



SANTA ROSA CITY SCHOOL DISTRICT
STUDENT ATHLETIC CLEARANCE PACKET

I. PROCEDURE FOR COMPLETING ATHLETIC CLEARANCE:

The following information must be signed by the parent/guardian and student to be personally handed to the athletic director for approval prior to tryouts. When the athletic director has completed the approval process he/she will notify the coach as to the eligibility status of the student. The coach will then notify the student that they have been approved to participate in tryouts. **No student is allowed to participate in a tryout, practice, or athletic contest until this process is completed and turned in to the athletic director.**

(CHECK LIST) The only forms that must be returned to the Athletic Director are pages 10 through 15.

- _____ 1. A signed and dated Student Application Form, Parent Permission Form, Physician's Statement of Student Certification (pg. 10)
- _____ 2. A signed and dated Santa Rosa City School District Athletic Eligibility Screening Form (pg. 11). ***This form is only completed and submitted to the Athletic Director if a student is a transferring 10th – 12th grader***
- _____ 3. A signed and dated Adult Driver/Use of Privately Owned Vehicle and Parent Permission to Transport Son/Daughter Form (pg. 12)
- _____ 4. A signed and dated Student Driver/Use of Privately Owned Vehicle and Parent/Guardian of Student Driver Form (pg. 13)
- _____ 5. A signed and dated Athletic Insurance Information Statement, Emergency Procedure Authorization, Optimal Emergency Treatment Authorization and Emergency/Disaster Authorization (pg. 14)
- _____ 6. A signed and dated Verification of Receiving, Reading and Understanding Form (pg. 15)

II. PHYSICAL EXAMINATION INFORMATION:

The physical Examination must be dated **June 1 or later for the current school year**. The physical examination is valid until July 1 of the same school year (i.e., A physical examination for the 2014-15 school year is valid until July 2015.).

The physical examination must be conducted by a medical doctor, nurse practitioner or osteopath.

III. PHYSICAL EDUCATION CREDITS FOR SUCCESSFUL PARTICIPATION IN INTERSCHOLASTIC SPORTS.

Board Policy 6146.11 allows students in grades 10, 11 and 12 who meet the eligibility requirements of this policy to earn up to ten physical education credits toward graduation. If eligible, the student must complete and submit the required form within the specified date established at the completion of the season of sport for credit to be accepted. Please contact the high school or refer to “Board Policy 6146.11 – Alternative Credits Toward Graduation” for more details.

IV. ATHLETIC DONATIONS WILL BE ACCEPTED AFTER THE BEGINNING OF THE SEASON.

NOTE:

It is very important that you hand in the above requested documents at least a week or two before the beginning of the sport season. With the number of student- athletes and sports provided each season, it will normally take the athletic directors at least a week to process all the information. If you turn in the information on the first day of practice you will more than likely miss at least the first week of practice.

STATE AND SECTION AFFILIATION AND SPORTS OFFERED

STATE AND SECTION AFFILIATION:

All Santa Rosa City School District high schools are members of the California Interscholastic Federation (CIF) and a member of the North Coast Section (NCS).

LEAGUE AFFILIATION:

Three of the Santa Rosa City Schools are in the North Bay League (NBL) and two of the schools are in the Sonoma County League (SCL).

The North Bay League	The Sonoma County League
Cardinal Newman High School Casa Grande High School Maria Carrillo High School Montgomery High School Rancho Cotate High School Santa Rosa High School Ukiah High School Windsor High School	Analy High School El Molino High School Elsie Allen High School Healdsburg High School Petaluma High School Piner High School Sonoma Valley High School

Athletic Teams Sanctioned by the Santa Rosa City Schools District		
Fall	Winter	Spring
JV and Varsity Football JV and Varsity Boys' Cross Country JV and Varsity Girls' Cross Country JV and Varsity Boys' Soccer JV and Varsity Girls' Soccer JV and Varsity Volleyball Girls' Tennis Girls golf	Freshman, JV and Varsity Boys' Basketball Freshman, JV and Varsity Girls' Basketball Wrestling	JV and Varsity Baseball JV and Varsity Softball JV and Varsity Boys' Swimming and Diving JV and Varsity Girls' Swimming and Diving JV and Varsity Boys' Track & Field JV and Varsity Girls' Track & Field Boys' Golf Boys' Tennis Co-ed Badminton

Official season practice starting dates:

Football:	Monday, August 11, 2014
Fall Sports:	Monday, August 18, 2014
Winter Sports:	Monday, November 10, 2014
Spring Sports:	Monday, February 9, 2015

NOTICE ON SERIOUS, CATASTROPHIC, AND PERHAPS FATAL ACCIDENTS

The Santa Rosa City School District provides an extensive athletic program and makes every effort to ensure that the program is educational, beneficial, and as safe as possible for students. Yet, by its very nature, competitive athletics may put students in situations in which SERIOUS, CATASTROPHIC, and perhaps FATAL accidents may occur.

