



EL DORADO UNION HIGH SCHOOL DISTRICT

Extracurricular Athletic Handbook

Committed to
Developing
Students of
Character

INTERSCHOLASTIC SPORTS

- Baseball
- Basketball
- Cross-Country
- Football
- Golf
- Skiing / Snowboarding
- Soccer
- Softball
- Swimming
- Tennis
- Track
- Volleyball
- Water Polo
- Wrestling

ACTIVITIES REQUIRING CLEARANCE

- Club Sports
- Cheerleading / Stunt
- Powder Puff

This document is available on-line (at:
www.eduhsd.k12.ca.us/EDUHSD%20Student%20Svc%20New.htm)
in pdf format (Adobe Reader required). All required forms in this document can be completed
on-line and printed for submission to the Athletic Department.



PUBLISHED BY
EL DORADO UNION HIGH SCHOOL DISTRICT
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3.11

Dear Parent,

The following information in this Extracurricular Athletic Handbook must be read, reviewed, and agreed upon by your student athlete. The forms designated below must be completed and submitted prior to your son or daughter beginning practice for any athletic team at El Dorado, Oak Ridge, Ponderosa, or Union Mine High Schools. Every student wishing to participate in a sport must have an athletic clearance card. In order to be issued a clearance card, you and your student must complete the forms within this Athletic Handbook. Be sure to check your school for the sports clearance dates.

The following forms are included:

- **Acknowledgment and Consent Form:** Please read and review the Code of Conduct with your son/daughter.
- **Agreement for Student Athlete and Parent/Guardian Regarding Use of Steroids**
- **Release of Liability and Assumption of Risk Agreement**
- **Interscholastic Athletic Participation Parent Consent Card**
- **Athletic Insurance Information Statement**
- **Sports Participation Health Record (Form 5141.3A):** Athletes must have a yearly physical examination from a licensed medical doctor who completes Part B of this form. The physical must be completed prior to trying out for a sport. **All physicals must be renewed for the following year before participation on an athletic team is allowed.**
- **Student Emergency Card:** This form will be carried by the coach at all times for the protection of your son/daughter in the event of an emergency.

The completion of this packet of forms will clear your son/daughter to participate in extracurricular sports for the entire school year. **In addition to the above, any fines and/or fees owed by the student must be paid prior to participating in a sport. If you have questions, please contact the Athletic Director at your school:**

Joe Volek, Athletic Director
El Dorado High School
(530) 622-3634, ext. 1010

Stephen White, Athletic Director
Oak Ridge High School
(916) 933-6980, ext. 3044

Tyson Escobar, Athletic Director
Ponderosa High School
(530) 677-2281 or
(916) 933-1777, ext. 2295

David Johnson, Athletic Director
Union Mine High School
(530) 621-0392, ext. 4500

PETER J. SACO, COMMISSIONER
CIF Sac-Joaquin Section
1368 E. Turner Rd., Suite A
Lodi, CA 95240
(209) 334-5900 • FAX (209) 334-0300

District policies can be accessed from our District website. Although every attempt is made to keep our policies current that are posted to this website, there may be instances in which the current version of a policy or regulation has inadvertently not been posted. This action does not supersede the requirements of the latest version of any policy or regulation. Contact District Office to verify the most recent version of a policy or procedure.



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FORMS INCLUDED:

- Acknowledgment and Consent Form
- Release of Liability and Assumption of Risk Agreement
- Agreement for Student Athlete and Parent/Guardian Regarding Use of Steroids
- Athletic Insurance Information Statement
- Student Emergency Card
- Sports Participation Health Record (F5141.3A)
- Scrip Program Account Setup

OTHER FORMS CITED:

- Uniform Complaint Form (F1312.3)
- Parent/Guardian Request to Use Transportation When District Transportation is Provided (F6153-3B)
- Parent Permission for Student to Transport Self (F6153-3C)
- Parent Permission for Minor Sibling to Transport Student (F6153-3D)
- Volunteer/Employee Use of Auto Statement (F6153-5)



Athletic Declaration & Code of Conduct

A student athlete is a special individual—special both in terms of the opportunities and responsibilities encountered. Working hard, playing hard and living up to high behavioral standards will help students in their future endeavors.

We are pleased to have you as part of our athletic program. Your coaches want to work with you to make this one of the most important and enjoyable experiences of your high school career.

Declaration of Student Athlete

As a student athlete, I realize it is a privilege to participate in athletic activities and represent my school in athletic functions. Accordingly, I hereby agree to follow the regulations established by the Athletic Department, the Administration, the District policies set by the Board of Trustees, and the California Interscholastic Federation (CIF) rules. I also agree to conform to the following training rules and code of conduct as a participant in my school's athletic program:

1. I will follow all school rules and regulations. Failure to do so will result in disciplinary action by the Administration and possible forfeiture from participation in activities during that period of time and beyond.
2. I will follow the Code of Conduct during the season of sport. All school policies are also in effect for any school-related activity. (For purposes of this declaration, "season of sport" is defined as the date when practice begins, as specified by CIF, through the last contest.)
3. I understand that the use of anabolic steroids is prohibited. I further understand that should it be determined that I have used steroids or performance enhancing drugs, I will be suspended from all sports for 1-year.

Code of Conduct

1. Use or possession of illegal drugs or alcohol is not permitted and shall result in the following penalties:

First Occurrence – Illegal substance use or possession by any member of the athletic team will result in suspension from the team for 30 calendar days, beginning the day the offense occurred or the day *when it is determined* that the offense occurred and

when it is related to a school activity or school attendance: (*Education Code 48900(r)*)

- while on school grounds
- while going to or coming from school
- during the lunch period, whether on or off the campus
- during, or while going to or coming from, a school-sponsored activity.

Athletes who are suspended from a team within the last 30 calendar days of school will carry over the remaining days of suspension into the next school year. "The next school year" will begin with the first day of practice as specified by CIF. This is in addition to any action taken by the school administration for violation of school rules. The student may not participate in any athletic contest/competition; participation at practice will be at the discretion of the coach.

Second Occurrence – Immediate removal of the athlete from athletic participation for a full calendar year. This is in addition to any action taken by the school administration for violation of school rules.

2. Other behavioral offenses resulting in suspension or removal from the team will be within the sole discretion of the school administration.
3. To be academically eligible, a student must be enrolled as a full-time student and must maintain a minimum 2.0 grade point average.
4. Student Athletes must have attended the majority of his/her school day on the day of a contest or practice in order to participate (ROP and Work Experience included). Athletes are expected to attend all classes and be prompt. Unexcused absences from classes during the season may result in forfeiture of practice or athletic contest participation.
5. Athletes are required to attend all team practices, games and other activities associated with being a member of a team, unless excused by the coach. The athlete has the responsibility to contact the coach or Athletic Director if it becomes necessary to miss a scheduled activity.
6. Athletes are responsible for knowing all safety rules governing their sport.
7. Athletes are required to travel to and from athletic contests with their team. The only exceptions are:

- a) Injury to a participant which would require alternate transportation.
 - b) Prior arrangements between the participant's parent/guardian and the coach for the student to ride with the parent/guardian. This request is to be in writing from the parent and approved by a school administrator and the coach. (See Transportation Form F6153-3B.)
8. Athletic equipment and clothing are loaned to the athlete. Issued equipment will be worn only by the athlete to whom it has been issued and only on game days and/or special occasions as designated by the coach. Athletic equipment/uniforms shall NOT be worn during Physical Education classes. The athlete assumes the responsibility for the care and the return of all issued equipment and clothing. Athletes are reminded to secure their possessions in the locker room. Issued equipment not returned or that has been damaged beyond normal wear will be paid for by the athlete. Lost or stolen equipment or uniforms, if found in possession of another student or team member, will result in a referral to the administration for further action and suspension from the team.
9. Student athletes are expected to exhibit a clean and neat appearance at school and at school-sponsored activities. Hair length must comply with safety and health regulations.
10. General Rules of Sportsmanship: To promote fairness in competition, a series of rules governing each sport have been adopted. Good sportsmanship requires that athletes adhere to the rules of the game. Furthermore, it requires that athletes comply with the spirit of those rules which were written to promote fairness. Athletes must understand that compliance with the standards of good sportsmanship is required at all times.
- a) On the field, athletes are respectful in actions and language towards their teammates, opponents, and officials. They abide by all the rules of the game. They are modest in victory and gracious in defeat.
 - b) On campus, athletes should set an example of good citizenship for their classmates. They should help promote school spirit and be positive leaders in school activities.
 - c) In the classroom, athletes show respect for teachers and for their fellow students. They maintain good attendance, satisfactory academic progress, and good citizenship.

