

San Diego City Schools

POINT LOMA HIGH SCHOOL

ATHLETIC CLEARANCE CHECK OFF SHEET

To be completed by student/parent before trying out/practicing for any team.

1. Prior to clearance:

_____ All **FINES** must be cleared up and/or paid for prior to clearance.

_____ All students have **MEDICAL INSURANCE** (Ref. extracurricular physical form).
If you do not have a personal insurance policy, you may purchase a student accident insurance policy through the finance office prior to clearance.

_____ All students must have an **ASB STICKER**
The ASB sticker is purchased at the financial office and attached to the I.D. card.
Moneys raised through the sale of the ASB sticker are used to fund ASB academics and athletic projects.

2. **Forms** to be completed and returned to coach who checks for completion of all forms.
The forms are then given to the athletic director for final check off and filing.

_____ **Extra curricular participation physical form**

- A. Medical history to be completed by parent and/or guardian of record.
- B. Physical to be completed by physician; valid for one school year.
- C. Once completed it must be returned to the coach with all other forms.

_____ **Ethics in sports policy** to be read and completed by student/checked by coach.

_____ **High school emergency procedure card/pink**

To be filled out by student and parent and returned to the coach. The coaches will carry this card to all sporting events.

- **Student substance abuse and hazing policy**
 - To be read and signed by student and parent and returned to coach for filing.
- **Parent authorization for student participation in season activity**
 - To be read, filled out and signed by parent and returned to coach for filing.
- **Parent/student authorization for use of private vehicles for student transportation**
 - Designated driver approval and student rider approval to be read and returned to coach for filing.

CALIFORNIA INTERSCHOLASTIC FEDERATION

ETHICS IN SPORTS

1. POLICY STATEMENT

- It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior in and around athletic contests played under its sanction and, in life, in general. Citizenship, Integrity, and Fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators, and behavior by all involved at all times should manifest the highest standards of conduct.
- It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.
- Coaches are expected to assume responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life.
- It will be the school principal who assumes responsibility for enforcement of the rules and regulations and to demand high standards of conduct from coaches, athletes, and spectators.
- The CIFSDS Board of Managers requires that the following Code of Ethics be issued to each student-athlete, parent, coach, and officials' association as a guide to govern their behavior. Failure to abide by these Code of Ethics will result in the following consequences.

1. Athlete	Ineligibility for participation in CIF-San Diego Section athletics.
2. Coach	Restricted from coaching in CIF-San Diego Section contests.
3. Officials Association	Not approved to officiate in the CIF-San Diego Section.
4. Parent	Prohibition/Removal from attendance at CIF or CIFSDS event.

II. CODE OF ETHICS FOR STUDENT-ATHLETE, PARENT, COACH, CONTEST OFFICIALS

- Embrace the six pillars and 16 Principles of the Pursuing Victory With Honor program (on reverse side).
- Be courteous at all times with school officials, opponents, game officials, and spectators.
- Exercise self-control.
- Be familiar with all rules of the contest.
- Show respect for self, players, officials, coaches, and spectators.
- Refrain from the use of foul and/or abusive language at all times.
- Respect the integrity and judgment of game officials.
- Abstain from the use of illegal and nonprescription drugs, anabolic steroids, alcohol, or any substance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States, or the American Medical Association.
- Win with character; lose with dignity.

SAN DIEGO CITY SCHOOLS
POINT LOMA HIGH SCHOOL

ATHLETIC POLICY AGAINST HAZING

Point Loma High School strives to maintain a health athletic program in which all students feel safe and welcome and can be proud of the school and athletic programs they represent.

Definition of Hazing

Hazing in any form, including initiation, which is degrading, is strictly forbidden by California State Law. No student shall conspire to engage in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm to any fellow student or other person. Persons violating this policy shall be subject to District discipline, misdemeanor penalties and forfeiture of entitlements.

Hazing of any kind is not allowed on this campus or in the athletic program. This includes mental, verbal, and physical acts. It is the duty of the student/athlete to report any acts of hazing to a coach or administrator on campus. Any violation of this policy will result in immediate suspension from athletics and further disciplinary action as outlined in District policy and procedures (Education Code 32050-52)

STUDENT SUBSTANCE ABUSE POLICY: ATHLETICS

According to District Procedure 6298, the following steps are to be implemented with regard to athletic eligibility. Violations are cumulative for grades 9-12. These procedures cannot be waived.

