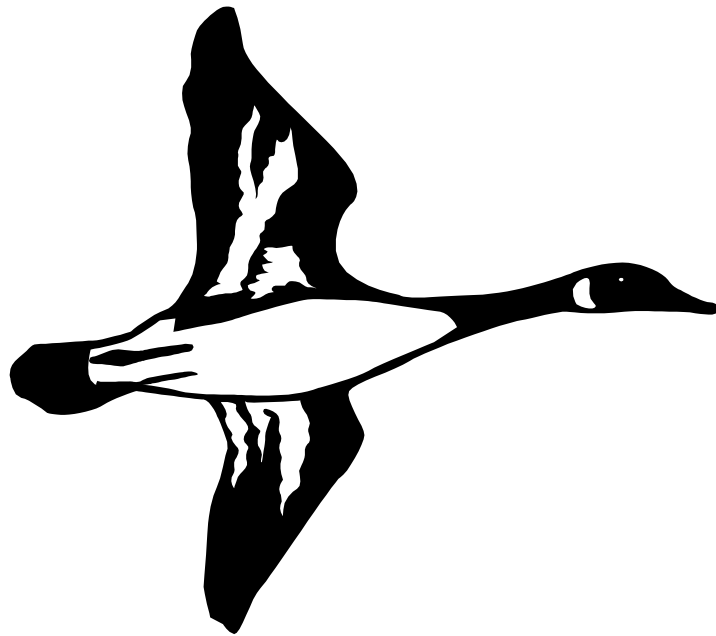


# **WILLOWS HIGH SCHOOL**

## **STUDENT ATHLETIC CODE**



The District and School of Willows Unified School District  
does not discriminate against their students in any of its programs or activities.

(Amended June, 2020)

# STUDENT ATHLETIC CODE

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## **WILLOWS HIGH SCHOOL PHILOSOPHY AND GOALS FOR INTERSCHOLASTIC ATHLETICS**

Willows High School is committed to maintaining a quality program of interscholastic athletics for the young men and women attending Willows High School. The district recognizes that participation in athletic programs is a valuable part of a student's education and personal development.

A quality interscholastic athletic program should provide a variety of opportunities in which students:

- A) Develop favorable habits and attitudes of social conduct.
- B) Develop fundamental conditioning and athletic skills.
- C) Learn self-discipline and making a commitment.
- D) Develop the value of good sportsmanship.
- E) Learn the dynamics of teamwork and what can be achieved when the team concept is embraced.

Learning to function in a competitive atmosphere such as athletics, is an important aspect of a young person's life. It is the school's responsibility to provide an athletic environment where participants are given the opportunity to compete. The enjoyment of winning and the disappointment of losing occurs in a manner that builds personal character and stresses good sportsmanship. While every effort will be made to award ample game playing time to each member on the team, it must be understood by all, athletes, parents, coaches and community, that playing time is earned. The athlete earns playing time through commitment at practice, attitude, physical conditioning, skill level and willingness to improve.

**Varsity Level:** Always play your best, which should include winning. To win league, make playoffs, compete for section title and move on to state playoffs and be competitive there. This means putting our strongest team in the game.

**Junior Varsity Level:** Prepare the student-athlete for varsity competition. Stress fundamentals! Along the way, win as many contests as possible. Playing time will not necessarily be divided equally, but every attempt will be made for students to have a place to play. This does not insure every player will play in every game.

Remember there are many factors involved in playing time; effort at practice and in the game, attitude towards teammates and coaches, absences and tardies, as well as academic performance.

The cornerstone of a successful interscholastic athletic program lies in the dedication and hard work of our athletic staff and by the positive support they receive from the parents and community. Our schools have been fortunate to have high caliber individuals working with our athletes and we will defend their right to be treated with respect and dignity.

Willows High School will also make every effort to insure that its athletes are not discriminated against in terms of socio-economic status, sex, racial or ethnic origin.

## WILLOWS UNIFIED SCHOOL DISTRICT

### ELIGIBILITY FOR ATHLETICS

It is the intention of the Board of Trustees that students be encouraged to participate in the athletic program of the high school. It is the feeling of the Board that participation in the athletic program provides an excellent opportunity for leadership, physical fitness and teamwork. However, it is also the conviction of the Board that the primary responsibility of secondary school students is to achieve in the academic program as prescribed in the district course of study. The Board hereby established the following regulations pertaining to eligibility to participate in the athletic program:

1. A student must demonstrate good citizenship and responsibility. A student suspended from school may not participate in any athletic activity nor school sponsored event during the time of suspension. Continued inappropriate behavior will result in athlete being removed from a team.
2. A student must be passing a minimum of 20 credits and maintain a "C" average (2.0) in subjects, and maintain minimum progress toward meeting the high school graduation requirements prescribed by the governing board. A student will be allowed only one "F" per grading period and must meet the minimum requirement. Eligibility will be determined by 1st quarter, 1st semester, 3rd quarter and 2nd semester grades. Grades received in June will affect eligibility for the following August. Summer school grades will be allowed to secure eligibility for fall sports. Students must meet all C.I.F. guidelines.
3. Once a student is declared ineligible by reason of obtaining less than a 2.0 grade point average, the student remains ineligible until the next grading period. In the event that a student wishes to seek an exemption from this policy due to special circumstances, a petition may be made by the student's parents to request an exception, for a maximum of one nine week grading period. Waivers are not automatically granted. Only one exemption will be allowed for the entire four years of athletic eligibility. This waiver must be signed by the parent and athlete and on file in the office. The waiver can be canceled within the first ten (10) days of signing the waiver. A waiver is designed to keep you eligible to finish a season not start a season.
4. A grade(s) of "incomplete" shall not be considered a passing grade unless, by operation of a school grading policy, said "incomplete" grade shall become a passing letter (or numeric) grade without further achievement or accomplishment by a student, at a certain time. When an "incomplete" grade is issued which does not automatically become a passing grade, as indicated immediately above, such "incomplete" grade shall not satisfy the requirement of the bylaw until the academic deficiency which gave rise to such "incomplete" grade shall have been satisfied and a passing grade has been substituted for the "incomplete" grade. Upon such substitutions, the substituted grade shall be considered in determining scholastic eligibility as established by evaluation of previous grading period grades and the substituted grade. A scholastically ineligible student may become immediately eligible upon such evaluation.
5. All of the other rules and regulations prescribed in the California Interscholastic Federation, its conferences and leagues and the rules set down in the Willows Unified School District Interscholastic Rules and Regulations (96-97) are likewise a part of this policy.