- d) On trips, athletes' conduct is such that they are positive representatives of their community, school, and team. Athletes are conscious of their appearance and manners at all times.

Student Sportsmanship

Student participation in athletic contests is a privilege. As a student athlete, you are expected to conduct yourself in an exemplary manner at all times. Per Sac-Joaquin Section Bylaws, during participation in any CIF competition, a player who is ejected or leaves the confines of the bench or team area during a fight that may break out (or has broken out) shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. This bylaw also applies to a fight that may occur after the game before the teams have vacated the playing area. Note—Any athlete who plays in the next game following his/her ejection will be treated as an ineligible player for that game. (Bylaws 203.2, 204.3, 204.5, 205.3, 207.2, 208.3)

In addition, per CIF Article 20, Bylaw 211, any student who physically assaults a game or event official shall be banned from interscholastic athletics for the remainder of the student's interscholastic eligibility.

These rules are not intended to be punitive, and penalties will be imposed only after careful consideration. The intent of these rules is to encourage students to be responsible in their actions and to communicate in an adult manner when they plan to end a commitment to a sport or when they disagree with a coach.

Sports Participation Donation

The District believes that athletic activities are important for our young people. We appreciate the support and assistance that parents and the community provide with their \$95.00/athlete donation. No student shall be required to raise a specified amount of money in order to participate in an activity sponsored by a school-related organization. (EDUSHD AR 1321)

Scrip Program

The El Dorado Union High School District offers a Scrip Program for parents, family, and friends who desire to make a \$95.00 donation. Scrip credits can be earned from merchants you normally shop with. The Scrip Program Account Setup Form is included in this manual.

Residential Eligibility

The California Interscholastic Federation requires that students who participate on a school team must be living with parents or legal guardians who reside within the school's attendance boundaries. All exceptions to this rule require that special permission and forms and letters of approval be on file before a student can be declared eligible. Questions about these exceptions should be addressed to the Athletic Director.

Because the penalty for allowing an ineligible athlete to participate is severe (the team must forfeit all contests in which the athlete participated), any athlete living outside the school's boundaries should notify his/her coach at the beginning of the season so that the coach can make sure that all the appropriate forms and approvals are on file.

An athlete who is dishonest about his/her own residence places an entire team in jeopardy. Any athlete known to be using a false address or otherwise not being honest about a residence should be immediately reported to the coach to avoid penalizing the entire team. The athlete may also be declared ineligible to represent his/her school in any sport for one year following the date of discovery of the offense.

If a student and his/her parents move out of the attendance area, but the student remains in the school, the student must immediately report his/her change of residence to the coach. In most cases, students who move can retain their eligibility, but special forms and approvals must be on file.

Only students who are amateurs may participate in athletic contests. Students on high school teams become ineligible if they play on "**outside**" teams, in the same sport, during their high school season of the sport. For the purpose of this rule, **outside competition** is prohibited from the opening contest until the final contest of that sport, league, playoff, or state competition in which that school is involved, both dates inclusive. The prohibition on playing on "outside" teams applies to school holidays and vacation periods which occur during the season of the sport. Refer to CIF Bylaw 600 or school Athletic Directors for exceptions.

An athlete may change concurrent sports before the first interscholastic competition only with the consent of the parents, both coaches involved and the Athletic Director.

Athletes are to report injuries to their coach. Injuries requiring medical attention should be reported to the coach before visiting a doctor. An accident form is to be filled out by the coach.



Lettering and Awards

District

If an athlete quits a team or is dropped from a team by the coach due to an infraction of any section of this contract, he/she will not receive a letter for that sport, and he/she will not be eligible for practice or participation in the next succeeding sport until the previous team has completed its season and playoff schedule. Equipment must be turned in and the athlete cleared of all obligations from his/her previous sport before clearance will be given to participate in another one.

Completion of the sports season (season includes all play off contests) is required for the student to be eligible for a letter or other team or individual awards unless an injury limits such participation. Awards will not be given to any student suspended for the remainder of the season for Declaration/Athletic Code of Conduct violations.

Lettering in each sport is left up to the discretion of the varsity coach.

CIF Sac-Joaquin Section

The CIF Sac-Joaquin Section is proud of two scholar athlete awards that are promoted by the Section. The first award is called the Scholastic Team Achievement Award (STAA), which recognizes teams within the Sac-Joaquin Section that qualify for the playoffs and whose overall GPA is 3.0 or higher. The second award is called the Dale Lacky Award, which recognizes the top female and male scholar athletes in the Section.

Please contact your Athletic Director about the aforementioned awards.



Extracurricular / Cocurricular Activities

Administrative Regulation 6145

1. It is the policy of the El Dorado Union High School District that for a student to become eligible to participate in Extracurricular/Cocurricular activities, the student must meet the academic grade requirements and citizenship requirements of that activity. If participating in athletics, he/she must also meet the California Interscholastic Federation requirements.
2. The following definition of terms will be used:
 - a. "C.I.F." The California Interscholastic Federation is the statewide executive body that governs all aspects of high school athletics. (*Education Code Sections 33353 & 35179*)
 - b. "C.N.I.F." California/Nevada Interscholastic Federation is the organization responsible for ski activities.
 - c. "Regular Grade Reporting Periods." Grade reporting occurs chronologically at the same time at each school site, regardless of a site's schedule.
 - (1) End of first quarter
 - (2) End of first semester
 - (3) End of third quarter
 - (4) End of second semester

Schools on a 4X4 schedule: First/third quarters are equivalent to semester grades; and first/second semesters represent end-of-course grades.
 - d. Grade Point Average: A number which represents a student's overall grade average for the classes taken during a reporting period. (4.0 = **A**, 3.0 = **B**, 2.0 = **C**, 1.0 = **D**, 0.0 = **F**)
 - e. For the purposes of this policy, "extracurricular activity" means a program that has all of the following characteristics:
 - (1) The program is supervised or financed by the school district.
 - (2) Students participating in the program represent the school district.
 - (3) Students exercise some degree of freedom in either the selection, planning, or control of the program.
 - (4) The program includes both preparation for performance and performance before an audience or spectators.
 - f. For the purposes of this policy, an "extracurricular activity" is not part of the regular school curriculum, is not graded, does not offer credit, and does not take place during classroom time.
 - g. For purposes of this policy, a "cocurricular activity" is defined as a program that may be associated with the curriculum in a regular classroom.
 - h. Any teacher-graded or required program or activity for a course which satisfies the entrance requirements for admission to the California State University or the University of California is not an extracurricular or cocurricular activity for purposes of this policy. (*Education Code 35160.5*)
 - i. For purposes of this policy, "satisfactory educational progress" shall include, but not be limited to, the following:
 - (1) Maintenance of minimum passing grades, which is defined as at least a 2.0 grade point average in all enrolled courses on a 4.0 scale.
 - (2) Maintenance of minimum progress toward meeting the high school graduation requirements prescribed by the Governing Board. In order to be eligible for participation, the student shall receive supplemental instruction if, by grade 11 and/or 12, the student has not passed the California High School Exit Exam.
3. Minimum scholarship requirements for participation in all extracurricular and certain cocurricular activities will be as follows:
 - a. All 9th grade students shall be eligible to participate in extracurricular/cocurricular activities until their grades are reviewed at the end of the first quarter.

