their behavior allows everyone to feel safe.

Completes class assignments and homework on time-Assignments are punctual and make-up work is done in a timely manner according to the guidelines in parent/student handbook. A majority of the assignments are completed on a consistent basis.

Works independently-The student is focused on the lesson, working diligently without distracting others. They are putting in their best efforts which may include communicating when they need help.

Works cooperatively with others-Students will make contributions, being highly respectful to the team member(s).

Follow classroom rules- Students comply with the classroom rules. See the posted class rules if clarification is needed.

Follow school rules- See Parent Handbook for further details.

6th graders- A 2.0 average must be maintained to be eligible for sports, science camp, and dances.



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 2800), 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">• Looks dizzy• Looks spaced out• Confused about plays• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or awkwardly• Answers questions slowly | <ul style="list-style-type: none">• Slurred speech• Shows a change in personality or way of acting• Can't recall events before or after the injury • Seizures or "has a fit"• Any change in typical behavior or personality• Passes out |
|--|---|

Symptoms may include one or more of the following:

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

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) 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, stepwise 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 stepwise progression program monitored by an athletic trainer, coach, or other identified school administrator. Please see 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/PediatricmTBIGuideline.html>
- <https://www.cdc.gov/headsup/youthsports/index.html>

CIFSTATE.ORG Revised 02/2019 CIF

Parent/Guardian and Pupil Sudden Cardiac Arrest Warning Signs and Symptoms Information and Acknowledgment Form

On July 1, 2017, Assembly Bill 1639, known as the Eric Paredes Sudden Cardiac Arrest (SCA) Prevention Act, went into effect. This requires the pupil and their parent or guardian to read, sign, and return an SCA form of acknowledgment before the pupil participates in any athletic activity. Districts may use this form, a form located on the California Interscholastic Association (CIF) website, or design their own form. An SCA acknowledgment form must be signed and returned to the school site each school year.

On August 30, 2019, Assembly Bill 379 also added sudden cardiac arrest prevention requirements to the Health and Safety Code for youth sports organizations. The amended Health and Safety Code, Division 106, Article 2.5: now includes, Youth Sports Concussion and Sudden Cardiac Arrest Prevention Protocols [124235-124236].

What Is SCA?

SCA occurs suddenly and often without warning. It is triggered by an electrical malfunction in the heart that causes an irregular heartbeat. With the heart's pumping action disrupted, the heart cannot pump blood to the brain, lungs, and other organs. Seconds later, a person loses consciousness and has no pulse. Death occurs within minutes if the victim does not receive treatment.

Who Is at Risk for SCA?

Thousands of sudden cardiac arrests occur among youth each year, as it contributes to the #2 medical cause of death of youth under the age of 25 and is the #1 cause of death of student athletes during exercise. While a heart condition may have no warning signs, studies show that many young people do have warning signs or 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 that they are out of shape and need to train harder, or they simply ignore the symptoms, hoping the signs will go away.

Possible Warning Signs and Risk Factors

- 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

Removal from Activity

A pupil who faints during or following participation in an athletic activity must be removed from play and may not return to play until they are evaluated and cleared by a physician and surgeon, nurse practitioner or physician's assistant. I have reviewed and understand the symptoms, warning signs, and risk factors associated with SCA.

The CDE used information from the following sources: American Heart Association, Parent Heart Watch (<https://parentheartwatch.org/>), Eric Paredes Save a Life Foundation: Keep Their Heart in the Game (<https://epsavealife.org/>), and Sudden Cardiac Arrest Foundation (<http://www.sca-aware.org/>).



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 players 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 athletes 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.

<i>Signs observed by teammates, parents and coaches include:</i>	
• 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 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.

Jamestown School District
TRANSPORTATION AUTHORIZATION AND WAIVER FORM

Name of Athlete: _____ Grade of Athlete: _____

Homeroom Teacher: _____

Description of Activity: _____

Date(s) of Activity: _____

Name and relationship of individual picking up my child from event: _____

By my signature below, I accept responsibility for arranging and providing for the transportation of the above named student. As parent/guardian, I hereby authorize and give permission for my child/ward to ride as a passenger in a vehicle driven by an adult.