## **WILLOWS HIGH SCHOOL ATHLETIC CODE**

### **GOAL**

Athletics means more than competition between individuals or between teams representing different schools. It is a means of learning a way of life truly respected in professions, businesses, and in all other occupations. It teaches us understanding and appreciation for teamwork. It teaches us that to quit means to fail and that to break training not only means unhealthy living, but also jeopardizes the morale and effort of the team. Athletics exemplifies the philosophy that hard work, drive and determination bring eventual success.

### **GOAL OF A SUCCESSFUL ATHLETE**

The conduct of an athlete is closely observed, and is important that his/her behavior be above reproach. A good athlete is a leader and therefore, has certain obligations and responsibilities.

- I. Physical condition - a good athlete:
  - A. abides by all the training regulations set up by his/her coach;
  - B. has a sound diet and gets sufficient amount of sleep;
  - C. never uses alcohol, tobacco, or illegal drugs, convinced that they are harmful to good physical conditioning, his/her team's chances of victory, team morale, and that they can bring disastrous results to team spirit and effort;
  - D. if injured, reports injury to coach, then remains on the team roster and continues to abide by all the regulations of this code. Physical limitations permitting, he/she continues to participate in team activities unless he/she has received permission from the coach to do otherwise.
  
- II. On the field - a good athlete:
  - A. is in complete command of himself/herself at all times;
  - B. is respectful of all officials;
  - C. is modest in victory and gracious in defeat;
  - D. is in control of his/her temper at all times;
  - E. exercises good sportsmanship; is always aware of his/her responsibilities to himself/herself, his/her teams, and his/her school;
  - F. assumes the responsibility of keeping the school equipment issued to him/her in the best of condition. Any loss or damage, as a result of negligence, becomes the obligation of the athlete, and he/she will not be allowed to participate in any other sport until the matter is settled;
  - G. never engages in rough-housing, wrestling or shoving, snapping or throwing of towels or equipment in the locker room or showers;
  - H. shows respect for competitors, their school, and their facility.
  
- III. In the community and on trips - a good athlete:
  - A. conducts himself/herself as a worthy representative of his/her family, community, school and team;
  - B. dresses in accordance with school/athletic code;
  - C. travels with his/her team both to and from all contests, except when prior written permission from his/her parents and signed by a school administrator permits him/her to do otherwise;

IV. At school - a good athlete:

- A. meets the citizenship standards of his/her school in regular attendance, conduct, and personal appearance, realizing that athletics is only a part of his his/her being in school;
- B. shows respect for his/her teachers and fellow students;
- C. does all that he/she can do to promote a feeling of pride in his/her school.
- D. knows that hazing of students, fights or any form of rough-housing does not promote proper school spirit;
- E. never uses profanity or vulgarity;
- F. never cuts practice or puts himself/herself above the welfare of his/her school.

## GUIDELINES

To be eligible for participation in sports, students must abide by the following rules:

1. Must be in school all day of the contest. If a student must miss any part of a game day, the excuse must be "pre-excused" prior to beginning of school that day. In case of Saturday contests, must have been in school all day on Friday, unless prior arrangements have been made with the Administration and/or Athletic Director.
2. Grade level, age, and residence, as required by S.V.L., C.I.F, and Willows Unified School District.
3. Have insurance paid or cleared.
4. Parent consent form must be signed by parent or guardian and on file in the school office.
5. Physical examination must be completed and on file in the school office. Valid physicals have to be dated after conclusion of previous school year.
6. Drug test form signed by parent and students and on file in the school office.
7. Until a student has shown evidence of a physical examination, signed parent permission form, "adequate" insurance coverage for the current school year, drug test form signed, he/she will not be issued a uniform or allowed to practice.

A student **is not** eligible if:

1. he/she will be nineteen years of age by June 15;
2. his/her scholastic standing is below the ninth grade;
3. he/she has attended high school for more than eight consecutive semesters (ten weeks of attendance constitutes a semester);
4. he/she has changed schools during the current semester (except upon like changes of his/her parents);
5. he/she has taken part in an exhibition of boxing or engaged in any form of boxing competition.
6. he/she has ever received any money, goods, or expenses for participation in any athletic activity;
7. he/she has trained with or has been a member of a college squad or has participated in a college contest;
8. he/she has participated on any organized team outside of school while on any school team of the same sport as outlined with C.I.F. Handbook.

## **ELIGIBILITY REQUIREMENTS IN ADDITION TO THOSE OF C.I.F.**

Athletes are representatives of the school and the community, and, as such, they are expected to act in accordance with all laws and school regulations. The coaching staff and administration of Willows High School believe that competition in school athletes is both a privilege and a part of the high school curriculum. With this privilege goes the responsibility of the athlete to conform to reasonable standards of conduct, training, and grooming that bring credit to the school. In view of this fact, the following citizenship and dress regulations have been adopted.