- b. Students in grades 9 (other than first quarter), 10, 11, and 12 shall have a grade point average of C (2.0) at the quarter or semester grading period immediately preceding the activity in order to be eligible to participate in extracurricular activities.

(1) A student must maintain the grade requirements as set forth by the Board of Trustees.

(2) An "Incomplete" grade shall not satisfy the requirement of this section until the academic deficiency has been satisfied and a passing grade has been substituted for the "Incomplete" grade. Upon such substitution, the substituted grade shall be considered in determining scholastic eligibility. A scholastically ineligible student may become immediately scholastically eligible upon such evaluation.

(3) Summer school/intersession credits shall be counted toward making up scholastic deficiencies incurred in the immediately preceding grading period. Summer school courses failed shall not impair an athlete's scholastic eligibility achieved in the immediately preceding semester.

- c. A transfer student is eligible to participate if he/she was eligible at his/her previous school and has met CIF transfer eligibility requirements. Transfer students shall have one full grading period to meet the district eligibility requirements.

- d. Students who do not meet the criteria for eligibility based on overall grade point average, or who are not making satisfactory progress toward graduation at the beginning of any school year or at the conclusion of each grade reporting period, will be ineligible to participate until the next regular grade reporting period at which time the student must have met the criteria.

(cf. 6164.5 - Student Success Teams)

(cf. 6176 - Weekend/Saturday Classes)

(cf. 6177 - Summer School)

(cf. 6179 - Supplement Instruction)

- e. If a student is not eligible to participate in an activity, the student will not be allowed to participate in practices, meetings, or other program activities.

Eligibility Review Committee Process

1. The system for reviewing student eligibility requirements and for appropriate notification of students and sponsors/coaches is as follows:

a. At least 10 school days prior to the end of a grading period, the extracurricular advisor/sponsor/coach shall deliver to the Athletic or Activity Director, a roster of club, organization, or team members. In the event an extracurricular activity begins during a quarter, the extracurricular advisor/sponsor/coach shall deliver to the Athletic or Activity Director, a roster of club, organization, or team members at least 15 school days prior to the first league activity.

b. The Athletic/Activity Director will establish the eligibility of each participant within 5 school days after the end of the quarter. In the event a participant is found to be ineligible, said participant will be notified by the Athletic/Activity Director. A student will also be considered notified:

(1) In the case of an activity spanning two quarters, when the report cards are distributed by the school and the affected participant has had a reasonable opportunity to receive said report card or the Athletic/Activities Director so notifies the participant in writing.

(2) In the case of an activity beginning during a quarter, when the Athletic/Activity Director notifies the affected participant in writing at least 10 school days prior to the first league game or 5 days after receipt of roster from advisor/sponsor/coach, whichever is earliest.

c. Upon notification, the ineligible participant shall have 2 school days within which to file with the principal or designee a request for an eligibility review.

d. Within 6 school days of the receipt of request for review, each school shall establish an Eligibility Review Committee which shall be comprised of the school principal or an assistant principal, a counselor, and three teachers selected by the principal (no more than one physical education teacher or coach shall be included on the committee). The Eligibility Review Committee will convene and review the status of the ineligible participant and review the accuracy of the records supporting a determination of ineligibility.

- e. In the event a participant is determined to be ineligible by the Eligibility Review Committee, the committee shall notify the participant within 1 school day.
 - f. The ineligible participant shall not be allowed to participate in practice or activities pending determination of the committee.
 - g. If the committee determines that a student's records do not justify a determination of ineligibility, it shall rescind any previous determination and actions finding the student ineligible for participation in extracurricular activities.
2. The Eligibility Review Committee shall determine whether eligibility shall be granted to students not meeting the standards and who make an appeal for probationary status.
- a. Probation may be granted if:
 - (1) The student can clearly demonstrate conscientious efforts to achieve in the class that has caused the GPA to fall below 2.0. Documentation may include, but not be limited to, teacher input forms, discipline records, and attendance records.
 - (2) The student can clearly demonstrate a profound family or personal issue or health condition that would have prohibited the student from performing academically;

For conditions above, the student would then need to present a plan that would allow the student to be successful during the probationary period.

- b. The committee may waive the imposition of the ineligibility rule for up to one quarter if it determines that the above conditions exist for the student.
- c. For any one student, probation shall only be granted once in any school year and only twice per sport during the time the student is enrolled in our district high schools.
- d. For students seeking an appeal, the review committee shall verify the current status of the student's academic performance, attendance, and citizenship as part of their investigation.
- f. The principal or designee of each high school shall summarize the appeals heard by the committee 3 weeks after the end of each quarter.

Supervision of Students

Coaches/advisors shall assume supervisory responsibility for team members for the duration of any school-related activity. Under no circumstances are the supervising coaches/advisors to engage in the use of alcohol or illegal substances during the duration of any school activity. Coaches/advisors shall remain on supervision duty from the moment of departure until the return to the home school; coaches/advisors are to remain until all students have left for their homes.

Supervision of students is required for all extra-curricular activities, cocurricular activities and those courses which have events, competitions, field trips, and tournaments away from the school site.



School-Related Trips

Administrative Regulation AR 3541.1

Transportation for student groups to and from off-campus activities shall be restricted to the following:

- District-owned vehicle
- Private vehicles
- Commercial carriers
- Governmental agencies

No other transportation arrangements are authorized in transporting students. The principal or designee and the Director of Transportation shall determine which of the approved modes of transportation is to be used for a specific trip.

(cf. 3540 - Transportation)

Transportation by bus should be considered as the primary means for transporting students and should be used whenever possible and available.

Transportation by organized private vehicles as a parental responsibility may be used when bus transportation is not available or when these alternative means of transportation are appropriate. Transportation to and from all District-sponsored field trips within a radius of 300 miles of Placerville will be performed by District employees. Transportation shall be contacted and given an opportunity to submit a quote on all trips. All other trips may be contracted out.

All students who are transported to activities must return to the point of departure by the same vehicle unless: (a) they are released at the activity site to their parent/guardian by the principal or designee using Form 6153.3B: *Parent/Guardian Request to Use Transportation When District Transportation is Provided*, (b) the parent/guardian has, through prior arrangements with the school principal, obtained written permission (using Form 6153.3B) for the student to be released from school supervision to the parent/guardian's designee, providing such designee is at least 25 years old or a relative and supplies the school staff supervisor with satisfactory identification.

Any time there is a school-related trip and transportation is being provided by the District, and more than 18 students are being transported, the trip will use a school bus.

A list of all passengers will be forwarded to the Transportation Office to all field trips.