I understand that being a passenger in a motor vehicle may result in injury, disfigurement or death. I acknowledge that the District does not provide any type of insurance including liability, collision, comprehensive or medical coverage during the transportation of the named student in connection with the described activity. I further acknowledge that the district does not provide ongoing Department of Motor Vehicles records checks of my child's driver. I understand that it is my responsibility to ensure that my child's driver is in full compliance with the California Vehicle Code.

I agree to hold the Jamestown School District (District), its Board, officers, agents and employees harmless from all claims, losses, costs, attorney fees and expenses arising out of any liability or claim of liability for personal injury, bodily injury or death that may occur while transporting the named student(s).

IT IS FULLY UNDERSTOOD AND AGREED THAT THE DISTRICT IS IN NO WAY RESPONSIBLE, NOR DOES THE DISTRICT ASSUME LIABILITY FOR, ANY INJURIES OR LOSSES RESULTING FROM THIS ALTERNATIVE TRANSPORTATION ARRANGEMENT.

By my signature below, I agree to waive all claims against the District and to indemnify and hold the District, its officers, agents and employees, harmless from any and all liability or claims, demands, losses, causes of action, suits or judgments of any kind including death, bodily injury or illness that may occur during any portion of the transportation phase.

Parent/Guardian Signature

Date

Parent/Guardian Name (Print)

Date

Jamestown School District

PARENT / GUARDIAN CODE OF CONDUCT AGREEMENT

Youth sports are supposed to be fun – for the children. Actions by parents, fans and coaches, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many of today's youth are leaving sports activities because the fun is unfairly taken away by adults. Jamestown School District strongly believes the essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: Trustworthiness, Respect, Responsibility, Fairness, Caring and Good Citizenship. As a parent or guardian of a player at Jamestown School District, your actions reflect not only on you, but your child, and his/her team and our school.

As a parent of a Jamestown School District Athlete, you agree to abide by and follow the rules and guidelines below:

- I will adhere to the Jamestown School District Tolerance Policy. I will never be under the influence of or in possession of drugs, alcohol, tobacco products or weapons of any kind at practices, games, trips or other events.
- I understand that the use of foul language towards anyone (coaches, teammates, officials, opponents or spectators) will not be tolerated. I will not engage in any language or actions with the intent to initiate, hurt, intimidate or humiliate any player, coach, official or spectator. I will not tolerate these acts from any players, coaches or adults associated with Jamestown School District. These acts shall be considered harassment and will result in the immediate removal from the practice, game or event.
- I will not post on any social media site with the intent to initiate, hurt, intimidate or humiliate any player, coach, official or spectator. The posting of negative, demeaning or derogatory comments will not be tolerated. These acts shall be considered harassment and may result in the immediate removal from the school team. Furthermore, if I see anything of concern from or about an official, a coach, player or team member on a social media site, I will immediately contact my child's coach or the Jamestown School District Athletic Director. As a parent, I understand that I am accountable for the actions of my child on social media sites. I will stress to my child the importance of proper conduct on these sites and provide parental oversight to prevent any type of cyber-bullying by my child.
- I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as booing, taunting or using profane language or gestures. I will maintain self control at games, practices and other club events.
- I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and demonstrate positive support for all players, coaches, officials and spectators at every game, practice or event.
- I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence. I will demand that my child treat all players, coaches, officials and spectators with respect.
- I will praise my child for playing hard, competing fairly.

- I will never ridicule or yell at my child or other participant for making a mistake or losing a game.
- I will not complain or become confrontational about penalties or calls made by the officials and I will respect the referees and their decisions at all times.
- I will support the coaches and allow them to do their job by not coaching my child or other players during games and practices. I will not openly question or confront coaches before, during or after games or practices. Implement the 24 hour rule before taking the time to speak with coaches about any concerns calmly, privately and at an agreed upon time and place.
- I will promote the emotional and physical well being of the athletes ahead of any personal desire I have for my child or his/her team to win.
- I will inform the coach of any physical disability, illness or injury that may affect the safety of my child or the safety of others.