1. Any athlete who is proven guilty of using or possession of narcotics, alcohol, using tobacco in any form, or theft shall be suspended from all athletic participation or practice.
2. Athletic Appeal Board - At the end of a minimum four-week period, a student who has been suspended from athletics at Willows High School may file an appeal to the Willows Athletic Board for reinstatement to the athletic program of Willows High School. (The Board will consist of three head coaches from Willows High School, and two team members, chosen by team vote, of the team from which the boy/girl has been suspended).
3. Students may not practice or in any way participate in a sport while under suspension for any reason.
4. Students who are awaiting eligibility verification because of custodial questions, residential problems, etc., will not be allowed to participate in any practice or competition without administrative approval.

## **AFTER SCHOOL TUTORIAL AND THE STUDENT-ATHLETE**

If a student-athlete receives an "F" grade on any 2 week reporting period during the season, he/she is ineligible to play for two weeks.

Student-Athletes can become eligible again IF:

- Two of the three offered After School Tutorial Program Sessions are attended in their entirety from 3:00-4:30pm (Offered Mondays, Tuesdays, Wednesdays)
- AND**
- The received "F" grade is no longer an "F" on the Student-Athlete Progress Report Form turned in to the office on Friday afternoon

Failure to attend at least two days of After School Tutorial, even if the grade is raised, will result in continued ineligibility for the student-athlete.

## **STARTING AND PRACTICE SESSIONS**

Practice sessions may be held or started at the end of the previous sport, except in the case of football/volleyball, which is governed by League and C.I.F. rules.

Practice sessions will be supervised by the coach. Workouts held without coach's knowledge or without his/her supervision are forbidden.

## **EQUIPMENT**

Equipment must be accounted for, except for consumable items. Equipment must be returned by the student not more than five (5) school days after the close of the season. If it is not returned at the end of five days, the student is to be billed for the equipment by the school and a copy of the billing forwarded to the Athletic Director and the student will be declared ineligible until equipment is paid for or returned

The athlete will be ineligible for participation in any interscholastic activity until the equipment is accounted for and/or paid for. He/she will not be allowed to practice and compete in any contest during ineligibility.

### **ATHLETIC AWARDS**

Coaches have the jurisdiction to award blocks to those athletes they feel have contributed in some manner to the overall success of a team.

1. Every athlete is encouraged to attend the awards program unless prior arrangements are made with their coach.
2. Frosh. . . . . participation certificate  
     Junior Varsity. . . . . numeral and certificate  
  
     Varsity (1st year). . . . . letter, emblem and certificate  
     Varsity (after 1st year). . . . . Emblem and certificate
3. Team Awards:
 

Football. . . . .	Varsity	5 awards
	J.V.	4 awards
	Frosh.	3 awards
Basketball, Volleyball. . . . .	Varsity	4 awards
	J.V.	3 awards
	Frosh.	2 awards
Girls & Boys Tennis, Golf. . . . .	Varsity	4 awards
Baseball, Softball, Track . . . . .	Varsity	4 awards
	J.V.	3 awards
Wrestling, Soccer. . . . .	Varsity	4 awards

### **GENERAL GUIDELINES**

1. **CHANGING SPORTS:** A player may change from one sport to another if he has permission from both coaches involved. It is the athlete’s responsibility to contact both coaches before practicing for the new sport. Players dropping a sport without coach’s permission are required to wait until the season of the sport he drops or quits is completed prior to practicing for a new sport in the next sport season. Students quitting a sport after 10 days without coach’s permission, will not be eligible to participate in 1/3 of the next sport.

2. **TRIAL PARTICIPATION IN A SPORT:** A student shall be given a trial period consisting of 10 practice sessions to determine if he/she wishes to remain out for that sport. This trial period begins the first day of organized practice whether or not the specific athlete is in attendance.

3. **DUAL SPORTS:** An athlete participating in two sports needs permission from both coaches.

4. **TRANSPORTATION:**

A) Cost-Deferral Fee: Student-athletes at Willows High School are asked to pay a cost-deferred donation for each season of participation. The donation is \$35.00 per season. The donation should be paid according to the same deadlines as proof of an athletic physical and insurance. Families with two or more students participating during the same sport season, will only be charged \$30.00 per athlete. Statisticians, scorekeepers, managers, pep squad, etc. are not charged the cost-deferral.



B) All students will travel to away games/matches by school van, bus or under adult supervision cleared with the Athletic Director or Principal in advance. Any students who violate this rule will not be allowed to participate in that game/match. A student may be released from traveling in school provided transportation with coach's approval and PRIOR written administrative and parent permission. The coach will only release students to ride home with their own parents. If a special situation arises, the coach, in conjunction with the Administration's approval, may make special arrangements.

**GUIDELINES:**

- a. Students should be released to parent via signed note and visual contact.
- b. Coach should visually verify that the student is indeed released to parent.
- c. Special situations should have the coach and administrator's approval PRIOR to releasing any student from school provided transportation to private transportation.

5. **INJURIES:** If a player is injured, he/she must still be in attendance for practices, and contests as a member of the team. If a parent requests the player to not participate in practice/contests, then that student will not participate until the original request is rescinded by the parent/physician in writing. Any player who has an injury that will permit no further participation during that sport season, will be considered on leave from the sport with no penalty and the player will be given his/her award, at the coach's discretion.

\*Please report ALL injuries to the coach so that proper medical treatment can be rendered.

6. **ATTENDANCE:** All students participating in scheduled school activities necessitating missing a regular class, will be given equal amount of time to make up their work. Athletes are required to meet with their teachers and get assignments prior to missing a class.