A school bus shall be used to transport students to a school-sponsored event when the following criteria are met:

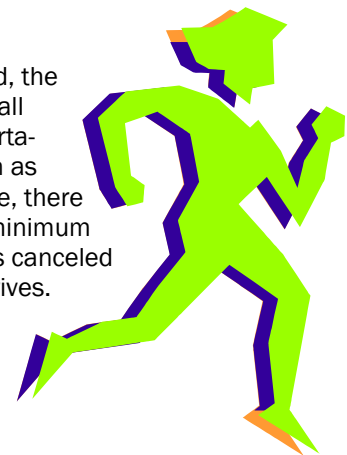
1. More than one team is going to the event.
2. The time of participation for each team is reasonably coinciding.
3. The total number of students of the combined teams is more than 18 students.

No less than once per month, a report shall be delivered from each school to the transportation department, providing the following information:

1. Dates and times vans have been used to transport students.
2. Name of driver.
3. Number of students transported.
4. Location of event and mileage to event.

District-Owned Vehicles

1. Where District transportation is to be used, requests for transportation must be made in a timely manner, and no less than 21 calendar days prior to the beginning of the trip.
2. Transportation schedules for athletic teams are to be submitted to the Transportation Office at least 2 weeks before the first game of the sport.
3. Upon approval of an instructional trip, a School Transportation Request form completed by the principal or designee shall immediately be forwarded to the transportation department.
4. If a trip is canceled, the sponsor/coach shall notify the Transportation Office as soon as possible; otherwise, there may be a 3-hour minimum charge if the trip is canceled after the driver arrives.



5. People who are not approved by the principal as an approved volunteer for the activity or a student or supervisor affiliated with the school group will not be allowed to ride the bus.
6. All drivers will instruct participants in behavior, safety and evacuation procedures prior to departure.
7. Nothing in District regulations shall relieve the bus driver of responsibility with respect to his/her operation of the bus or the exercise of his/her legal authority over all students on the bus.

(cf. 3542 - Roles, Duties of Employees)

Requirements for Driving Vehicles Carrying Students

District vehicles carrying students may be driven only by District employees.

In order for an employee to drive a District-owned vehicle with students or a volunteer to drive their private vehicle with students, the employee and volunteer shall:

1. Have the approval of the principal or his/her designee.
2. Be at least 25 years of age.
3. Provide the District with a copy of their valid California Driver's License.
4. Provide the District with a copy of a current printout of their H-6 DMV Driver's Record from the California Department of Motor Vehicles. To be approved to drive a District vehicle, an employee's driving record shall have no more than:
 - 2 points in a 12-month period
 - 3 points in a 24-month period
 - 4 points in a 36-month period
5. Drivers will be included in the DMV pull notice program. The District will be notified by DMV of any activity relating to the driver's driving record.

Duties of All Drivers

1. The driver is responsible for the conduct of students while in the vehicle.
2. All occupants of a vehicle shall wear seat belts in accordance with law.
3. The driver shall not allow the number of passengers to exceed the posted capacity of the vehicle. No more than nine passengers and the driver shall be transported in a van.
4. The driver shall inspect the vehicle before transporting students in the vehicle. The inspection shall include, but not be limited to the tires, brakes, lights, horn, fuel tank and gauge, window glass, seat belts, and safety equipment. In the case of a District-owned vehicle, any noted defects will be reported to the person in charge of the vehicle at each school, and in the case of a private vehicle, the person in charge of the school-related trip shall be notified. The defect will be repaired before the vehicle will be allowed to transport students.
5. The driver will provide to the principal or designee a list of riders in the vehicle before leaving the school.
6. Luggage and equipment will be stored in a safe manner.

Additional Requirements for a Volunteer Driving a Private Vehicle

The following is in addition to the requirements and duties specified in the previous sections:

1. The volunteer driver shall submit a signed Volunteer and Employee Auto Usage Statement for placement in the school's office file each year.
2. The volunteer driver shall waive and release the District from any and all claims for reimbursement for any such transportation.

3. The volunteer driver shall be informed that excess coverage provided by the District will be secondary to the individual driver's primary coverage.
4. The volunteer driver shall provide evidence that he/she has a current comprehensive automobile liability insurance policy which provides \$100,000/\$300,000 liability coverage and \$25,000 property damage.
5. The volunteer driver agrees not to use open pick-up trucks, open jeeps, motor homes, convertibles, and camper-type vehicles which do not allow students in the passenger compartment.
- b. Drivers supplied to the District shall be certified as School Bus Drivers or School Pupil Activity Bus Drivers.
- c. Vendor shall have maintained a satisfactory California Highway Patrol Motor Carrier inspection rating for the last 12 months, and that rating will be available to the District at any time upon request.
6. A transportation request form shall be completed, signed by the principal, and forwarded to the Transportation Department 21 calendar days prior to the date of the field trip.

Commercial/Governmental Transportation

1. Commercial or governmental transportation may be used if such transportation meets all the legal requirements for transporting students.
2. Buses and bus drivers must meet current state and District requirements governing school activity trips.
3. All drivers will instruct participants in behavior, safety and evacuation procedures prior to departure.
4. All agencies or commercial carriers providing transportation to students must provide a certificate of insurance naming the El Dorado Union High School District as "additionally insured." In the event of a trip to a foreign country, liability insurance must be provided by a carrier licensed to transact insurance business in that country.
5. The use of commercial transportation to transport students on field trips, shall be contracted only with vendors from an approved vendor list established by the District's Liability Insurance Provider.
 - a. Vehicles supplied to the District shall be certified by the California Highway Patrol, Motor Carrier, as a School Bus or School Pupil Activity Bus.
7. The principal or designee shall make sure that only contractors from the approved vendor list are used, that the Transportation Department is notified by submitting a transportation request, that the bus is certified and that the driver has a School Bus Driver Certificate or a School Pupil Activity Bus Driver Certificate.
8. The Transportation Department shall verify that the bus is certified and that the driver has a School Bus Driver Certificate or a School Pupil Activity Bus Driver Certificate.
9. Transportation by air may be used with the following carriers only:
 - a. Aircraft owned and operated by the state or federal government.
 - b. Regularly scheduled aircraft operated by a carrier defined in the Federal Aviation Act of 1958 and certified by the Civil Aeronautics Board to engage in such transportation.
 - c. Charter aircraft possessing the same qualifications.
 - d. All must certify that they are insured for liability in the states or countries involved.

Principals shall have available for review by parents/guardians information regarding the nature of the activity, time of departure and return, name of the supervisor and other specifics.

The principal may authorize students to provide their own transportation for activities within the District.

Transportation Frequently Asked Questions

for Students and Parents for Extracurricular/Cocurricular Activities and Athletics

When a bus is provided

Q1 Can I take my son/daughter to or from the game/activity?

ANSWER: Yes, provided you have completed Form 6153-3B, *Parent/Guardian Request to Use Transportation When District Transportation is Provided*, and turn it in to an administrator to approve 24 hours before the scheduled game. Remember to check the appropriate box(es) on the form.

Q2 Can I arrange to allow anyone I wish to take or pick up my student?

ANSWER: No, only the parent or guardian of the student can make arrangements for another preapproved adult to transport his/her child, based on criteria set forth on Form 6153-3B (see Q1 above).

Q3 Can my student drive him/herself to or from the game/activity?

ANSWER: No, they cannot when District transportation is provided or arranged.

Q4 Can I bring my son/daughter to the game/activity if he/she has a dental/doctor appointment in the same city location as the game/activity?

ANSWER: Yes, if this event has District transportation provided or arranged, the parent must have completed Form 6153-3B (see Q1 above) 24 hours ahead and marked the "To" box and turned in the form to the Administration Office. The Coach/Advisor must be notified of the circumstances by the parent and give permission for the parent's personal transportation to be used. Remember, the student athlete must attend the majority of his/her school day on the day of a contest or practice or the first day prior to the game in order to participate in the event/activity.