Many forms of athletic competition result in physical contact among players, strenuous physical exertion, and the use of equipment that may result in accidents and numerous other exposures to risk of injury.

Student-athletes and their parents/guardians must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risks of injury. Just as driving an automobile involves choice of risk; athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be over-stated.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization, and must refrain from improper uses and techniques.

I understand and acknowledge that in order to participate in athletic activities, I agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities. I also understand, acknowledge and agree that the District, its employees, officials, agents or volunteers shall not be held liable for injuries/illnesses suffered incidental to and/or associated with preparing for and/or participating in athletic activities. I further waive, release and discharge them from any further claims, demands, obligations, or causes of action for any injury/illness or property damage suffered by my son/daughter arising as a result of engaging or receiving instruction in said activity that is incidental thereto.

If any of the foregoing is not completely understood, please contact your school principal for further information.

ACADEMIC REQUIREMENTS FOR EXTRACURRICULAR ACTIVITIES

1. A student must have earned a 2.0 grade point average (on a 4-point scale) in the grading period prior to participation.
2. A student must maintain a 2.0 grade point average (on a 4-point scale) during the time the student participates in the activity.
3. **Probationary Period:** Students who earn a GPA between 1.4 and 2.0 in the grading period prior to the start of any activity or season may participate on a probationary status until the next grading period, at which time the student must earn a 2.0 GPA. (See exception #4 below).
4. A student may have probationary status once in the ninth grade and once more in the next three years (grades 10 through 12).
5. Students not meeting these requirements shall be declared ineligible until the next date of determination.
6. A student must be enrolled in and passed a minimum of 20 credits of coursework in the previous grading period (this requirement cannot be waived).
7. Transferring from one school to another without changing residence may affect your athletic eligibility under the NCS and C.I.F. rules. You are responsible for contacting the athletic director or going to the NCS Website (cifncs.org) for more information.

HAZING

Education Code 32050

As used in this article, "hazing" includes any initiation or pre-initiation into a student organization or any pastime or amusement engaged in with respect to such an organization, which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any student or other person attending any school, community college, college, university, or other educational institution in this state; but the term "hazing" does not include customary athletic events, or other similar contests or competitions.

Education Code 32051

No student, or other person in attendance at any public, private, parochial, or military school, community college, college, or other educational institution, shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student, or person attending the institution. The violation of this section is a misdemeanor, punishable by a fine of not less than one hundred dollars

(\$100), nor more than five thousand dollars (\$5,000), or imprisonment in the county jail for not more than one year, or both.

Santa Rosa City School Board Policy 6145.5(a)

No student shall conspire in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily physical harm or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person. Persons violating this policy shall be subject to district discipline, misdemeanor penalties, and forfeiture of entitlements.

ANABOLIC STEROIDS AND ILLEGAL DRUGS

As a condition of membership in the California Interscholastic Federation (CIF) and the governing board of the Santa Rosa City School District a Board Policy prohibiting the use of anabolic steroids and illegal drugs. CIF Bylaw 524 requires that all participating students and their parents/guardians sign an agreement.

Student-athletes and parents/guardians recognition of this requirement is an agreement that the student-athlete not use androgen/anabolic steroids or other illegal drugs without a written prescription of a fully licensed physician as recognized by the American Medical Association, to treat a medical condition.

Student-athletes must also recognize that under CIF Bylaw 200.D, the student may be subject to penalties if the student or parent/guardian provides false or fraudulent information to the CIF, NCS, NBL or Santa Rosa City School District including ineligibility for any CIF competition. The Santa Rosa City School District policy regarding the use of illegal drugs will be enforced for any violations of these rules which will result in disciplinary measures for the student. These measures may include, but are not limited to, restriction from athletics, suspension or expulsion.

CITIZENSHIP STANDARDS AND SERIOUS INFRACTIONS

The following policies apply to all students involved in extra-curricular activities. If you have any questions, please talk to your coach, athletic director, or the administrator at your school who oversees the athletic program.

CITIZENSHIP STANDARDS

A. While there are citizenship standards applicable to all students, higher standards are expected of student athletes because the community and other students recognize these students as models and leaders.