- **First Offense Possession and/or Use:**
Loss of eligibility to participate in athletics for thirty (30) school days from date of infraction.
- **Second Offense Possession and/or Use:**
Loss of eligibility to participate in athletics for ninety (90) school days from date of infraction.
- **Third Offense Possession and/or Use:**
Loss of eligibility to participate in athletics for one calendar year from date of infraction.
- **Furnishing or Selling:**
Five – day suspension and recommendaton for expulsion; athletic eligibility immediately terminated.

PURSUING VICTORY WITH HONOR

SIX PILLARS OF CHARACTER

TRUSTWORTHINESS

RESPECT

RESPONSIBILITY

FAIRNESS

CARING

GOOD CITIZENSHIP

SIXTEEN PRINCIPLES OF PURSUING VICTORY WITH HONOR

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

VIOLATIONS, MINIMUM PENALTIES, AND APPEAL PROCESS

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

ACT

1. Behavior resulting in ejection of athlete or coach from contest.

2. Illegal participation in next contest by athlete ejected in previous contest.

3. Illegal placement of ejected athlete in next contest by coach or illegal participation by coach ejected in previous contest.

4. Second ejection of athlete or coach from contest during one season.

5. When an athlete leaves the bench area or fielding position to begin a confrontation or leaves the bench area or fielding position to join an altercation.

6. When more than two athletes leave the bench area or fielding position to begin a confrontation or leave the bench area or fielding position to join an altercation.

7. Other acts committed by individuals or teams or acts committed at end of season.

MINIMUM PENALTIES*

Ineligibility for next contest (league, non-league tournament, invitational, playoff, etc.). Except in cases of physical acts which cause or could provoke bodily harm, a written appeal from the coach can be made within two school days to the site principal who will uphold or deny the appeal. For all other suspensions, a written appeal may be made by the individual or school concerned within two school days to the Commissioner preceded by a phone call within one school day. Official to make report by the next school day to the principal and/or Commissioner for each ejection.

Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the Commissioner.

Green Book procedure for coach who knowingly violates a CIF or San Diego Section rule.

Ineligibility of athlete for remainder of season or suspension of coach for remainder of season. A written appeal may be made by the individual or school within two school days to the Commissioner. Official to make report by the next school day to the principal and/or Commissioner. The decision by the Commissioner could be suspension of any length up to and including the remainder of the season or the next season.

Ejection from the contest for those designated by the official, ineligibility for the next contest, and player(s) to be placed on probation for balance of season. A written appeal may be made by the individual(s) or school to the Commissioner. Official to make report by the next school day to the Commissioner.

A similar infraction of this act by the same athlete(s) during the same season will result in cessation of the season for the athlete(s) concerned. A written appeal may be made by the individuals or school to the Commissioner.

Contest will be stopped by officials and coaches. Ejection from the contest concerned for those athlete(s) designated by the officials. The team(s) that left the bench area must forfeit the contest, record a loss, and the team(s) and player(s) will be put on probationary status for the remainder of the season. A written appeal may be made by the individual(s) or school to the Commissioner. A second infraction will result in cessation of the season for the team(s) and/or athlete(s). A written appeal may be made by the individual(s) or school to the Commissioner. Official to make report by the next school day to Commissioner.

If the act occurs in the CIF-San Diego Finals, and both teams are charged with a forfeit, there will be no champion. A written appeal may be made by the individual(s) or school to the Commissioner. Official to make report by the next school day to Commissioner.

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

NOTE: In cases of violations during a regular season tournament, tournament management will necessarily act upon any appeal regarding subsequent game suspensions. Report will still be required of official to the Commissioner.

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

(sportsmanship/appealsprocess doc)
(revised 12/00)

POINT LOMA HIGH SCHOOL
Athletic Participation Form

PLEASE PRINT

May _____ to end of school year _____

Name: _____ Birth Date: _____

Sport: _____ Grade: _____ ASB Card # _____

School: _____ Male: _____ Female: _____

School of last attendance: _____

1. Parent's Insurance Section:

The California Education Code requires that every student have at least \$1500 medical/hospital expense insurance in order to participate in interscholastic athletics (Education Code Sections 32220-32224).

My medical insurance covers the above named student for at least \$1500 and is issued by:

Name of Insurance Company Policy /Certificate Number

I further assure that the insurance policy or policies I have will cover and remain current and in force during the time the above named student performs any function within the scope of Education Code Section 32220-32224 during the current school year. I also assure that I will notify the school should my insurance coverage change during the current school year.