*When a bus is **NOT** provided, but the Coach/Advisor **IS** arranging the transportation using a car pool (with assigned parent drivers)*

Q1 Can I take my son/daughter to or from the game without using the car pool?

ANSWER: Yes, provided you have completed Form 6153-3B, *Parent/Guardian Request for Use of Transportation*, and turned it into an administrator to approve 24 hours before the scheduled game.

Q2 Can I arrange to allow anyone I wish to take or pick up my student?

ANSWER: No, only parents who have filed a *Volunteer/Employee Use of Auto Statement*, Form 6153-5, can drive your son/daughter to or from a game. Drivers **MUST** provide the Administration Office with a completed *Volunteer/Employee Auto Usage* form and a copy of their insurance policy that shows a \$100,000/\$300,000 liability coverage. Approved drivers must be at least 25 years old.

Q3 Can my student drive him/herself to or from a game?

ANSWER: No, they cannot.

When a bus is NOT provided and Coach/Advisor is NOT arranging transportation (for an event/activity occurring within the El Dorado Union High School District or within 10 miles of District boundaries)

Q1 Can I take my son/daughter to or from the game/activity?

ANSWER: Yes, no form is needed.

Q2 Can my student drive him/herself to or from the game/activity?

ANSWER: Yes, however, Form 6153-3C *Parent Permission for Student to Transport Self*, must be completed and submitted. Parent/Guardian takes full responsibility.

Q3 Can students ride together?

ANSWER: No, a student can only transport himself/herself.

Q4 Can a sibling under the age of 18 take my son/daughter to or from the game?

ANSWER: Yes, however, Form 6153-3D, *Parent Permission for Minor Sibling to Transport Student*, must be completed and submitted. Parent/Guardian takes full responsibility.

In all cases in which a bus is NOT provided by the District and a Coach/Advisor is NOT arranging transportation for a school event or activity, the parent/guardian accepts full responsibility and liability for all transportation arrangements.



CIF Sac-Joaquin

Section: Eligibility

Guide for Student-Athletes

A Message to Student-Athletes

Your school is one of more than 1,400 public, parochial, private, and charter high schools that have agreed to follow the rules and regulations it helped enact through the California Interscholastic Federation.

Your high school years will provide some of the most memorable and enjoyable moments you will ever experience. The privilege of competing in interscholastic athletics is a once-in-a-lifetime experience which will influence you forever, but participation is dependent on your eligibility.

The following eligibility requirements are only a summary of some of the regulations affecting student eligibility. Most requirements are found in the *CIF Constitution and Bylaws*, which can be found in your school administrative office or on the State CIF web site, www.cifstate.org. In addition, **your school/district has the authority to establish more stringent standards and enact codes of athletic conduct** that are in the best interest of individual students, the team and community.

Review the rules with your parents/guardians and ask questions of your principal and athletic director. Your role in following the rules will assure eligibility to participate in interscholastic sports or prevent your participation as an ineligible athlete, which could result in forfeiture of contests for your school.

A Summary of the Rules

1. AGE—High school students become ineligible if they reach their 19th birthday before June 15 of the current school year. (*Bylaw 203*)

2. PHYSICAL EXAMINATION—Schools require that a student receive an annual physical examination conducted by a licensed medical doctor certifying that the student is physically fit to participate in athletics. This statement must be on a school board-approved form and be for the current school year. (*Bylaw 308*)

3. SCHOLASTIC ELIGIBILITY—Students must have a 2.0 GPA, on a 4.0 scale in all enrolled classes. Students must have passed at least the equivalent of 20 semester periods of work at the completion of the most recent grading period and currently be enrolled in at least 20 semester periods of work. (*Bylaw 205*)

4. RESIDENTIAL ELIGIBILITY—A student generally has residential eligibility upon initial enrollment in the 9th grade of any CIF member high school. Any student entering from the 8th grade must have achieved a 2.0 GPA on a 4.0 scale in all the enrolled courses at the conclusion of the previous grading period. (*Bylaw 206*)

5. SEMESTERS OF ENROLLMENT—A student may be eligible for athletic competition during a maximum amount of time that is not to exceed eight consecutive semesters following initial enrollment in the 9th grade of any school. (*Bylaw 204*)

6. TRANSFER STUDENTS—A student in grades 9 through 12 who participates in an interscholastic athletic contest or is enrolled in and/or attends a school for 15 school days or more shall be considered to have been “enrolled” in that school and be classified as a transfer student if the student changes/enrolls in another school. There are several classifications of transfer students. (*Bylaw 207*)

Valid change of residence: When a student and the entire family changes residence, the student may be granted unlimited eligibility allowing him/her to play all sports at any level at the new school. Other rules do apply; consult your administrator.

Transfer without a valid change of residence: A 9th grade student who is transferring for the 2nd time or any 10th, 11th or 12th grade student who transfers without a valid change of residence may or may not be granted “Limited Eligibility.” Students granted “Limited Eligibility” are limited for one year (from the date of transfer) to non-varsity competition in CIF sports they participated in during the previous 12 calendar months but may participate in varsity competition in all other CIF sports. (*Bylaw 207*)

One transfer before 10th grade: A new CIF bylaw allows students to transfer one time without a valid change of residence and retain varsity eligibility. This transfer must occur BEFORE the first day of the student’s third consecutive semester (typically the first day of the 10th grade). Other rules do apply; consult with your school administrator. (*Bylaw 207*)

Students and parents anticipating a change of schools should first seek advice from their high school administration.

7. UNDUE INFLUENCE/RECRUITING—The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes, shall cause the student to become ineligible for a minimum of one year and subject the school to severe sanctions. Also, students may be prohibited from participation when they participated on a non-school team (i.e., AAU, Club, Travel Ball, Camps) and then transfers to the school that is associated with that non-school team. (*Bylaw 510*)

8. PARTICIPATION ON AN OUTSIDE TEAM—A student on a high school team becomes ineligible if the student competes in a contest on an “outside” team in the same sport during the student’s high school season of sport. The student’s school team may also be forced to forfeit contests. Some CIF Sections may have restrictions that include a prohibition of practice with an “outside” team. Please consult with your school administrator prior to participating with a non-school team. (*Bylaw 600*)

9. PROFESSIONAL TRYOUTS—A student shall become ineligible for CIF competition if he/she participates in a tryout for a professional team in any CIF-approved sport from September 15 to June 15 unless: (1) His/Her principal has given written approval to a request for such participation from a professional team, and (2) The tryout is limited to five students or less.

CAUTION: Compliance with this bylaw does NOT ensure your eligibility with other athletic organizations, i.e., NCAA, NAIA or other governing bodies.

One Transfer before 10th Grade

Who qualifies? Any first time 9th grade student, who has not attended more than two consecutive semesters since first enrolling in the 9th grade, may change schools and maintain varsity eligibility before the first day of the student’s third consecutive semester (typically the first day of 10th grade). All other CIF rules apply.

What may keep me from qualifying? If you transfer to a new school whose coach worked with your club program; or follow a coach from your former school; or transfer to a new school where a booster, parent, friend or staff member encouraged you to attend, you may not be granted transfer eligibility.

How do I request a transfer? First, you must be enrolled in your new school in accordance with its policies. You cannot use false or fraudulent information to get enrolled; if you do, you may be ineligible for up to 24 months.

Once you are enrolled, the school will help you fill out the State CIF Transfer Form and the State CIF Undue Influence Statement to be sent to the Section Office.