1. Any student who commits a violation of Education Code 48900 that results in suspension is automatically removed from participation in athletics/activities and all related practices for a period of 25 school days. (See your school handbook or Board Policy and Administrative Regulations 5114.13 and 5114.13.1 for a list of suspension offenses.) (See the Santa Rosa City Schools Website (www.srcs.k12.ca.us)).
2. Prior to the imposition of penalties as described above, the parent/guardian and student will be provided an opportunity to have a conference with school officials to present their side of the case and to comment on the offense and penalty involved.
3. Each district school and each coach/athletic director is authorized to seek and enforce reasonable standards of conduct and reasonable penalties for violation thereof. These must be in writing and are subject to the approval of the school athletic director and the principal or designee.
4. In order to be eligible to practice or participate in an activity on any school day, participants must be in school for a full day. Exceptions to this rule will be allowed in unusual cases if cleared through the school principal or designee. Advance notice is preferred, if possible.
5. Students must not play on an "outside" team in the same sport while participating in the high school season of sport. Students may practice with the outside team, but may not play in scrimmages or contests. CIF Exception: it is permissible for a student to compete on an outside soccer team during the Fall Soccer Season, because the NCS Season of Sport is in the winter.

B. It is the responsibility of the principal or designee to insure that:

1. Each coach/activity sponsor reviews these regulations with each team/club/group at the beginning of each sport or activity each year.
2. Effort is made to notify students and parents/guardians of these regulations annually in writing.

SERIOUS INFRACTIONS -- EDUCATION CODE 48900

A. Infractions of Education Code 48900 for which students may be suspended are listed in the Parental Annual Notice in the section "Excerpts From California Education Code".

B. A pupil may be suspended or expelled for acts listed above and related to school activity or attendance which occur at any time, including, but not limited to, any of the following:

1. While on school grounds.
2. While going to or coming from school.

3. During the lunch period, whether on or off the campus.
 4. During, or while going to or coming from, a school sponsored activity.
- C. Regarding eligibility to participate in athletics/activities, a student is automatically reinstated after 25 school days from the day he or she is suspended.

CONCUSSION INFORMATION

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

Signs observed by teammates, parents and coaches include:

- | | |
|--|--|
| <ul style="list-style-type: none"> Appears dazed Vacant facial expression Confused about assignment Forgets plays Is unsure of game, score, or opponent Moves clumsily or displays lack of coordination 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 too soon?

Athletes with the signs and symptoms of concussion shall 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 an 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 shall 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 it's better to miss one game than miss the whole season. **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/>

NOTE: Santa Rosa City Schools has implemented concussion baseline testing for certain sports. Any student-athlete who participates in these designated school sports shall be baseline tested prior to competition. See your coach for more details and schedule for testing.

Fall	Winter	Spring
<ul style="list-style-type: none">• JV & Varsity Football• JV & Varsity Boys and Girls Soccer• JV & Varsity Volleyball	<ul style="list-style-type: none">• Freshman, JV & Varsity Boys and Girls Basketball• Wrestling	<ul style="list-style-type: none">• JV & Varsity Baseball• JV & Varsity Softball• JV & Varsity Diving• JV & Varsity Track & Field for High Jump and Pole Vault only

CIF - Santa Rosa City School District **Code of Conduct for Interscholastic Student-Athletes**

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 Character"). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:

TRUSTWORTHINESS

1. **Trustworthiness**-- be worthy of trust in all I do.
Integrity—live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.
Honesty—live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
Reliability—fulfill commitments; do what I say I will do; be on time to practices and games.
Loyalty—be loyal to my school and team; put the team above personal glory.

RESPECT

2. **Respect**-- treat all people with respect all the time and require the same of other student-athletes.
3. **Class** -- live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help compliment extraordinary performance, show sincere respect in pre- and post-game rituals.
4. **Disrespectful Conduct** --do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
5. **Respect Officials** -- treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

6. **Importance of Education** ~ be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
7. **Role-Modeling** -- Remember, participation in sports is a privilege, not a fight and that I am expected to represent my school, coach and

teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

8. **Self-Control** -- exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
9. **Healthy Lifestyle** -- safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
10. **Integrity of the Game** -- protect the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS

11. **Be Fair** -- live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

12. **Concern for Others** -- demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to others or myself.
13. **Teammates** -- help promote the well being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

14. **Play by the Rules** ~ maintain a thorough knowledge of and abide by all applicable game and competition rules.
15. **Spirit of rules** ~ honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

I have read and understand the requirements of this Code of Conduct. I understand that I'm expected to perform according to this code and I understand that there may be sanctions or penalties if I do not.

PARENT/GUARDIAN CODE OF CONDUCT

The role of the parent/guardian regarding interscholastic athletic activities

The role of the parent/guardian in the education of a student is vital. The support shown in the home is often manifested in the ability of a student to accept the opportunities presented at the school.