7. **RESTRICTED AREAS AT OTHER SCHOOLS:** When we are visiting another school, all players and personnel are restricted to the facilities. NO ONE will leave the area unless they have checked in with their coach for permission. Violation of this rule can lead to possible suspension and/or being dropped from the traveling team.

8. **DISCIPLINARY CONSEQUENCES:** Any student who elects to participate in athletics and fails to follow the Athletic Guidelines in any way or at any time will experience disciplinary consequences.

Some of the major consequences are listed below:

1. Students will refrain from using, possessing, or furnishing tobacco - smoking or chewing.  
FIRST OFFENSE in a school year: Suspension from participation for no less than five school days. Participation is defined as follows: Students will not be allowed to play or practice. Students can attend practice session, but will not be allowed to play or practice.  
SECOND OFFENSE in a school year: Suspension from participation for no less than 10 school days.  
THIRD OFFENSE in a school year: Suspension from participation for the duration of the school year. The student will be placed on probation for the following school year and a subsequent violation while on probation will cause the student to be denied further participation for the remainder of that school year.
2. Students will refrain from using, possession or furnishing alcohol or other illegal drugs.

**FIRST OFFENSE (during their high school career)**

1. Notify parent or guardian.
2. Suspension from participation in the Willows High School athletic program for no less than 40 calendar days.
3. The student will be retested prior to resuming participation in the Willows High School athletic program. This testing will take place even if the athlete's participation (following the suspension) is during another sports season.

**SECOND OFFENSE (during their high school career)**

1. Notify parent or guardian.
2. Suspension from participation in the Willows High School athletic program for the remainder of the current season and the next athletic season for which the student is eligible.
3. The student will be retested prior to resuming participation in the Willows High School athletic program. This testing will take place even if the athlete's participation (following the suspension) is during another sports season.

**THIRD OFFENSE (during their high school career)**

1. Notify parent or guardian.
2. Suspension from participation in the Willows High School athletic program for the remainder of their high school career.

9. **CRIMINAL ACTIVITY:** All students will not violate any local, state or federal law listed as a misdemeanor or felony in the penal code. If found guilty of violations, appropriate discipline will be administered by the coach and/or Administration.

10. **LOGISTICS:**

- a. Every participant and his/her parent/guardian will be appraised of the Code of Conduct via the usual school-to-student and/or school-to-parent communiqués.
- b. The school principal/designee, will review Code of Conduct disciplinary referrals to ensure appropriate due process procedures and will be responsible for enforcing the Code.
- c. The parent/guardian of any student who violates the Code will be appraised of the violation and the disciplinary consequences.
- d. The School Administration will direct the development and implementation of any needed school regulations and/or forms to implement or revise any newly developed regulations or procedures.

**CONCLUSION:** You are paying a high price to be on a WILLOWS HIGH SCHOOL TEAM, but we want to be CHAMPIONS and that takes sacrifice. It's worth it when you have a successful season. Then you will always have something to look back on and cherish. Now is the time to build a record you can be proud of.

This Code emphasized the Student Athletic portion of the Interscholastic Sports Rules and Regulations for the Willows Unified School District. Any student or parent wishing to review the complete Interscholastic Sport Rules and Regulations should see the Athletic Director for a copy.

Willows Unified School District  
Willows High School  
203 N. Murdock Avenue  
Willows, CA 95988  
(530) 934-6611

**CONSENT TO PARTICIPATE IN SPORTS COMPETITION AND PROOF OF INSURANCE COVERAGE**

WARNING: Although participation in supervised interscholastic athletics and activities may be one of the least hazardous in which any student will engage in or out of school, but BY ITS NATURE, PARTICIPATION IN INTERSCHOLASTIC ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG-TERM CATASTROPHIC. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate this risk.

Participants can and have the responsibility to help reduce the change of injury. PLAYERS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW A PROPER CONDITIONING PROGRAM, AND INSPECT THEIR OWN EQUIPMENT DAILY.

By signing this Permission Form, we acknowledge that we have read and understood this warning. PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS PERMISSION FORM.

I hereby give my consent for my son/daughter, \_\_\_\_\_ to participate in the athletic program at Willows High School. I understand the following:

1. A physical exam is required, at my expense.
2. I must show proof of medical insurance coverage for my son/daughter through private health insurance, through Medi-Cal, or purchase coverage through C.I.F.
3. Signed Athletic Code form.
4. Each athlete is encourage to purchase a student body card to support our athletic program.

**MEDICAL INSURANCE COVERAGE FOR ABOVE-NAMED STUDENT**

NAME OF INSURANCE CARRIER \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
POLICY OR GROUP NUMBER \_\_\_\_\_ I.D. NUMBER \_\_\_\_\_  
NAME OF INSURED \_\_\_\_\_  
ADDRESS \_\_\_\_\_

**AUTHORIZATION TO TREAT A MINOR**

I (We), the undersigned parent, parents or legal guardian of \_\_\_\_\_,  
a minor, do hereby authorize and consent to any X-ray, examination, anesthetic, medical or surgical diagnosis and treatment and emergency hospital care which is deemed advisable by and is to be rendered under the general or special supervision of any member of the medical staff and emergency room staff licensed under the provisions of the Medicine Practice Act and on the staff of any acute general hospital holding a current license to operate a hospital from the State of California Department of Public Health. It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if the undersigned cannot be reached.

This authorization is given pursuant to provisions of Section 25.8 of Civil Code of California.