When can I transfer? You do not have to finish the year at your school before you transfer. You can transfer anytime before the first day of your third semester (typically the first day of 10th grade).

Can I transfer back to my school with eligibility if it doesn’t work out for me at the new school? You are only allowed one transfer - one time prior to the first day of your 3rd consecutive semester (typically the first day of 10th grade). If you transfer back, or transfer to another school, you may have only limited eligibility.

Can I transfer to/from a private school? There is no difference between transferring to a private or public school. So long as it is the first and only transfer prior to the first day of your 3rd consecutive semester (typically the first day of 10th grade), you may be eligible.

If I have questions, who should I contact? You should always talk with an administrator at your current school first. If you need to talk with the new school, you should only talk with the principal. Talking with a coach at the new school may be considered undue influence or recruiting and prevent you from having eligibility.

CIF Philosophy on Student Eligibility for Interscholastic Athletic Competition

The California Interscholastic Federation (CIF), as the governing body of high school athletics, affirms that athletic competition is an important part of the high school experience and that participation in interscholastic athletics is a privilege.

CIF bylaws governing student eligibility are a necessary prerequisite to participation in interscholastic athletics because they:

- A. Keep the focus on athletic participation as a privilege, not a right
- B. Reinforce the principle that students attend school to receive an education first; athletic participation is secondary

- C. Protect the opportunities to participate for students who meet the established standards
- D. Provide a fundamentally fair and equitable framework in which interscholastic athletic competition can take place
- E. Provide uniform standards for all schools to follow in maintaining athletic competition
- F. Serve as a deterrent to students who transfer schools for athletic reasons and to individuals who recruit student-athletes
- G. Serve as a deterrent to students who transfer schools to avoid disciplinary action
- H. Maintain an ethical relationship between high school athletic programs and others who demonstrate an interest in high school athletes
- I. Support the Principles of "Pursuing Victory with Honor."

What Steroids Can Do to You

(Source: <http://www.coolnurse.com/steroids.htm>)

Over the past decade, anabolic steroid abuse became a national concern. These drugs are used illicitly by weight lifters, body builders, long distance runners, cyclists, and others who claim that these drugs give them a competitive advantage and or improve their physical appearance.

Overall youth steroid use remains alarmingly high. According to the 1999 *Monitoring the Future Study*, the percentage of 8th, 10th, and 12th graders who reported using steroids at least once in their lives has increased steadily over the past 4 years (an average of 1.8% in 1996, 2.1% in 1997, 2.3% in 1998, and 2.8% in 1999).

The truth is... the use of steroids is a growing problem among today's teenagers, who among other things get a large portion of their misunderstood information from the fitness industry and "muscle magazines." While it is evident that there exists a growing use of steroids, there most definitely is no indication that the issue is going to fade away without some kind of intervention. It should be noted that there are many obvious risks and side effects from teen steroid abuse. Several of these side effects include:

- Sterility
- Premature ossification (closing over) of growth plates in long bones (stunted growth)
- Aggressiveness
- Acne
- Connective tissue injury – irreversible
- Masculinization (among women)

Even more scary, there is evidence that teens today are more afraid of not experimenting with and using steroids. It is crucial to understand the reasons if we are to attempt to find a solution. Some of the reasons that teens gave were:

- Not making the sports team
- Not meeting peer pressure and demands
- Not getting "the girls"
- Not being able to compete with others who are using steroids
- Not looking as good as you could

Today's teens have seen many of their athletic role models admit to some form of steroid use at some time in their lives. This may be giving them mixed messages. It may suggest that steroid use is the necessary ingredient to develop a career in sports.

Many of these same teens also feel they are invincible—able to withstand any fear or reservations that may exist about the use of drugs. In addition, they are reluctant to believe any warnings offered by the medical community and the media, who so often have delivered alarmist attitudes towards steroid use.

Parents and coaches can also be found guilty of placing emphasis on young athletes:

- They often push young athletes into sports development programs.
- They glorify youngsters who are willing to risk their bodies and morals in order to win.
- They demand that young athletes aspire to greatness at any cost.

Adults have a great impact (positive or negative) on the actions of teenagers, so it is crucial that parents and educators be aware of the impact of steroids on teenagers. Teenagers also have a great impact on the action of other teens!

If you have a friend who is using steroids, talk to them, they just might listen to you.

There are also socio-cultural factors that play a role in steroid use:

- Locker room talk becomes the place to pass along twisted information from one teen to another, in order to justify drug use.
- Taking risks is essential to the success of great athletes, where in order to be drafted and make millions of dollar, you must take chances (like steroids). These are common perceptions, be they right or wrong—they exist.

- Group dynamics—Where a group of guys will collectively agree to the positive effects of steroids. This dynamic occurs more easily than one's independent judgment. Conforming to peer pressure and pressure from older siblings, older teammates and magazine heroes.

Ultimately, how will we control and compact the rampant use of these drugs? The only viable option is to educate adults and teens.

National Institute on Drug Abuse (NIDA) website:
<http://www.nida.nih.gov>
<http://www.steroidabuse.org>

Also recommended:
<http://www.drugabuse.gov>



Parent Guide

Parents can play a key role in helping your child learn the values of winning and losing. Below are some suggested topics you can discuss with your student in these situations.

Value of Winning: Help your student learn the value of winning by:

- Offering congratulations for winning, and identifying and discussing the efforts made by individuals and the team
- Recognizing the improvement and growth of both individuals and the team
- Emphasizing competitiveness and doing one's best

Value of Losing: Help your student learn from losing experiences by:

- Crediting the other team
- Crediting the play of his/her opponent
- Focusing on improvement by individuals and team
- Discussing what was successful
- Discussing what, if anything, individuals or the team could have done differently
- Accepting the loss, setting individual goals, and moving forward

Conduct: The importance of parents behaving as model spectators cannot be overstated. Parents who support the rule of conduct provide a role model for other parents and students alike. Of particular concern are parents who harass officials or make comments in the stands regarding judgment decisions made by the coach. This is counter-productive and tends to destroy the values of good sportsmanship and the game.

Issues of Concern: What are appropriate issues to discuss with the coach? This is often the question many parents have when their students are participating in sports.

Parents are encouraged to discuss:

1. The treatment of their student
2. Ways to help their student improve
3. Concerns about their student's behavior
4. Coaches' philosophy

5. Coaches' expectations for their student and the team
6. Team rules and requirements
7. Sanctions incurred by their student
8. Scheduling
9. College participation

Parents are NOT encouraged to discuss:

1. Placement on teams
2. Playing time
3. Strategies used by the coach during contests
4. Other student athletes

Special Note: It is difficult to accept that your student is not playing as much as you hoped he or she would. Coaches are professionals. They make judgment decisions based on what they believe to be in the best interest of the team. The coach must take into account all members of the team, not just your son or daughter.

Coach or Program Complaints: It is imperative that parents respect the position of the coach and direct any concerns to the coach first. If you wish to discuss a problem or issue concerning your child, begin by contacting his/her coach. Often the problem or issue is resolved at this level.

Steps for Resolution

- First, contact the coach
- Second, contact the Athletic Director

Productive Communication

Please make an appointment to speak with the coach prior to or after game day for productive communication.