There is a value system - established in the school, nurtured in the school - that young people are developing. Their involvement in the classroom and other activities contributes to that development. Trustworthiness, citizenship, caring, fairness, and respect are some of the lifetime values taught through athletics. These are the principles of good sportsmanship and character. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relationships and graceful acceptance of results.

As a parent/guardian of a student-athlete attending a Santa Rosa City School, your goals should include:

1. Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of an athletic contest.
2. Encourage our students to perform their best, just as you would urge them to excel with their classes.
3. Participate in positive cheers that encourage our student athletes while discouraging any cheers that would re-direct that focus including those that are meant to ridicule, embarrass, taunt, or demean an opponent or official.
4. Refrain from any activity before, during or after a contest that is meant to ridicule, embarrass, taunt, or demean and opponent or official.
5. Learn, understand and respect the rules of the game, the officials who administer them and their decisions.
6. Respect the task our coaches face as teachers and support them as they strive to educate our youth, both in life and learning more about themselves
7. Respect our athletic opponents as student- athletes and acknowledge them for striving to do their best.
8. Develop a sense of dignity and civility under all circumstances.

You can have a major influence on your student's attitude about academics and athletics. The leadership role you take will help influence your child and our community for the years to come. In the end, sports are played just a game. It is a place where we allow others the opportunity to challenge themselves to improve their skills, motivate themselves to excel, learn more about themselves and develop life skills.

Pledge of Good Sportsmanship - "Victory with Honor"

The Santa Rosa City School District has adopted the CIF/NCS "Victory with Honor" principles as a guideline for the promotion of good sportsmanship among athletes, coaches and spectators. We ask for your cooperation towards achieving the goal of making this district and its schools known as a place where we maintain a proper perspective, practice good sportsmanship, and acts of concern and respect.

NORTH COAST SECTION ATHLETE EJECTION POLICY NOTIFICATION FORM

The following rules and minimum penalties are applicable to players as adopted by the NCS Board of Managers on April 21, 1995. This policy will be in effect beginning with the 1995 - 1996 school year, (and will include non-league, league, invitational tournaments/events, post-season; league, section or state playoffs, etc.

- **Action: Ejection of a player from a contest for unsportsmanlike or dangerous conduct.**
Penalty: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.).
- **Action: Illegal participation in the next contest by a player ejected in a previous contest.**
Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.
- **Action: Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.**
Penalty: The player shall be ineligible for the remainder of the season.
- **Action: One or more players leave the bench to begin or participate in an altercation.**
Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.).
- **Action: A participant deliberately strikes a game official at a contest.**
Penalty: The player shall be immediately ejected from the contest and all athletic eligibility is permanently revoked for the remainder of the student's high school attendance.

PROCEDURE FOR MAKING A COMPLAINT AGAINST A COACH

Please note: All letters of complaint first made to the Santa Rosa City School District Office will be automatically sent back to the school level for the athletic director and/or principal's attention.

If a problem arises concerning a member of the coaching staff regarding personal behavior, ethics, coaching practices or philosophy, a student or parent/guardian should follow the following procedure.

1. Every effort should be made to resolve a complaint at the earliest possible stage. The complainant should communicate directly to the coach in order to resolve concerns. It is recommended that the student approach the coach first in a respectful manner, before the parent/guardian intervenes. If for any reason the student does not feel comfortable communicating with the coach on the issue, the parent/guardian should approach the coach and discuss it with him/her. Please do not berate or abuse the coach at any time. If no agreement can be reached that is mutually agreed upon by both parties, proceed to step #2.
2. If a complaint is unable or unwilling to resolve the complaint directly with the coach, he/she may submit an oral or written complaint to the athletic director. Complaints must be submitted within a reasonable period of time not to exceed three months from the event giving rise to the complaint.
3. If a complaint is not resolved with the athletic director, it may then go to the principal for further action toward resolution. All complaints related to district personnel other than administrators shall be submitted in writing to the principal or immediate supervisor.

NOTE: For more information on the complaint process, see AR 1312.1 in the SRCS Board Policies.

PROSPECTIVE COLLEGE ATHLETES

What do I need to do?

Grade 9: Verify with the high school counselor and the online course listing to make sure you are on track.

Grade 10: Verify with your high school counselor and the online course listing to make sure you are on track.

Grade 11:

1. Register with the Eligibility Center.
2. Make sure you are still on course to meet core course requirements (verify you have the correct number of core courses and that the core courses are on your school's 48-H with the Eligibility Center).
3. After your junior year, have your high school counselor send a copy of your transcript. If you have attended any other high school, make sure the transcript is sent to the Eligibility Center from each high school.
4. When taking the ACT or SAT, request test scores to be sent to the Eligibility Center (code is "9999").
5. Begin your amateurism questionnaire.