I realize that if I violate this Code of Conduct, I may be subject to disciplinary action that could include one or more, but not limited to the following:

- Verbal warning by Athletic Director and/or Jamestown School District Principal - Written Warning
- Parental Game suspension with written documentation of the incident kept on file by Jamestown School District
- Parental Season suspension
- Parental Suspension from all future sporting events
- Player Game suspension with written documentation of the incident kept on file by Jamestown School District
- Player Season suspension
- Player Suspension from all future sporting events

copy

Welcome Parents/Guardians and Student Athletes!

We are excited for the 2025/2026 athletic school year! Please keep the sports folder and the left side are copies and information to keep. The right side are ALL forms that need required signatures and returned back with the included envelope. Please review the athletic packet with your child. ***Included in the athletic packet:***

- ♦ Sports Schedule ♦ General Information for all Sports
- ♦ Philosophy of Students Athletics ♦ Athletic Guidelines ♦ Lifelong Learning Skills Rubric
- ♦ Concussion Information ♦ Cardiac Arrest Information ♦ Heat Illness Information

Copies Include:

- Parent/Volunteer Guidelines ▪ Parent Code of Conduct Agreement ▪ Transportation Authorization and Waiver ▪
-

Please return completed and signed required forms. Place in the provided envelope included. Have Athlete brought back to the School Office, Teacher and/or the Athletic Directors asap. Required Signature Forms include::

- ☒ Athletic Code of Conduct & Contract
- ☒ Parent/Guardian Contact Information
- ☒ Sports Eligibility
- ☒ Voluntary Activities Participation
- ☒ Athletic Insurance Certification
- ☒ Medical Treatment Authorization Waiver Release & Indemnity
- ☒ Medical Permission Slip
- ☒ Equipment Use Agreement
- ☒ Transportation
- ☒ Concussion
- ☒ Cardiac Arrest
- ☒ Heat Illness
- ☒ Parent Code of Conduct

A copy of the Athletic Packet will be available on the website to print out and/or review.

Jamestown's Athletic Department is looking forward to a wonderful athletic season.
If you have any questions regarding general athletics please contact Athletic Directors:

Sara Sanchez & Paige Pletcher email: director@jespanthers.org.



I will learn and play by the rules of the game/match/meet. I will lead with sportsmanship. I will play fair and try hard during the game/match/meet and will remember winning isn't everything. I will not boo, taunt or yell any negative comments at all. I will always respect my teammates, the opponents, the coaches and the officials on any of the school's campuses.

Jamestown Elementary School District Athlete Code of Conduct for ALL Sports

I have read and understand the athletic packet guidelines, expectations and code of conduct with the general information pages and will abide by them 2025/2026.

Student Name (PRINT)

Date

Student Signature

Athletic Director Signature

Date

Sara Sanchez

Athletic Director Signature

Date

Paige Pletcher

Parent/Guardian Contact Information

Name(s)

Phone Number(s)

Street Address

City, State & Zip

Email(s)

Athletes Name & Grade

(Please check all that might apply)

_____ Girls Basketball

_____ Co-Ed Wrestling

_____ Boys Basketball

_____ Girls Volleyball

_____ Co-Ed Cross Country

_____ Co-Ed Track & Field

Jamestown School District
SPORTS ELIGIBILITY FORM

Student Participant: _____ **Grade:** 6 7 8

Student GPA _____

Citizenship Points _____

The following requirements govern a student's eligibility to participate in after-school sports.