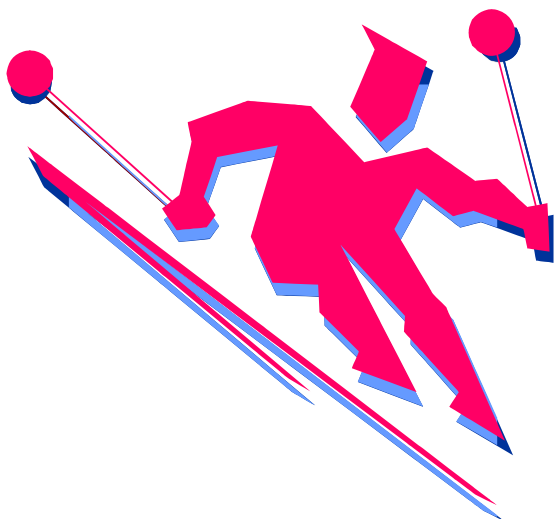
Parent-Student Notices

Nondiscrimination

The El Dorado Union High School District is primarily responsible for compliance with federal and state laws and regulations regarding nondiscrimination. The Governing Board is committed to equal opportunity for all individuals in education. District programs and activities shall be free from discrimination based on age, ancestry, color, physical or mental disability, national origin, race, religion, sex/gender, sexual harassment, sexual orientation, ethnic group identification, or any other unlawful consideration. The Board promotes programs which ensure that discriminatory practices are eliminated in all District activities.

Any student who engages in discrimination of another student or anyone from the District may be subject to disciplinary action up to and including expulsion. Any employee who permits or engages in discrimination may be subject to disciplinary action up to and including dismissal.

Any student, staff member, or parent who feels that discrimination has occurred should immediately contact the teacher, principal of the school, or District Title IX and Uniform Complaint Procedure Coordinator. If the concern is not resolved, a formal complaint may be initiated at the school or by directly contacting the District Coordinator. **Copies of the Uniform Complaint Procedure and Form may be obtained from your school office or from the District Title IX and Uniform Complaint Procedure Coordinator.**



Sexual Harassment. The District has adopted the following strict policy containing rules and procedures for reporting sexual harassment and pursuing remedies.

“The Governing Board prohibits unlawful sexual harassment of or by anyone in or from the District. Sexual harassment is unwelcome sexual advances, request for sexual favors, or other verbal, visual, or physical conduct of a sexual nature made against another person of the same or opposite gender in the work or educational setting. It should be noted that sexual harassment includes same-sex harassment and harassment based on sexual orientation. Any student who engages in sexual harassment of another student or anyone from the District may be subject to disciplinary action up to and including expulsion. Any employee who permits or engages in sexual harassment may be subject to disciplinary action up to and including dismissal.”

Any student, staff member, or parent who feels that harassment has occurred should immediately contact the teacher, principal of the school or District Title IX and Uniform Complaint Procedure Coordinator. If the concern is not resolved, a formal complaint may be initiated at the school or by directly contacting the District Coordinator. **Copies of the Uniform Complaint Procedure and Form may be obtained from your school office or from the District Title IX and Uniform Complaint Procedure Coordinator.**

Administrative Regulation 5145.7: Sexual Harassment, defines in more detail the complaint process and may be obtained from either of the above offices.

Title IX. No person shall, on the basis of gender, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving federal financial assistance. The Title IX Uniform Complaint Procedure Coordinator or the school principal should be contacted regarding complaints related to Title IX.

TO FILE A COMPLAINT

1. **Filing A Complaint.** Obtain a copy of the Uniform Complaint procedure and form (BP/AR/F 1312.3) from the school or district Title IX and Uniform Complaint Procedure Coordinator. Submit the complaint form to the principal or Coordinator.

2. **Filing Time Line.** Unlawful discrimination complaints shall be filed not later than 6 months from the date the alleged discrimination occurred, or 6 month from the date the complainant first obtained knowledge of the facts of the alleged discrimination.
3. **Mediation.** Mediation is optional. It involves a third party to help in resolving the dispute. If mediation is used, time lines are extended an additional 30 days.
4. **Investigation.** The district will investigate the complaint and provide a written report of the investigation and decision within 60 days of when the complaint is filed.
5. **Appeals.** If the person making the complaint disagrees with the district’s decision, he/she has 5 days to appeal the decision to the school district Board of Education; or alternatively, 15 days to appeal the decision to the California Department of Education. The appeal to CDE must include a copy of the locally filed complaint and a copy of the LEA Decision.
6. **Additional Action.** The person filing a discrimination complaint may also pursue action in civil court at least 60 days after filing an application with the California Department of Education.

Complaints will be kept confidential.

The district prohibits retaliation against any participant in the complaint process. Each complaint shall be investigated promptly and in a way that respects the privacy of all parties concerned. If you have a complaint, contact a teacher, principal, supervisor, site administrator, or:

El Dorado Union High School District
Title IX & Uniform Complaint Procedure Coordinator

Stevie (Stephanie) Clark
Asst. Superintendent, Human Resources
4675 Missouri Flat Road, Placerville, CA 95667
530.622-5081, ext. 7213

Health Notification

MRSA (methicillin-resistant staph aureus) is a type of staph infection that is resistant to many common antibiotics and, in cases where treatment is needed, can be very difficult to treat. Staph bacteria are one of the most common causes of skin infections in the United States. Most of these skin infections are

minor (such as pimples and boils) and can be treated without antibiotics, but occasionally serious infections require treatment. In the last few years, there have been a number of cases where these bacteria have spread among members of sports teams. This section is to make parents and student-athletes aware that MRSA can have serious and deadly ramifications if not dealt with immediately. (Also see www.cifstate.org; click on “Health and Safety” box at the top of the page.)

Warning Signs

It is common for athletes to have pimples, cuts, and abrasions on their skin. Here are a few warning signs to look for and ask about when deciding whether a wound requires medical attention. **If you have any of these signs or symptoms, seek medical attention immediately.**

- Unusual or increasing pain and/or warmth
- The presence of pus or a pustule
- Induration (hardness)
- Increasing swelling, size, or redness of the wound
- Red streaks around the wound
- Fever and/or chills (flu-like symptoms)

Precautions for Preventing the Spread of MRSA

- Shower with soap as soon as possible after practices and competitions. If MRSA bacteria are present on your skin, you can wash them away before they have a chance to cause infection.
- Don’t share towels, razors, soap, or other personal items.
- Cover all wounds to help prevent infection, especially during practice and competition. If a bandage or wrapping falls off, replace it immediately.
- Get every skin wound, no matter how minor, checked out by your coach, athletic trainer, parent/guardian, or team physician.
- Dry out your equipment and padding after each use. Wash your clothes daily.
- Do not store uniforms and equipment in a dark, moist, warm environment. Keep your locker clean and dry.
- Wash your hands often. Frequent hand washing with soap for at least 15 seconds is one of the best ways to prevent MRSA.

Acknowledgment and Consent Form

Our signatures below acknowledge that I/we have read and agree to the **contents of this Athletic Handbook**. Furthermore, I/we understand all rules, including those pertaining to Eligibility, Declaration of Student Athlete, Code of Conduct, and Student Sportsmanship. I hereby grant permission for my son/daughter to participate in the interscholastic activity program.

(PLEASE PRINT)

STUDENT NAME	YEAR OF GRADUATION
SPORT	
STUDENT ATHLETE SIGNATURE X	DATE
PARENT / GUARDIAN SIGNATURE X	DATE

(READ EACH ITEM BELOW AND INITIAL AT THE RIGHT)

I UNDERSTAND AND ACCEPT THAT:	PARENT	STUDENT
1. Use or possession of illegal drugs is not permitted.		
2. Use or possession of alcohol is not permitted.		
3. Use or possession of tobacco is not permitted.		
4. Use or possession of illegal performance enhancing drugs is not permitted.		
5. Athletic eligibility requires a 2.0 grade point average.		
6. Student athletes must have attended the majority of their school day on the day of a contest or practice in order to participate.		