Date \_\_\_\_\_ Signature \_\_\_\_\_  
Father and/or Mother, or Guardian

Allergies to Drugs or Foods \_\_\_\_\_

Date of last Tetanus Toxoid Booster \_\_\_\_\_

Willows Unified School District  
Willows High School  
203 N. Murdock Avenue  
Willows, CA 95988  
(530) 934-6611

## PHYSICAL EXAM FORM

Student's Name \_\_\_\_\_  
(Last) (First) (Middle Initial)

I hereby certify that the above named student is physically fit to engage in sports.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Title

\_\_\_\_\_  
State License

Has the student had any injury or physical condition that should be watched?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Willows Unified School District  
Willows High School  
203 N. Murdock Avenue  
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(530) 934-6611

## **WILLOWS HIGH SCHOOL ATHLETIC CODE**

Students who participate in Willows High School athletics are required to abide by the Athletic Code.

I understand the Athletic Code and its implications. I also understand that if I fail to uphold the provisions set forth in the Athletic Code, my privilege to participate as a team member for Willows High School, may be revoked.

I have read and understand the Willows High School Athletic Code. I will assume responsibility for equipment and for damages caused by me and agree to pay for lost equipment.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
(Sports I will participate in)

I fully understand the provisions set forth in the Athletic Code and support it fully.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

# COACH

To assure that the player and parent have read and understand this warning notice, have them sign and return this card to you for your permanent file.

---

Player

Parent

---

Date

-----**WARNING**-----

-

*Do not strike an opponent with any part of this helmet or face mask. This is a violation of football rules and may cause you to suffer severe brain or neck injury, including paralysis or death.*

**Severe brain or neck injury may also occur accidentally while playing football.**

**NO HELMET CAN PREVENT ALL SUCH  
INJURIES. YOU USE THIS HELMET AT  
YOUR OWN RISK.**

## WILLOWS HIGH SCHOOL

### Concussion Information Sheet

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

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

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Headaches</li><li>• “Pressure in head”</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to 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>• Amnesia</li><li>• “Don’t feel right”</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same question/comment</li></ul> |
|--|--|

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

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

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

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport  
Document created 5/20/2010

# WILLOWS HIGH SCHOOL

## Concussion Information Sheet

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

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:-

“A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.”

**and**

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

\_\_\_\_\_  
Student-athlete Name Printed

\_\_\_\_\_  
Student-athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed

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

\_\_\_\_\_  
Date

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport  
Document created 5/20/2010



# **Willows USD**

## **Administrative Regulation**

### **Athletic Competition**

AR 6145.2

#### **Instruction**

#### **Nondiscrimination and Equivalent Opportunities in the Athletic Program**

No student shall be excluded from participation in, be denied the benefits of, be denied equivalent opportunity in, or otherwise be discriminated against in interscholastic, intramural, or club athletics on the basis of any actual or perceived characteristic specified in law and BP 0410 - Nondiscrimination in District Programs and Activities. (Education Code 220, 221.5, 230 5 CCR 4920, 34 CFR 106.41)

(cf. 0410 - Nondiscrimination in District Programs and Activities)

(cf. 5145.3 - Nondiscrimination/Harassment)

The Superintendent or designee may provide single-sex teams when selection for the teams is based on competitive skills. (5 CCR 4921; 34 CFR 106.41)

Each student shall be allowed to participate in any single-sex athletic program or activity consistent with the student's gender identity, irrespective of the gender listed on the student's records, for which the student is otherwise eligible to participate. (Education Code 221.5)

(cf. 5125 - Student Records)

When a school provides only one team in a particular sport for members of one sex, but provides no team in the same sport for members of the other sex, and athletic opportunities in the total program for that sex have been previously limited, members of the excluded sex shall be allowed to try out and compete with the team. The same standards for eligibility shall be applied to every student trying out for the team, regardless of sex, sexual orientation, gender, gender identity, gender expression, or other protected group status. (5 CCR 4921; 34 CFR 106.41)

The Superintendent or designee shall ensure that equivalent opportunities are available to both sexes in athletic programs by considering, among other factors: (5 CCR 4922; 34 CFR 106.41)

1. Whether the offered selection of sports and levels of competition effectively accommodate the interests and abilities of both sexes

The athletic program may be found to effectively accommodate the interests and abilities of both sexes using any one of the following tests: (Education Code 230)

a. Whether the interscholastic-level participation opportunities for male and female students are provided in numbers substantially proportionate to their respective enrollments

b. Where the members of one sex have been and are underrepresented among interscholastic athletes, whether the district can show a history and a continuing practice of program expansion that is demonstrably responsive to the developing interests and abilities of the members of that sex

c. Where the members of one sex are underrepresented among interscholastic athletes and the district cannot show a history and continuing practice of program expansion as required in item #1b above, whether the district can demonstrate that the interests and abilities of the members of that sex have been fully and effectively accommodated by the present program

2. The provision and maintenance of equipment and supplies
3. Scheduling of games and practice times, selection of the season for a sport, and location of the games and practices
4. Travel and per diem allowances
5. Opportunities to receive coaching and academic tutoring
6. Assignment and compensation of coaches and tutors
7. Provision of locker rooms, practice facilities, and competitive facilities
8. Provision of medical and training facilities and services
9. Provision of housing and dining facilities and services
10. Publicity
11. Provision of necessary funds

Each school that offers competitive athletics shall, at the end of the school year, post on its school web site, or on the district web site if the school does not have a web site, the following information: (Education Code 221.9)

1. The total enrollment of the school, classified by gender
2. The number of students enrolled at the school who participate in competitive athletics, classified by gender
3. The number of boys' and girls' teams, classified by sport and by competition level

(cf. 1113 - District and School Web Sites)

The data reported for items #1-3 above shall reflect the total number of players on a team roster on the official first day of competition. The materials used to compile this information shall be retained by the school for at least three years after the information is posted on the web site. (Education Code 221.9)

(cf. 3580 - District Records)