Grade 12:

1. When taking the ACT or SAT, request test scores to be sent to the Eligibility Center (code is "9999").
2. Complete the amateurism questionnaire and sign the final authorization signature online on or after April 1, if you are expecting to enroll in college in the Fall Semester. If you are expecting to enroll in the Spring Semester, sign the final authorization signature on or after October 1 of the year prior to the enrollment.
3. Send a final transcript with proof of graduation to the College Eligibility Center.

INSURANCE INFORMATION

Revised 5/1/12

California State Education Code Section 32221.5

“Under state law, school districts are required to ensure members of school athletic teams have accidental injury insurance that covers medical and hospital expenses resulting from accidental bodily injuries in one of the following amounts:

1. 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,) with no more than one hundred dollars (\$100) deductible and no less than eighty percent (\$80) payable for each occurrence.
2. 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).
3. At least one thousand, five hundred dollars (\$1,500) for all such medical and hospital expenses.

This insurance requirement can be met by the school district offering school insurance or other health benefits that cover medical and hospital expenses.

The insurance otherwise required by this section shall not be required for any individual team member or student who has such insurance or a reasonable equivalent of health coverage provided for him/her in any other way or manner, including, but not limited to, purchase by himself/herself or by the parent/guardian. This would include personal or family insurance.

Some pupils may qualify to enroll in no-cost or low-cost local, state, or federally sponsored health insurance programs. Information about these programs may be obtained by calling 1-800-427-8982.”

Possible no-cost or low-cost local, state, or federally sponsored health insurance programs are as follows:

- California Kids/Partnership Health Plan – 1-800-467-8736
- Kaiser Permanente Child Health Plan – 1-800-819-1354
- Healthy Families Program – 1-800-880-5305
- Myers – Stevens & Toohey & Company Inc. - 1-800-827-4695
- No-Cost Medical Insurance – 1-800-819-1354
- Redwood Community Health Coalition – 544-6911 Ext. 1079
- Southwest Community Health Center – 547-2222 Ext. 106
- St. Joseph Health System of Sonoma County – 547- 2149
- Sutter Family Practice Center – 576-4497

PHYSICAL EXAMINATION INFORMATION

All students that want to participate in the Santa Rosa City School District Athletic Program must have a completed physical examination.



Attach Physician's Official Student Physical Examination Certification form to Page 10. Make sure the physical examination is dated after June 1 of the current school year.

They are also required to turn in a completed Student Application, Parent Permission and Physicians Statement of Student Certification Form to the Athletic Director (Page 10).

The physical examination must be dated June 1 or later for the current school year. The physical examination is good until July 1 of the same school year. (i.e., Physical exam for the 2014-2015 school year is good until July 1, 2015.)

The physical examination may be administered by a Medical Doctor, Nurse Practitioner or Osteopath.

NOTE: If you are on record of having a physical after June 1, 2014 for this school year (2014-2015) and participated in a sport, your physical is on record and good for the rest of the school year.

(GIVE THIS FORM TO THE ATHLETIC DIRECTOR)

STUDENT APPLICATION FORM

Student Name (Print) _____ School _____

Grade: 9 10 11 12 ID #: _____ Date: _____ Date of Birth: M/Y _____

Sports(s): Fall: _____ Winter: _____ Spring: _____

Soccer (Girls and Boys) Football Girls Volleyball Cross Country (Girls and Boys) Girls' Tennis Girls golf	Basketball (Girls and Boys) Wrestling	Boys Tennis Boys Golf Baseball Softball Swimming and Diving (Girls and Boys) Track & Field (Girls and Boys) Co-ed Badminton
--	--	---

Previous High School Attended: _____

If you attended another high school, complete the back of this page (Page 11). _____ →

This application to compete in interscholastic athletics for the above high school is entirely voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules and regulations of the California Interscholastic Federation and have read and signed all the necessary documents in the High School Student Athletic Clearance Packet.

→ **Student Signature** _____ Date: _____

PARENT PERMISSION FORM
(This section is to be completed by the parent/guardian)

I hereby give my consent for the above named student: 1) to represent his/her school in all athletic activities and participate in all California Interscholastic Federation approved sports except: _____;
(See page 2 of this packet - Athletic Teams Sanctioned) 2) to accompany any team of which he/she is a member on its local or out-of-town trips. I authorize the school to obtain, through a physician of its own choice, any emergency medical care that may become reasonably necessary for the student in the course of such athletic activities or such travel; 3) I further waive, release, and discharge the Santa Rosa City School District from any claims, demands, obligations or causes of action for any injury/illness or property damage suffered by my son/daughter arising as a result of engaging or receiving instruction in said activity or any activity that is incidental thereto.