1. Students must maintain a 2.0 grade point average with no more than one "F" on all report cards and progress reports.
 - ✓ Initial eligibility for an individual sport is determined by the report card or progress report immediately preceding the sport season. Students who are ineligible at the grading period will not be able to participate in or travel to games, but can still practice.
 - ✓ Grade checks will be administered at predetermined times between official grading periods. Grade checks will provide an opportunity for ineligible students to become eligible for games and travel.
2. Students must have 70 points in their citizenship account to participate in or travel to games. A "Citizenship Ineligibility" list will be posted on the office window by student number each Monday. Athletes not meeting these criteria will remain ineligible until 5 days after citizenship is reestablished.
3. Any student under attendance supervision shall remain ineligible for the remainder of the current grading period or until attendance issues are cleared, whichever comes first. Students must attend school all periods of the day of an activity to participate. Medical appointments or absences approved in advance are exceptions.
4. Any suspensions will cause ineligibility for one week for each suspension.
5. Any student who has an outstanding obligation (overdue lunch charge, library charge, or failure to turn in a school uniform) is ineligible until obligation is removed.
6. Insurance is required.

I have read the above eligibility requirements and agree to uphold them.

Parent/Guardian Signature

Date

Student Signature

Date

Teacher Signature

Date

Jamestown School District
ATHLETICS VOLUNTARY ACTIVITIES PARTICIPATION FORM
Acknowledgement and Assumption of Potential Risk

The participation Form is used for the following voluntary extracurricular activities:

I authorize my child, _____, to participate in the school-sponsored activity of: (Please check all that might apply)

_____ Girls Basketball	_____ Wrestling	_____ Boys Basketball
_____ Girls Volleyball	_____ Cross Country	_____ Track

I understand and acknowledge that these activities, by their nature, pose the potential risk of serious injury to individuals who participate in such activities.

I understand and acknowledge that some of the injuries which may result from participating in these activities include, but not limited to, the following: rare sprains/strains, head and/or back injuries, fractured bones, paralysis, cuts/abrasions, hearing loss, loss of eyesight, unconsciousness, and even death.

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

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

I understand, acknowledge, and agree that Jamestown School District, its employees, officials, agents, or volunteers, shall not be liable for any injury suffered by my son/daughter which is incident to and/or associated with preparing for and/or participating in this activity.

I acknowledge that I have carefully read the VOLUNTARY ACTIVITIES PARTICIPATION FORM and that I understand and agree to its terms.

Parent/Guardian Signature

Date

Athlete's Signature

Date

A signed VOLUNTARY ACTIVITIES PARTICIPATION FORM must be on file with the school before a student will be allowed to practice in the above listed extracurricular activities.

Jamestown School District
ATHLETIC INSURANCE CERTIFICATION FORM

Student Participant: _____ **Grade:** 6 7 8

I hereby certify, under penalty of perjury, that the above-named pupil is covered by valid insurance that provides the following:

- 1) Insurance protection for medical and hospital expenses resulting from accidental bodily injuries in one of the following amounts: (Ed Code 32221)
 - a) A group or individual medical plan with accidental benefits of at least two hundred dollars (\$200) for each occurrence and major medical coverage of at least ten thousand dollars (\$10,000), with no more than one hundred dollars (\$100) deductible and no less than eighty percent (80%) payable for each occurrence.
 - b) Group or individual medical plans which are certified by the Insurance Commissioner to be equivalent to the required coverage of at least one thousand five hundred dollars (\$1,500).
 - c) At least one thousand five hundred dollars (\$1,500) for all medical and hospital expenses.
- 2) I hereby agree that this policy shall not be cancelable without at least 10 days prior written notice to the district.

Insurance protection in any of the above amounts shall be provided through group, blanket, or individual policies of accident insurance from authorized insurers or through a benefit and relief association, such as California Interscholastic Protection Fund, for the death or injury to members of athletic teams arising while such members are engaged in or are preparing for an athletic event promoted under the sponsorship or arrangements of the educational institution or a student body organization thereof or while such members are being transported by or under the sponsorship or arrangements of the school districts or a student body organization thereof to or from school or other place of instruction and the place of the athletic event. Minimum medical benefits under any insurance required by this paragraph shall be equivalent to the three dollars and fifty cents (\$3.50) conversion factor as applied to the unit values contained in the minimum fee schedule adopted by the Department of Industrial Relations of the State of California, effective October 1, 1966. (Ref. Ed. Code 32221)

I will maintain the above coverage during the current school year or will immediately notify the school if the coverage terminates or does not meet the above requirements.