## Concussions and Head Injuries

The Superintendent or designee shall annually distribute to student athletes and their parents/guardians an information sheet on concussions and head injuries. The student and parent/guardian shall sign and return the information sheet before the student initiates practice or competition. (Education Code 49475)

(cf. 5145.6 - Parental Notifications)

The Superintendent or designee shall provide training to coaches and/or athletic trainers regarding concussion symptoms, prevention, and appropriate response. (Education Code 35179.1, 49032)

(cf. 4127/4227/4327 - Temporary Athletic Team Coaches)

If a student athlete is suspected of sustaining a concussion or head injury in an athletic activity, the student shall be immediately removed from the activity for the remainder of the day. The student shall not be permitted to return to the activity until the student is evaluated by a licensed health care provider trained in the management of concussions and receives the health care provider's written clearance to return to the activity. If the health care provider determines that the student sustained a concussion or a head injury, the student shall also complete a graduated return-to-play protocol of no less than seven days in duration under the supervision of a licensed health care provider. (Education Code 49475)

A middle school or high school football team shall not hold a full-contact practice during the off-season and shall not conduct more than two full-contact practices per week during the preseason and regular season (from 30 days before the commencement of the regular season until the completion of the final interscholastic football game of that season). In addition, the full-contact portion of a practice shall not exceed 90 minutes in any single day. For these purposes, full-contact practice means a practice where drills or live action is conducted that involves collisions at game speed, where players execute tackles and other activity that is typical of an actual tackle football game. (Education Code 35179.5)

## Heat Illness

The Superintendent or designee shall provide training to coaches and/or athletic trainers regarding the signs and symptoms of, and the appropriate response to, heat illness, including heat cramps, heat syncope, heat exhaustion, and exertional heat stroke. (Education Code 35179.1, 49032)

To assist in the prevention of heat illness, coaches and/or athletic trainers shall gradually increase the intensity and duration of exercise to acclimate student athletes to practice in the heat, provide adequate rest breaks, make water available during all athletic activities, and alter practice plans in extreme environmental conditions.

## Sudden Cardiac Arrest

The Superintendent or designee shall distribute the California Interscholastic Federation (CIF) information sheet on sudden cardiac arrest to all student athletes who will be participating in a CIF-governed athletic activity and to their parents/guardians. The student and parent/guardian shall sign and return the information sheet prior to the student's participation in the athletic activity. If an athletic activity is not covered by CIF, the student and parent/guardian shall, prior to the student's participation in the athletic activity, sign and return an acknowledgement that they have received and reviewed the sudden cardiac arrest information posted on the California Department of Education's web site. (Education Code 33479.2, 33479.3)

The Superintendent or designee shall provide training to coaches and/or athletic trainers regarding the nature and warning signs of sudden cardiac arrest. (Education Code 33479.6, 33479.7, 35179.1, 49032)

If a student athlete passes out or faints, or is known to have passed out or fainted, while participating in or immediately following participation in an athletic activity, the student shall be removed from participation at that time. If a student exhibits any other symptoms of sudden cardiac arrest, including seizures during exercise, unexplained shortness of breath, chest pains, dizziness, racing heart rate, or extreme fatigue, the student may be removed from participation by a coach or other employee who observes these symptoms. If any such symptoms are observed, notification shall be given to the student's parent/guardian so that the parent/guardian can determine the treatment, if any, the student should seek. A student who has been removed from participation shall not be permitted to return until the student is evaluated and given written clearance to return to participation by a health care provider. (Education Code 33479.2, 33479.5)

#### Automated External Defibrillators

The Superintendent or designee shall acquire at least one automated external defibrillator (AED) for each district school and shall make the AED(s) available to coaches, athletic trainers, and/or other authorized persons at athletic activities or events for the purpose of providing emergency care or treatment to students, spectators, and other individuals in attendance at athletic activities and events. (Education Code 35179.6)

(cf. 5141 - Health Care and Emergencies)

The district shall comply with all requirements of Health and Safety Code 1797.196 pertaining to any AED acquired by the district, including, but not limited to, regular maintenance and testing of the AED and the provision and posting of information regarding the proper use of the AED. (Education Code 35179.6; Health and Safety Code 1797.196)

#### Additional Notifications

Before students participate in practice or competition as part of interscholastic athletic activities, the Superintendent or designee shall, in addition to providing the students and their parents/guardians with the notices described above, send a notice to the students and their parents/guardians which:

1. Contains information about the procedures for filing a discrimination complaint that arises out of an interscholastic athletic activity, including the name of the district's Title IX Coordinator

(cf. 1312.3 - Uniform Complaint Procedures)

2. Includes a copy of students' Title IX rights pursuant to Education Code 221.8

3. Explains that there is an element of risk associated with all athletic competitions and that the district cannot guarantee that students will not be injured, despite a commitment to every participant's health and welfare

(cf. 3530 - Risk Management/Insurance)

4. Provides information about insurance protection pursuant to Education Code 32221.5

(cf. 5143 - Insurance)

5. Requests parental permission for the student to participate in the program and, if appropriate, to be transported by the district to and from competitions

(cf. 3541.1 - Transportation for School-Related Trips)

6. States the district's expectation that students adhere strictly to all safety rules, regulations, and instructions, as well as rules and guidelines related to conduct and sportsmanship

(cf. 5144 - Discipline)

(cf. 5144.1 - Suspension and Expulsion/Due Process)

7. Includes a copy of the local CIF league rules

8. Includes information about the CIF bylaw and district policy requiring any student athlete and the student's parent/guardian to sign a statement that the student will not use steroids, unless prescribed by a licensed health care practitioner, and will not use prohibited dietary supplements that include substances banned by the U.S. Anti-Doping Agency

(cf. 5131.63 - Steroids)

9. Includes the opioid fact sheet published by the Centers for Disease Control and Prevention in accordance with Education Code 49476. The district shall provide this fact sheet annually to each student athlete and shall require the student and the student's parent/guardian to sign a document acknowledging receipt of the fact sheet.