→ **Parent/Guardian Signature** _____ Date: _____

PHYSICIAN'S STATEMENT OF STUDENT CERTIFICATION

Attach physician's official student certification form to this document. Make sure the physical examination is dated after June 1 of the current school year.

(This form is only completed by 10th, 11th or 12th grade transfer students)

SRCS ATHLETIC ELIGIBILITY SCREENING FORM

Please answer the questions below to the best of your knowledge so that we may determine if you have any eligibility problems this year.

Student's Name: _____ Date of Birth: _____ Grade: _____

Current Address: _____ City / Zip: _____

1. I transferred to this school because:	
a. _____ my family moved from the old address to my new address.	f. _____ of discipline problems at my former school.
b. _____ I moved from one parent to another parent.	g. _____ of Open Enrollment.
c. _____ I moved from my parent(s) to a relative or another guardian.	h. _____ of an Inter-/ Intra-District Transfer.
d. _____ I moved from a relative or guardian to my parents.	i. _____ I left a continuation school.
e. _____ a court order placed me at my new address.	j. _____ I moved from a parent to live with another person.

2. Sport(s) and level of participation in the previous 12 calendar months:

1. _____ 2. _____ 3. _____ 4. _____

YES NO

3. Have you attended a school other than this school within the last year? If yes, date left that school _____ If yes, give the name of your previous school. _____		
4. Have you lived at any other address within the past year? Date you left that address _____ If yes, give your previous address _____		
5. Are you a foreign exchange student? Name of the program _____		
6. Did you play the same sport(s) during the current school year at your prior school?		
7. Have you exceeded eight consecutive semesters of attendance since enrolling in the 9 th grade?		
8. Will you turn 19 years old before June 15 of this school year?		
Definition of Undue Influence and Pre-Enrollment Contact Undue Influence: Undue influence is any act, gesture or communication (including accepting material or financial incumbent to attend a CIF member school for the purpose of engaging in CIF competition regardless of the source) which is performed personally, or through another, which may be objectively seen as incumbent, or as part of a process of inducing a student, or his or her parent or guardian, by or on behalf of, a member school, to enroll in, transfer to or remain in, a particular school for athletic purposes. Pre-enrollment Contact: Any and all pre-enrollment contact of any kind whatsoever with a student must be disclosed by the student, parent and the school to the North Coast Section Office on a completed CIF 510 form. Pre –enrollment contact may include, but not limited to: any communication of any kind, directly or indirectly, with the student, parent(s), relatives, or friends of the student about the athletic programs at a school; orientation information programs, shadowing programs; attendance at outside athletic events or by anyone associated with the school to observe the student; participation by the student in any programs supervised by the school or its associates before enrollment in the school.		
9. Have you had pre-enrollment contact of any kind by anyone from, or associated with, this school or this school's athletic program to secure or retain you or your parents to participate in athletics? (i.e. Parents or former student/athletes, booster club members, alumni, spouses or relatives of the coach, school employees, former coaches, coaching position applicant)		
10. Have you participated for a coach from this school on any club, travel team, sports camp or AAU team in the past 24 months?		
11. Do you live in the attendance area for this school?		
12. Did you shadow at this school before you enrolled?		

I hereby certify that the above information is correct. I fully understand that providing false or fraudulent information to gain eligibility could lead to ineligibility of the student for a period of up to 24 months and sanctions against the school's athletic program.

Parent/Guardian Signature

Date

Student Signature

Date

(GIVE THIS FORM TO THE ATHLETIC DIRECTOR)

Santa Rosa City Schools

Administrative Regulation 3545.8(a)

Due to financial reasons, it is not possible for Santa Rosa City Schools to provide bus transportation to all athletic events. Schools must rely on private vehicles driven by the student, other students, parents, and adult volunteers to transport our students to athletic practices and competitions. The Parent/Guardian **MUST** complete and sign **AT LEAST ONE** of the three transportation options noted below: A, B, C.

A) If the parent drives his or her child or other students and/or you give permission for another adult to transport your son or daughter.

B) If you give permission for another adult or eligible student to transport your son or daughter to school sponsored activities

C) If your son or daughter is driving himself/herself in a privately owned vehicle to school sponsored activities.

IMPORTANT NOTE: If this section is not completed, your child will not be allowed to participate in the athletic event.