Student Accident Insurance, made available by the San Diego City Schools, provides minimum coverage at a low premium that could result in out of pocket expenses. Additional coverage is strongly recommended.

Please complete this section. Check the appropriate box (es)

24 Hour Coverage At School Coverage Football Only Coverage

Note: Some Insurance policies exclude tackle football. Please check your policy.

I also agree to indemnify and hold the San Diego Unified School District harmless against responsibility for insurance coverage required under the aforementioned legal sections. By signing this statement, I agree to accept responsibility for all medical costs for injuries sustained by the above-named student while participating in the school athletic program.

I declare under penalty of perjury that the above is true and correct:

Date Signature of Parent or Guardian Street Address

Telephone Printed Name of Signature City Zip

2. Parent Permission:

I hereby give consent for the above named to compete in sports and to travel with the team to various events using transportation that qualifies under the Board of Education regulations. I also recognize that my son or daughter will be subject to current training rules and that failure to abide by these rules may result in his/her being dropped from the athletic program. In addition, should my son/daughter participate in football as an interscholastic sport, I understand that no helmet or other protective equipment can prevent all head, neck, injuries a player might receive while participating in football.

Signature of Parent or Guardian

Date

3. Parent's Residence Statement:

Residential eligibility rules must be complied with to avoid the possibility of having to forfeit Games in which your son/daughter participated. Please fill out the following information:

Parent or Guardian Name Street Address

Telephone No. City Zip

We presently live within the boundaries of the _____ attendance area.
Name of School

Our son/daughter is not attending the school within the boundaries of our attendance Area because of an approved district program that allows him/her to attend a school outside of the approved boundaries of the attendance are in which we live.

Name of the program _____

4. Athletes Agreement:

I understand that I have to be passing in at least 4 subjects in the grading period prior to my participation with a grade point average, in scholarship and citizenship, of 2.0 or above.

I agree to abide by CIF and City Conference policies and rules including the CIF Ethics in Sports Policy.

I understand that the Athletic Department does not condone the use of alcohol, tobacco or Drugs and that athletes are expected to comply with the rules and code of conduct established by the coach.

I recognize that the Varsity and/or Junior Varsity letter award remains the property of the school until graduation and that the wearing of which can be curtailed at any time by the school.

Athletic Participation Form

Because of the dangers of participating in sports. I recognize the importance of listening to and following all of the coach's instructions and warning regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of reading and adhering to written instruction and written warning regarding playing techniques, training methods, rules of the sport and other team rules.

I understand fully the regulations stated above and realize that failure to comply could result in dismissal from participating in the athletic program of the school.

Signature of Student

Date

5. Parent's Medical Statement:

In case of injury I hereby give consent for my son /daughter to have initial first aid administered by school personnel in charge and to be transported to a doctor or hospital for further treatment if necessary.

Home Phone: _____ Work Phone: _____

Family Doctor: _____ Phone: _____

Family medical insurance plan is: _____

Policy / Certificate number: _____

Brief Medical History:

Please answer the following questions regarding your son / daughter / ward:

1. Has had injuries requiring medical attention. Yes No
2. Has had an illness requiring hospitalization. Yes No
3. Is under physician's care at this time. Yes No
4. Has had coughing, wheezing, or trouble breathing during or after activity. Yes No
- Has had asthma. Yes No
- Has had seasonal allergies that require medical treatment. Yes No
5. Are you currently taking any prescription or non-prescription (over the counter) medications or pills or using an inhaler? Yes No
- Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance? Yes No

6. Have you ever passed out during or after exercise? Yes No
- Have you ever been dizzy during or after exercise? Yes No
- Have you ever had chest pain during or after exercise? Yes No
- Do you get more tired quickly than your friends do during Exercise? Yes No
- Have you ever had racing of your heart or skipped heartbeats? Yes No
- Have you ever been told that you have a heart murmur? Yes No
- Has any family member or relative died of heart problems or of sudden death before age 55? Yes No
- Have you had a severe viral infection (for example, myocarditis, or mononucleosis) within the last month? Yes No
- Has a physician ever denied or restricted your participation in sports for any heart problems? Yes No