Regulation WILLOWS UNIFIED SCHOOL DISTRICT  
approved: October 10, 2019 Willows, California

# Willows USD

## Board Policy

### Athletic Competition

BP 6145.2

#### Instruction

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

(cf. 3541.1 - Transportation for School-Related Trips)

(cf. 5030 - Student Wellness)

(cf. 5137 - Positive School Climate)

(cf. 6142.7 - Physical Education and Activity)

(cf. 7110 - Facilities Master Plan)

All athletic teams shall be supervised by qualified coaches to ensure that student athletes receive appropriate instruction and guidance related to safety, health, sports skills, and sportsmanship. Athletic events shall be officiated by qualified personnel.

(cf. 4127/4227/4327 - Temporary Athletic Team Coaches)

The Board encourages business and community support for district athletic programs, subject to applicable district policies and regulations governing advertisements and donations.

(cf. 1260 - Educational Foundation)

(cf. 1321 - Solicitation of Funds from and by Students)

(cf. 1325 - Advertising and Promotion)

(cf. 1700 - Relations Between Private Industry and the Schools)

(cf. 3290 - Gifts, Grants and Bequests)

#### Nondiscrimination and Equivalent Opportunities in the Athletic Program

The district's athletic program shall be free from discrimination and discriminatory practices prohibited by state and federal law, including, but not limited to, the use of any racially derogatory or discriminatory school or athletic team name, mascot, or nickname. The Superintendent or designee shall ensure that equivalent athletic opportunities are provided for males and females, and that students are permitted to participate in athletic activities consistent with their gender identity.

(cf. 0410 - Nondiscrimination in District Programs and Activities)

(cf. 5145.3 - Nondiscrimination/Harassment)

(cf. 5145.7 - Sexual Harassment)

Any complaint alleging discrimination in the district's athletic program shall be filed in accordance with the district's uniform complaint procedures.

(cf. 1312.3 - Uniform Complaint Procedures)

### California Interscholastic Federation

Any district school that participates in the California Interscholastic Federation (CIF) shall conduct its athletic activities in accordance with CIF bylaws and rules and any applicable district policy and regulation. The Superintendent or designee shall have responsibility for the district's interscholastic athletic program, while the principal or designee at each participating school shall be responsible for site-level decisions, as appropriate.

The Board shall annually designate a representative to the local CIF league from each school that participates in CIF sports. The Superintendent or designee shall recommend a candidate for the position who demonstrates an understanding of the district's goals for student learning and interscholastic activities, knowledge of the athletic programs, awareness of the implications of league decisions for the school and the district, and interpersonal communication and leadership skills.

The designated representative(s) shall vote on issues that impact interscholastic athletics at the league and section levels, perform any other duties required by the CIF league, and report regularly to the Board on league, section, and statewide issues related to athletic programs.

(cf. 0500 - Accountability)

### Student Eligibility

The first priority of student athletes shall be a commitment to their educational and academic achievement.

Eligibility requirements for student participation in the district's interscholastic athletic program, including requirements pertaining to academic achievement, shall be the same as those set by the district for participation in extracurricular and cocurricular activities.

- (cf. 3530 - Risk Management/Insurance)
- (cf. 5111.1 - District Residency)
- (cf. 5121 - Grades/Evaluation of Student Achievement)
- (cf. 6145 - Extracurricular and Cocurricular Activities)
- (cf. 6146.1 - High School Graduation Requirements)
- (cf. 6173 - Education for Homeless Children)
- (cf. 6173.1 - Education for Foster Youth)
- (cf. 6173.2 - Education of Children of Military Families)

In addition, the Superintendent or designee shall ensure that students participating in interscholastic athletics governed by CIF satisfy CIF eligibility requirements.

Students shall not be charged a fee to participate in an athletic program, including, but not limited to, a fee to cover the cost of uniforms, locks, lockers, or athletic equipment.

(cf. 3260 - Fees and Charges)

(cf. 5143 - Insurance)

## Sportsmanship

The Board values the quality and integrity of the athletic program and the character development of student athletes. Student athletes, coaches, parents/guardians, spectators, and others are expected to demonstrate good sportsmanship, ethical conduct, and fair play during all athletic competitions. They shall also abide by the core principles of trustworthiness, respect, responsibility, fairness, caring, and good citizenship and the Code of Ethics adopted by CIF.

Students and staff shall be subject to disciplinary action for improper conduct.

(cf. 3515.2 - Disruptions)

(cf. 4118 - Dismissal/Suspension/Disciplinary Action)

(cf. 4218 - Dismissal/Suspension/Disciplinary Action)

(cf. 5131 - Conduct)

(cf. 5131.1 - Bus Conduct)

(cf. 5131.4 - Student Disturbances)

(cf. 5144 - Discipline)

(cf. 5144.1 - Suspension and Expulsion/Due Process)

(cf. 5144.2 - Suspension and Expulsion/Due Process (Individuals with Disabilities))

## Health and Safety

The Board desires to give student health and safety the highest consideration in planning and conducting athletic activities.

Students shall have a medical clearance before participating in interscholastic athletic programs. Care shall be taken to ensure that all athletic trainings and competitions are conducted in a manner that will not overtax the physical capabilities of the participants. When appropriate, protective equipment shall be used to prevent or minimize injuries.