Insurance Company

Policy/Group Number

Expiration Date of Policy

Parent/Guardian Name (*print*)

Parent/Guardian Signature

Date

**JAMESTOWN SCHOOL DISTRICT
MEDICAL TREATMENT AUTHORIZATION
WAIVER, RELEASE AND INDEMNITY AGREEMENT
ASSUMPTION OF RISK FOR PARTICIPATION IN VOLUNTARY SPORTS PROGRAM**

Participant:

Name of School: Jamestown Elementary School District

Activity:

By my signature below, I hereby give permission for my son/daughter to participate in the above described activity. I realize that sport activities are voluntary as part of the **Jamestown School District** school sports program. I understand that participation in sport activities could cause serious illness and/or injury or death, and I assume all risks for any such illness and/or injury or death. I am aware that the District assumes no responsibility for any transportation arrangements and no District coverage for medical treatment is provided in connection with sport activities. If a participant does not have private medical insurance, low-cost school insurance is available through the District.

For and in consideration of permitting the above named child to participant in school sport activities, the undersigned hereby voluntarily releases, discharges, waives and relinquishes any and all actions or causes of action for personal injury, bodily injury, property damage or wrongful death occurring to him/herself arising in any way whatsoever as a result of engaging in said activity or any activities incidental thereto wherever or however the same may occur and for whatever period said activities may continue. The undersigned does for him/herself, his/her heirs, executors, administrators and assigns hereby release, waive discharge and relinquish any action or causes of action, aforesaid, which may hereafter arise for him/herself and for his/her estate, and agrees that under no circumstances will he/she or his/her heirs, executors, administrators and assigns prosecute, present any claim for personal injury, bodily injury, property damage or wrongful death against the District or any of its officers, agents, servants, or employees for any of said causes of action, whether the same shall arise by the negligence of any of said persons, or otherwise.

The undersigned hereby acknowledges that he/she has been advised of all rules and safety regulations pertaining to sport activities and the use of protective equipment by all participants. I understand these safety regulations will be enforced during all games and practices. I fully understand that participants are to abide by all rules and regulations governing conduct during sport activities.

The undersigned hereby acknowledges that he/she knowingly and voluntarily assumes all risks of bodily injury and/or death to his/her child, as stated, and expressly acknowledges their intention, by executing this instrument, to exempt and relieve the District, its officers, agents, and employees, from any liability for personal injury, bodily injury, property damage or wrongful death that may arise out of or in any way be connected with the above-described activity. I have read the foregoing and have voluntarily signed this agreement. I am aware of the potential risks involved in sport activities and I am fully aware of the legal consequences of signing this instrument.

Health or special needs: Check as appropriate.

<input type="checkbox"/>	Participant has no special health needs the staff should be aware of, and no medication is required.
<input type="checkbox"/>	Participant has a special need, and instructions are attached. Number of attached pages: _____.
<input type="checkbox"/>	Other:

In the event of illness or injury, I do hereby consent to whatever x-ray examination, anesthetic, medical, surgical or dental diagnosis, treatment, emergency transportation, and hospital care considered necessary in the best judgment of the attending physician, surgeon, or dentist and performed under the supervision of a member of the medical staff of the hospital or facility furnishing medical or dental services.

Parent/Guardian Signature

Student Signature

Parent/Guardian Name (print)

Date

Phone Number

Street Address

City

State

Zip Code

**JAMESTOWN ELEMENTARY SCHOOL
MEDICAL PERMISSION SLIP**

Name of Athlete: _____ Grade of Athlete: _____

DOB: _____ Age: _____

Name of Athlete's Parent/Guardian: _____

Relationship: _____

Best Contact Number: _____

2nd Best Contact Number: _____

Student's address: _____

City and Zip: _____

Family Physician or Health Advisor: _____

Preferred Hospital: _____

Additional Information: _____

Please list two local people to be reached when family members are unavailable:

Name & Phone: _____

Relationship: _____

Your Medical Insurance Provider and Policy Number must be provided before a student will be allowed to participate on a sports team:

- ☐ I have health or accidental insurance for my child which meets the requirements of California Law and elect not to purchase student insurance.