A) ADULT DRIVER / USE OF PRIVATELY OWNED VEHICLE

This form must be used when personally owned vehicles of employees, parents, and volunteers are used for school-sponsored activities. **A no answer to any statement prohibits the use of this driver and/or vehicle.**

Driver's Name _____ Date of Event _____
Event _____ School _____

I CERTIFY TO THE FOLLOWING:

1. I am the registered owner/legal lessor of the vehicle that will be transporting students. I am 21 years old or older. If vehicle is borrowed, registered owner must verify numbers 4 and 5 below and sign below.
2. I have a valid driver's license. License Number _____
3. I have a clean driving record in that I have never been convicted of drunk driving, driving under the influence of drugs, or of reckless driving for the past five (5) years.
4. I have liability/medical coverage on this vehicle with the following limits:
Property Damage.....\$50,000 Medical.....\$5,000 Bodily Injury.....\$100,000 - \$300,000
Name of Insurance Company _____
Local Agent (if applicable) _____
5. My vehicle is not designed to carry more than 9 passengers (including driver) nor will I transport more than 9 in accordance with the State Vehicle SPAB regulations. This vehicle is in good working order (tires, brakes, lights, turn signals, windshield wipers) and each passenger will have a seat belt.
Make/Model/Year of Vehicle _____
License Plate Number _____ Number of passenger seat belts _____

I certify that the information provided above is true and correct to the best of my knowledge. I understand that my vehicle liability/medical insurance is primary in case of an auto claim and that if the limits of liability under the owner's policy fail to satisfy the legal liability involved, the District's policy is secondary, only with regard to vehicles owned and driven for school business by school employees. There is no excess coverage provided to volunteer or student drivers.

➞ Signature of Driver _____ Date _____
Driver's Address _____ Phone Number _____

➞ Signature of Registered Owner of Loaned Vehicle _____ Date _____
Address _____ Phone Number _____

PRINT Student's Name _____
Reviewed by Teacher/Coach/Athletic Director _____ Date _____

B) USE OF PRIVATELY OWNED VEHICLES

PARENT PERMISSION TO TRANSPORT SON/DAUGHTER

The following form is to be completed by parents who wish to give their daughter or son permission, in advance, to be transported to school-sponsored activities in a vehicle owned and driven by a private individual(s):

I hereby give my son/daughter, permission to be transported to school-sponsored activities during school year _____
or (Date of Event or Athletic Season) _____ in a vehicle owned and driven by:

_____ **Parent Driver** and/or _____ **Student Driver** (Who has fulfilled all driver's license requirements as specified by the state of California and does not currently possess a provisional driver's license.)

➞ Parent/Guardian Signature _____ Date _____

(GIVE THIS FORM TO THE ATHLETIC DIRECTOR)

Santa Rosa City Schools

Administrative Regulation 3545.8 (c)

C) STUDENT DRIVER/USE OF PRIVATELY OWNED VEHICLE

This form must be used when private vehicles are used for school-sponsored activities. **A no answer to any statement prohibits the use of this driver and/or vehicle.**

Driver's Name _____

Date of Event, Activity or Athletic Season _____

School: _____

I CERTIFY TO THE FOLLOWING:

1. I am the registered owner/legal lessor or my parent/guardian is the registered owner/legal lessor of the vehicle, which will be transporting students. If vehicle is borrowed, registered owner must verify numbers 4 and 5 below and sign part B.
2. I have fulfilled all driver's license requirements as specified by the State of California and do not currently possess a provisional driver's license.
License Number _____
3. I have a clean driving record in that I have never been convicted of drunk driving, driving under the influence of drugs, or of reckless driving.
4. I have liability/medical coverage on this vehicle as required by State law with the following limits:
Property Damage.....\$50,000 Bodily Injury.....\$100,000 - \$300,000 Medical.....\$5,000
Name of Insurance Company _____
Local Agent (if applicable) _____
5. My vehicle is not designed to carry more than 9 passengers (including driver) nor will I transport more than 9 in accordance with the State Vehicle SPAB regulations. This vehicle is in good working order (tires, brakes, lights, turn signals, windshield wipers) and each passenger will have a seat belt.
Make/Model/Year of Vehicle _____
License Plate Number _____ Number of passenger seat belts _____

I certify that the information provided above is true and correct to the best of my knowledge. I understand that my vehicle liability/medical insurance is primary in case of an auto claim and that if the limits of liability under the owner's policy fail to satisfy the legal liability involved, the District's policy is secondary, only with regard to vehicles owned and driven for school business by school employees. There is no excess coverage provided to volunteer or student drivers.