(cf. 5131.61 - Drug Testing)

(cf. 5131.63 - Steroids)

(cf. 5141.3 - Health Examinations)

(cf. 5141.6 - School Health Services)

(cf. 5141.7 - Sun Safety)

Coaches and appropriate district employees shall take every possible precaution to ensure that athletic equipment is kept in safe and serviceable condition. The Superintendent or designee shall ensure that all athletic equipment is cleaned and inspected for safety before the beginning of each school year.

(cf. 5142 - Safety)

The Superintendent or designee shall develop a written emergency action plan that describes the location of automated external defibrillator(s) and procedures to be followed in the event of sudden cardiac arrest or other medical emergency related to the athletic program's activities or events. The plan shall be posted in accordance with guidelines of the National Federation of



State High School Associations. (Education Code 35179.4)

In the event of a serious injury or a perceived imminent risk to a student's health during or immediately after an athletic activity, the coach or any other district employee who is present shall remove the student athlete from the activity, observe universal precautions in handling blood or other bodily fluid, and/or seek medical treatment for the student as appropriate.

(cf. 4119.42/4219.42/4319.42 - Exposure Control Plan for Bloodborne Pathogens)

(cf. 4119.43/4219.43/4319.43 - Universal Precautions)

(cf. 5141 - Health Care and Emergencies)

(cf. 5141.21 - Administering Medication and Monitoring Health Conditions)

(cf. 5141.22 - Infectious Diseases)

Legal Reference:

#### EDUCATION CODE

200-262.4 Prohibition of discrimination

17578 Cleaning and sterilizing of football equipment

17580-17581 Football equipment

32220-32224 Insurance for athletic teams, especially:

32221.5 Required insurance for athletic activities

33353-33353.5 California Interscholastic Federation; implementation of policies, insurance program

33354 California Department of Education authority over interscholastic athletics

33479-33479.9 The Eric Parades Sudden Cardiac Arrest Prevention Act

35160.5 District policies; rules and regulations

35179 Interscholastic athletics

35179.1 California High School Coaching Education and Training Program

35179.4 Emergency action plan

35179.5 Interscholastic athletics; limitation on full-contact practices

35179.6 Automated external defibrillator, athletic activities

48850 Interscholastic athletics; students in foster care and homeless students

48900 Grounds for suspension and expulsion

48930-48938 Student organizations

49010-49013 Student fees

49020-49023 Athletic programs; legislative intent, equal opportunity

49030-49034 Performance-enhancing substances

49458 Health examinations, interscholastic athletic program

49475 Health and safety, concussions and head injuries

49700-49701 Education of children of military families

51242 Exemption from physical education for high school students in interscholastic athletic program

#### HEALTH AND SAFETY CODE

1797.196 Automated external defibrillator

#### PENAL CODE

245.6 Hazing

#### CODE OF REGULATIONS, TITLE 5

4900-4965 Nondiscrimination in elementary and secondary education programs, especially:

4920-4922 Nondiscrimination in intramural, interscholastic, and club activities

5531 Supervision of extracurricular activities of students

5590-5596 Employment of noncertificated coaches

#### UNITED STATES CODE, TITLE 20

1681-1688 Discrimination based on sex or blindness, Title IX  
CODE OF FEDERAL REGULATIONS, TITLE 34  
106.31 Nondiscrimination on the basis of sex in education programs or activities  
106.33 Comparable facilities  
106.41 Nondiscrimination in athletic programs

#### COURT DECISIONS

Mansourian v. Regents of University of California, (2010) 602 F. 3d 957  
McCormick v. School District of Mamaroneck, (2004) 370 F.3d 275  
Kahn v. East Side Union High School District, (2003) 31 Cal. 4th 990  
Hartzell v. Connell, (1984) 35 Cal. 3d 899

#### Management Resources:

#### CSBA PUBLICATIONS

Updated Legal Guidance: Protecting Transgender and Gender Nonconforming Students Against Discrimination, March 2017

#### CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS

Pupil Fees, Deposits, and Other Charges, Fiscal Management Advisory 12-02, April 24, 2013

#### CALIFORNIA INTERSCHOLASTIC FEDERATION PUBLICATIONS

Athletic Department Emergency Action Plan: Response Teams

California Interscholastic Federation Constitution and Bylaws

A Guide to Equity in Athletics

Guidelines for Gender Identity Participation

Keep Their Heart in the Game: A Sudden Cardiac Arrest Information Sheet for Athletes and Parents/Guardians

Event Emergency Guidelines, 2013

Pursuing Victory with Honor, 1999

#### CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS

Heads Up: Concussion in High School Sports, Tool Kit, June 2010

Heads Up: Concussion in Youth Sports, Tool Kit, July 2007

Acute Concussion Evaluation (ACE) Care Plan, 2006

#### NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS PUBLICATIONS

Emergency Action Planning Guide for After-School Practices and Events

#### U.S. DEPARTMENT OF EDUCATION OFFICE FOR CIVIL RIGHTS PUBLICATIONS

Withdrawal of Dear Colleague Letter on Transgender Students, Dear Colleague Letter, February 22, 2017

Intercollegiate Athletics Policy Clarification: The Three-Part Test - Part Three, Dear Colleague Letter, April 20, 2010

#### WEB SITES

CSBA: <http://www.csba.org>

California Department of Education: <http://www.cde.ca.gov>

California Interscholastic Federation: <http://www.cifstate.org>

Centers for Disease Control and Prevention, Concussion Resources:

<http://www.cdc.gov/concussion>

National Federation of State High School Associations: <http://www.nfhs.org>

National Operating Committee on Standards for Athletic Equipment: <http://www.nocsae.org>

U.S. Anti-Doping Agency: <http://www.usada.org>

U.S. Department of Education, Office for Civil Rights: <http://www2.ed.gov/ocr>

Policy WILLOWS UNIFIED SCHOOL DISTRICT

adopted: January 10, 2019 Willows, California