Medical Insurance: _____

Policy Number: _____

I have completed the above Permission Slip and given Jamestown School District, in my absence, permission to have my child transported to the hospital of my choice (indicated above) in the event of illness or injury. I also hereby grant them permission to sign for treatment of my child at said hospital.

Parent/Guardian Signature

Date

Jamestown School District EQUIPMENT USE AGREEMENT

Student Participant: _____ **Grade:** 6 7 8

This agreement is made and entered into this _____ day of _____ (month), _____ (year), by and between _____ (student) and the Jamestown School District. The term of this agreement shall be for the school year period beginning August, _____ (year) and ending June _____ (year).

Jamestown School District Athletes are issued a team uniform to use during their sport season. Athletes are responsible for laundering their assigned uniform, bringing it to school on competition days, and returning the uniform once the sports season has ended.

1. The Borrower agrees to pay the total cost of the uniform/equipment if it is stolen, lost, or damaged beyond repair.
2. If the uniform/equipment can be repaired and restored to its original condition, the Borrower will pay for the restoration and repair.
3. Failure to compensate the District within sixty (60) days from the date of reported loss or damage may allow the District to take legal action.
4. Failure to return or compensate the District for a uniform may also result in the player being prohibited from participating in future sports.
5. The established value of replacing a stolen, lost, or damaged custom school sports team uniform is \$80.00.

In witness whereof, the parties here unto have subscribed to this agreement, including the comment on the condition and value of the assigned equipment.

Athletic Directors Signature	Sara Sanchez	Paige Pletcher	Date
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Jamestown School District Signature	District Representative Name (<i>print</i>)	Date
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Parent/Guardian Signature	Student Signature
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Parent/Guardian Name (<i>print</i>)	Date
---------------------------------------	------

Address	City	State	Zip Code
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Home Phone	Cell Phone
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**JAMESTOWN SCHOOL DISTRICT
TRANSPORTATION AUTHORIZATION AND WAIVER FORM**

Name of Student: _____

Description of Activity: _____

Date(s) of Activity: _____

By my signature below, I accept responsibility for arranging and providing for the transportation of the above named student. As parent/guardian, I hereby authorize and give permission for my child/ward to:

_____ 2) Ride as a passenger in a bus/van driven by an adult.

initials

I understand that operating a motor vehicle or being a passenger in a motor vehicle may result in injury, disfigurement or death. I acknowledge that the District does not provide any type of insurance including liability, collision, comprehensive or medical coverage during the transportation of the named student in connection with the described activity. I further acknowledge that the district does not provide ongoing Department of Motor Vehicles records checks of my child or my child's driver. I understand that it is my responsibility to ensure that my child or my child's driver is in full compliance with the California Vehicle Code.

I agree to hold the Jamestown School District, its Board, officers, agents and employees harmless from all claims, losses, costs, attorney fees and expenses arising out of any liability or claim of liability for personal injury, bodily injury or death that may occur while transporting the named students or while the named student transports himself/herself.

IT IS FULLY UNDERSTOOD AND AGREED THAT THE DISTRICT IS IN NO WAY RESPONSIBLE, NOR DOES THE DISTRICT ASSUME LIABILITY FOR, ANY INJURIES OR LOSSES RESULTING FROM THIS ALTERNATIVE TRANSPORTATION ARRANGEMENT.

By my signature below, I agree to waive all claims against the District and to indemnify and hold the District, its officers, agents and employees, harmless from any and all liability or claims, demands, losses, causes of action, suits or judgments of any kind including death, bodily injury or illness that may occur during any portion of the transportation phase.