→ **Signature of Driver** _____ **Date** _____

Driver's Address _____ Phone Number _____

C. PARENT/GUARDIAN OF STUDENT DRIVER

- A. I give my permission for my son/daughter, _____, to drive the above vehicle for the school sponsored activities as noted above.
- B. My son/daughter _____ can transport other students in above vehicle for the school sponsored activities as noted above.
- C. I understand that the vehicle liability/medical insurance is primary in case of an auto claim and that if the limits of liability under the owner's policy fail to satisfy the legal liability involved, the District's policy is secondary, only with regard to vehicles owned and driven for school business by school employees. There is no excess coverage provided to volunteer or student drivers.

→ **Parent / Guardian Signature** _____ **Date** _____

Parent's Address _____ Phone Number _____

→ **Registered Owner Signature of Loaned Vehicle** _____ **Date** _____

Address _____ Phone Number _____

Reviewed by Teacher/Coach/Athletic Director _____ **Date** _____

(GIVE THIS FORM TO THE ATHLETIC DIRECTOR)**ATHLETIC INSURANCE INFORMATION STATEMENT**

Student-Athlete's Name _____

I have sent a check for accident insurance as indicated below in order to meet the requirements of the California Law (Code Section 32221)

(3 Check the appropriate response)

- ☐ Tackle football Insurance (Covers tackle football only).
☐ School Time Insurance (Covers sports other than football).
☐ Full Time Insurance (Covers sports other than football).

OR

- ☐ I have health or accident insurance for my daughter/ son which meet the requirements of California Law (Code Section 32221) and elect not to purchase student insurance (**Must list company name and policy or group number below**).

Company Name_____
Policy or Group Number

I will promptly notify the school in the event insurance coverage no longer applies to my student.

 **Parent/Guardian Signature** _____ **Date** _____**EMERGENCY PROCEDURE / DISASTER AUTHORIZATION**

Athlete's Name _____ Student ID# _____

Sport(s) to be played this year: _____

In case of emergency, disaster, illness or accident to the above mentioned student-athlete, the coach is authorized to contact and release to the following contacts in the order indicated:

	PHONE # 1	PHONE # 2
First Contact Choice Name	1. _____	2. _____
First Contact Choice Address	_____	_____
Second Contact Choice Name	1. _____	2. _____
Second Contact Choice Address	_____	_____

Family Physician (Name) _____ **Phone** _____

Check the medical emergencies that need to be brought to the attention of the coach:

_____ Allergies _____ Asthma _____ Diabetes _____ Heart Problems _____ Multiple Concussions _____ Bee Stings

Other medical conditions to be aware of: _____

 **Parent/Guardian Signature** _____ **Date** _____**OPTIONAL EMERGENCY TREATMENT AUTHORIZATION**

To: Physician or Emergency Personnel: I give permission for emergency medical treatment of _____, if I am unavailable.

 **Parent/Guardian Signature** _____ **Date** _____**For Office Use Only:****PERMISSION TO TRANSPORT SON/DAUGHTER**

<input type="checkbox"/>	Student rides with own Parent
<input type="checkbox"/>	Student rides with Other Adult Driver
<input type="checkbox"/>	Student drives himself/herself
<input type="checkbox"/>	Student rides with other eligible Student Driver

(GIVE THIS FORM TO THE ATHLETIC DIRECTOR)

VERIFICATION OF RECEIVING, READING AND UNDERSTANDING FORM

(PLEASE SIGN AT THE BOTTOM OF THE PAGE AND GIVE TO THE ATHLETIC DIRECTOR)

1. Cover Page - High School Student Athletic Clearance Packet
2. State and Section Affiliation & Sports Offered - Page 1
3. Santa Rosa City School District Notice of Serious, Catastrophic and Perhaps Fatal Accidents - Page 2
4. Santa Rosa City School District Academic Requirements for Extra-Curricular Activities - Page 2
5. Hazing Policy - Page 2
6. Anabolic Steroids and Illegal Drug Policy – Page 3
7. Citizenship Standards and Serious Infractions - Page 3
8. Concussion Information Form - Pages 4 - 5
9. Code of Conduct for Interscholastic Student-Athletes & Student and Parent/Guardian -Page 5 - 6
10. Parent/Guardian Code of Conduct - Page 6
11. Athlete Ejection Policy Notification Form - Page 7
12. Procedure for Making a Complaint Against Coaches & Prospective College Athletes - Page 7
13. Insurance Information & Physical Examination Information - Page 8 - 9

I have received, read and understand the following sections that have been included in the Santa Rosa City School District Student Clearance Packet.

Student- Athlete Name (Print)



Student- Athlete Signature

Date

Parent/Guardian Name (Print)



Parent/Guardian Signature

Date