7. Have you ever had a head injury or concussion? Yes No
- Have you ever been knocked out, become unconscious, or lost your memory? Yes No
- Have you ever had a seizure? Yes No
- Do you have frequent or severe headaches? Yes No
- Have you ever had numbness or tingling in your arms, hands, legs, or feet? Yes No
- Have you ever had a stinger, burner, or pinched nerve? Yes No

8. Have you ever become ill or felt light headed from exercising in the heat? Yes No

9. Is hearing impaired, has glasses / contact lenses. Yes No

10. Has fixed or removable appliances in mouth. Yes No

11. Is there a reason for this individual to avoid participation on a certain sport? Yes No

Please explain if yes response. _____

12. Record the dates of your most recent immunizations (shots) for :

Tetanus _____ Measles _____
Hepatitis B _____ Chickenpox _____

Athletic Participation Form

This is to be completed by physician or Nurse Practitioner.

6. Physical Examination

Review of Medical History:

Pertinent past medical history:

Current medical disorders:

List all medications (both routine and prescription drugs):

Physical Examination:

BP _____ Height _____ Weight _____ Vision _____

Neurological _____ Head / Neck _____ Chest / Airway _____

Skin _____ Cardiovascular _____ Abdomen _____

Genitalia / Hernias _____ Musculoskeletal _____ Strength _____

Description of abnormalities above:

Recommendations:

_____ There are no restrictions or special considerations to participation in the high school athletic program.

_____ The following are limitations or special considerations:

_____ This student should be restricted from participating in high level contact sports with post- pubertal males, at this time.

_____ This student is disqualified from sports until further evaluation.

_____ Physician or Nurse Practitioner Statement / signature:

I, the undersigned, am licensed to elicit and interpret the medical history, pharmaceutical history and clinical findings of a complete health assessment for participation in an athletic program. I have completed this assessment and recorded all pertinent findings above.

Physician, DO or Nurse Practitioner

Today's Date

Date of Exam

Printed Name

License Number

Address

TRANSPORTATION POLICY:

With the exceptions of football and track and field, Point Loma High School is unable to provide bus transportation. Therefore, it is the responsibility of the parent and/or student-athlete to use private vehicles for travel to practices and games taking place off-campus.

I have read and understand the Transportation Policy.

SIGNATURE OF PARENT OR GUARDIAN

DATE

DISTRICT AND CIF POLICIES REGARDING ATHLETICS:

Please indicate by initialing below that you have read, understand, and agree to abide by the following District, School, and CIF policies relating to athletics:

ATHLETIC POLICY AGAINST HAZING

Parent/Guardian

Athlete

STUDENT SUBSTANCE ABUSE POLICY

Parent/Guardian

Athlete

ETHICS IN SPORTS

POINT LOMA HIGH SCHOOL EMERGENCY PROCEDURE CARD

STUDENT'S NAME Last First Middle

ADDRESS

AGE PHONE

FAMILY PHYSICIAN PHONE

In case of emergency, accident, or illness, the school is authorized to proceed as indicated.

Please number each item in order of desired action (1,2,3,4, etc.)

Please fill out information next to each item.

CONTACT FATHER ADDRESS WORK PHONE HOME PHONE

CONTACT MOTHER ADDRESS WORK PHONE HOME PHONE

OTHER PERSON TO CONTACT ADDRESS PHONE

CONTACT PHYSICIAN

TAKE CHILD TO EMERGENCY HOSPITAL YES NO

SIGNATURE OF PARENT OR GUARDIAN DATE SIGNED

DATE OF LAST TETANUS _____

Please list any special medical problems, allergies, etc. that would be helpful to us.

AUTHORIZATION TO CONSENT TO TREATMENT OF MINOR

(I) (We), the undersigned, parent(s) of _____ a minor, do hereby authorize the Point Loma High School Coaching Staff, as agent(s) for the undersigned to consent to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any physician and surgeon licensed under the provisions of the Medicine Practice Act, whether such diagnosis or treatment is rendered at the office of said physician or at said hospital. I also authorize evaluation and first aid treatment of interscholastic injuries on the field, in the training room, or in the offices of Registered Physical Therapists and/or Certified Athletic Trainers.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of our aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which the above mentioned physician in the exercise of his best judgement may deem advisable.

This authorization is given pursuant to the provisions of Section 25.B of the Civil Code of California.

This authorization shall remain effective until _____, unless sooner revoked in writing delivered to said agent(s).

DATED _____

FATHER _____

MOTHER _____

LEGAL GUARDIAN _____