Parent/Guardian Signature Date

Parent/Guardian Name (print) (_____) Phone Number

Street Address City State Zip Code

Jamestown School District
PARENT / GUARDIAN CODE OF CONDUCT AGREEMENT

Jamestown School District Student Athlete: _____ Grade: 6 7 8

Youth sports are supposed to be fun – for the children. Actions by parents, fans and coaches, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many of today's youth are leaving sports activities because the fun is unfairly taken away by adults. Jamestown School District strongly believes the essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: Trustworthiness, Respect, Responsibility, Fairness, Caring and Good Citizenship. As a parent or guardian of a player at Jamestown School District, your actions reflect not only on you, but your child, and his/her team and our school.

As a parent of a Jamestown School District Athlete, you agree to abide by and follow the rules and guidelines below:

- I will adhere to the Jamestown School District Tolerance Policy. I will never be under the influence of or in possession of drugs, alcohol, tobacco products or weapons of any kind at practices, games, trips or other events.
- I understand that the use of foul language towards anyone (coaches, teammates, officials, opponents or spectators) will not be tolerated. I will not engage in any language or actions with the intent to initiate, hurt, intimidate or humiliate any player, coach, official or spectator. I will not tolerate these acts from any players, coaches or adults associated with Jamestown School District. These acts shall be considered harassment and will result in the immediate removal from the practice, game or event.
- I will not post on any social media site with the intent to initiate, hurt, intimidate or humiliate any player, coach, official or spectator. The posting of negative, demeaning or derogatory comments will not be tolerated. These acts shall be considered harassment and may result in the immediate removal from the school team. Furthermore, if I see anything of concern from or about an official, a coach, player or team member on a social media site, I will immediately contact my child's coach or the Jamestown School District Athletic Director. As a parent, I understand that I am accountable for the actions of my child on social media sites. I will stress to my child the importance of proper conduct on these sites and provide parental oversight to prevent any type of cyber-bullying by my child.
- I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as booing, taunting or using profane language or gestures. I will maintain self control at games, practices and other club events.
- I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and demonstrate positive support for all players, coaches, officials and spectators at every game, practice or event.
- I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence. I will demand that my child treat all players, coaches, officials and spectators with respect.

- I will praise my child for playing hard, competing fairly.
- I will never ridicule or yell at my child or other participant for making a mistake or losing a game.
- I will not complain or become confrontational about penalties or calls made by the officials and I will respect the referees and their decisions at all times.
- I will support the coaches and allow them to do their job by not coaching my child or other players during games and practices. I will not openly question or confront coaches before, during or after games or practices. Implement the 24 hour rule before taking the time to speak with coaches about any concerns calmly, privately and at an agreed upon time and place.
- I will promote the emotional and physical well being of the athletes ahead of any personal desire I have for my child or his/her team to win.
- I will inform the coach of any physical disability, illness or injury that may affect the safety of my child or the safety of others.

I realize that if I violate this Code of Conduct, I may be subject to disciplinary action that could include one or more, but not limited to the following:

- Verbal warning by Athletic Director and/or Jamestown School District Principal - Written Warning
- Parental Game suspension with written documentation of the incident kept on file by Jamestown School District
- Parental Season suspension
- Parental Suspension from all future sporting events
- Player Game suspension with written documentation of the incident kept on file by Jamestown School District
- Player Season suspension
- Player Suspension from all future sporting events

By signing below, the Parent/Guardian agrees to abide by and be subject to this Code of Conduct. Signature required for students to participate in Jamestown School District Sports.

Parent/Guardian Name (*print*):

Parent/Guardian Signature

Date:

Athletic Director Signature: _____

Sara Sanchez

Date:

Athletic Director Signature: _____

Paige Pletcher

Date:



CIF ACKNOWLEDGEMENT FORM

Please read all fields, sign, and return to the athletics office.



SENATE BILL 1109 (EFFECTIVE SEPTEMBER 22, 2018), NOW EDUCATION CODE §49476:

You are receiving this information sheet about prescription opioids of Senate Bill 1109 (effective September 22, 2018), now Education code §49476:

1. There are several risks with taking prescription opioids. This bill requires the state to inform student athletes and their families of those risks.
2. The bill also requires mandatory and continuing education in order to be aware of those risks.

CALIFORNIA STATE LAW AB 2500 (EFFECTIVE JANUARY 1, 2019) NOW EDUCATION CODE §4945: You are receiving this information sheet about Heat Illness because the California state law AB 2500 (effective January 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 healthcare 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 two 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, AEDs (life-saving electrical devices that can be used during CPR).

CALIFORNIA STATE LAW AB 1639 (EFFECTIVE JULY 1, 2017), NOW ERIC PAREDED SUDDEN CARDIAC ARREST: On July 1, 2017, Assembly Bill 1639, known as the Eric Paredes Sudden Cardiac Arrest (SCA) Prevention Act went into effect. This requires the pupil and their parent or guardian to read, sign, and return a SCA form of acknowledgment before the pupil participates in any athletic activity. Districts may use this form located on the California Interscholastic Association (CIF) website or design their own form. An SCA acknowledgement form must be signed and returned to the school site each school year.

CALIFORNIA STATE LAW AB 25 (EFFECTIVE JANUARY 1, 2012) NOW EDUCATION CODE 49475: 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 practice or a game to be removed from the activity for the remainder of the day.
2. Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.
3. Before an 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 athlete and the parent or guardian.

I acknowledge that I received and read the following document regarding prescription opioid information, CIF Heat information, SCA prevention strategies and the CIF Concussion information:

Student-Athlete Name (print)

Student-Athlete Signature

Date

Parent/Guardian Name (print)

Parent/Guardian Signature

Date

Parent/Guardian and Pupil Sudden Cardiac Arrest Warning Signs and Symptoms Information and Acknowledgment Form

On July 1, 2017, Assembly Bill 1639, known as the Eric Paredes Sudden Cardiac Arrest (SCA) Prevention Act, went into effect. This requires the pupil and their parent or guardian to read, sign, and return an SCA form of acknowledgment before the pupil participates in any athletic activity. Districts may use this form, a form located on the California Interscholastic Association (CIF) website, or design their own form. An SCA acknowledgment form must be signed and returned to the school site each school year.

On August 30, 2019, Assembly Bill 379 also added sudden cardiac arrest prevention requirements to the Health and Safety Code for youth sports organizations. The amended Health and Safety Code, Division 106, Article 2.5: now includes, Youth Sports Concussion and Sudden Cardiac Arrest Prevention Protocols [124235-124236].

What Is SCA?

SCA occurs suddenly and often without warning. It is triggered by an electrical malfunction in the heart that causes an irregular heartbeat. With the heart's pumping action disrupted, the heart cannot pump blood to the brain, lungs, and other organs. Seconds later, a person loses consciousness and has no pulse. Death occurs within minutes if the victim does not receive treatment.

Who Is at Risk for SCA?

Thousands of sudden cardiac arrests occur among youth each year, as it contributes to the #2 medical cause of death of youth under the age of 25 and is the #1 cause of death of student athletes during exercise. While a heart condition may have no warning signs, studies show that many young people do have warning signs or 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 that they are out of shape and need to train harder, or they simply ignore the symptoms, hoping the signs will go away.

Possible Warning Signs and Risk Factors

- 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

Removal from Activity

A pupil who faints during or following participation in an athletic activity must be removed from play and may not return to play until they are evaluated and cleared by a physician and surgeon, nurse practitioner or physician's assistant. I have reviewed and understand the symptoms, warning signs, and risk factors associated with SCA.

Student/Athlete Name (print)

Student/Athlete Signature

Date

Parent/Guardian Name (print)

Parent/Guardian Signature

Date

The CDE used information from the following sources: American Heart Association, Parent Heart Watch (<https://parentheartwatch.org/>), Eric Paredes Save a Life Foundation: Keep Their Heart in the Game (<https://epsavealife.org/>), and Sudden Cardiac Arrest Foundation (<http://www.sca-aware.org/>).



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 players 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 athletes 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.

<i>Signs observed by teammates, parents and coaches include:</i>	
• 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 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 (print)

Student-Athlete (signature)

Date

Parent/Guardian Name (print)

Parent/Guardian (signature)

Date