Please indicate if your student has any disability that needs accommodations to participate: Yes No

IEP: Yes No

504 Accommodation Plan: Yes No

If yes, indicate the nature of the disability:

Agreement for Student Athlete and Parent/Guardian Regarding Use of Steroids

Student Athlete: _____

As a condition of membership in the California Interscholastic Federation (CIF), and in accordance with Education Code 4030, the Governing Board of El Dorado Union High School District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids. CIF Bylaw 524 requires that all participating student-athletes and their parent/guardian sign this agreement.

By signing below, we agree that the above-named student-athlete shall not use androgenic/anabolic steroids or any dietary supplement banned by the U.S. Anti-doping Agency as well as the substance synephrine, without the written prescription from a licensed health care practitioner to treat a medical condition. (A copy of the prescription and/or Medication in School form F5141.21A may be requested for verification.)

As parent/guardian of said student, I recognize that under CIF Bylaw 200.D that said student may be subject to penalties, including ineligibility for any CIF competition, if said student or I, as his/her parent/guardian, provide false or fraudulent information to the CIF or the El Dorado Union High School District.

We, the undersigned further understand that said student's violation of the high school district's policy regarding steroids may result in discipline against said student, including, but not limited to, restriction from athletics, suspension, or expulsion.

Signature of Above-Named Student Athlete

Date

Signature of Parent/Guardian of Above-Named Student Athlete

Date

Release of Liability and Assumption of Risk Agreement

ATHLETICS & CHEER/STUNT

STUDENT NAME	SCHOOL																		
<p>CHECK ALL APPLICABLE ACTIVITIES:</p> <table> <tr> <td><input type="checkbox"/> Baseball</td> <td><input type="checkbox"/> Powder Puff</td> <td><input type="checkbox"/> Tennis</td> </tr> <tr> <td><input type="checkbox"/> Basketball</td> <td><input type="checkbox"/> Skiing / Snowboarding</td> <td><input type="checkbox"/> Track</td> </tr> <tr> <td><input type="checkbox"/> Cheer/Stunt</td> <td><input type="checkbox"/> Soccer</td> <td><input type="checkbox"/> Volleyball</td> </tr> <tr> <td><input type="checkbox"/> Cross-Country</td> <td><input type="checkbox"/> Softball</td> <td><input type="checkbox"/> Water Polo</td> </tr> <tr> <td><input type="checkbox"/> Football</td> <td><input type="checkbox"/> Swimming</td> <td><input type="checkbox"/> Wrestling</td> </tr> <tr> <td><input type="checkbox"/> Golf</td> <td></td> <td></td> </tr> </table>	<input type="checkbox"/> Baseball	<input type="checkbox"/> Powder Puff	<input type="checkbox"/> Tennis	<input type="checkbox"/> Basketball	<input type="checkbox"/> Skiing / Snowboarding	<input type="checkbox"/> Track	<input type="checkbox"/> Cheer/Stunt	<input type="checkbox"/> Soccer	<input type="checkbox"/> Volleyball	<input type="checkbox"/> Cross-Country	<input type="checkbox"/> Softball	<input type="checkbox"/> Water Polo	<input type="checkbox"/> Football	<input type="checkbox"/> Swimming	<input type="checkbox"/> Wrestling	<input type="checkbox"/> Golf			<p>LIST ALL OTHER SCHOOL-SPONSORED ACTIVITIES / SCHOOL CLUBS:</p>
<input type="checkbox"/> Baseball	<input type="checkbox"/> Powder Puff	<input type="checkbox"/> Tennis																	
<input type="checkbox"/> Basketball	<input type="checkbox"/> Skiing / Snowboarding	<input type="checkbox"/> Track																	
<input type="checkbox"/> Cheer/Stunt	<input type="checkbox"/> Soccer	<input type="checkbox"/> Volleyball																	
<input type="checkbox"/> Cross-Country	<input type="checkbox"/> Softball	<input type="checkbox"/> Water Polo																	
<input type="checkbox"/> Football	<input type="checkbox"/> Swimming	<input type="checkbox"/> Wrestling																	
<input type="checkbox"/> Golf																			

This is a Release of Liability and Assumption of Risk Agreement. **Read it carefully and sign below.** Completion of this release is a prerequisite to participation in an inter-scholastic athletic activity or designated school-sponsored activity/school club or (hereinafter collectively referred to as "school-related activity/ies"). This release essentially says that my son/daughter or I, as a student at least 18 years of age, named above (hereinafter "above-named student") will participate in the school-related activities as specified above.

If the above-named student is hurt, injured, or even dies, I/we (i.e., the student, his/her parent/s, guardian/s, heir/s, or student at least 18 years of age, hereinafter referred to as "non-minor student") will not make a claim against or sue the El Dorado Union High School District (hereinafter EDUHSD), its trustees, officers, employees, and agents, or expect them to be responsible or pay for any damages.

I, the undersigned, understand and acknowledge that the above-named student has voluntarily chosen to participate in school-related activities at his/her own risk. I/We know and fully understand that said school-related activities may involve numerous risks, dangers, and hazards, both known and unknown, where serious accidents can occur, and where participants can sustain physical injuries, damage to their property, or even die. Regardless of whether the school-related activity involves physical contact or not, any activity may have inherent risks of injury which are inseparable from the activity. I/We acknowledge and willingly assume all risks and hazards of potential injury, paralysis, and death in the school-related activity/ies, including any transportation to or from any school-related activity/ies. Further, by giving consent for this student to go with a school representative, it is acknowledged that the activity/ies will be considered a "field trip" or "excursion" for which there is complete immunity pursuant to Education Code § 35330.

I/We, the undersigned, understand and acknowledge that school-related activity/ies contain potential risks of harm or injury. Injuries might arise from the student's actions or inactions, the actions or inactions of another student or participant, or the actual or alleged failure by district employees, agents, or volunteers to adequately coach, train, instruct, or supervise. Injuries might also arise from an actual or alleged failure to properly maintain, use, repair, or replace physical facilities or equipment. Injuries might also arise from undiagnosed, improperly diagnosed, untreated, improperly treated, or untimely treated actual or potential injuries, whether or not caused by the student's participation. All such risks are deemed to be inherent to the student's participation in school-related activities.

In consideration for EDUHSD, allowing the above-named student to participate in the school-related activity/ies specified above, I/we voluntarily agree to release, waive, discharge, and hold harmless the EDUHSD and its trustees, officers, employees, and agents from any and all claims of liability arising out of their negligence, or any other act or omission which causes the above-named student illness, injury, death, or damages of any nature in any way connected with the student's participation in the school-related activity/ies. I/We also expressly agree to release and discharge the EDUHSD, its trustees, officers, employees, and agents from any act or omission of negligence in rendering or failing to render any type of emergency or medical services.

As parent or legal guardian of the student/participant under 18 years of age, I have read and voluntarily agree that my son/daughter may participate in the school-related activity/ies designated above and I sign this release on his/her behalf. *In signing this document I fully recognize and understand that if my son/daughter is hurt, dies, or his/her property is damaged, I am giving up my right and the right of his/her heirs to make a claim or file a lawsuit against the EDUHSD, its trustees, officers, employees, and agent*

By signing below, I/we acknowledge that I/we: (1) have read this document and understand that I/we give up substantial actual or potential rights in order to allow the above-named student to participate in the school-related activity/ies and any associated field trip or excursion; (2) have voluntarily signed as evidence of acceptance of this Agreement without any inducement or assurance of any nature, with full appreciation of the all risks inherent in the school-related activity/ies; (3) have no question regarding the scope or intent of this Agreement and I (parent/guardian/non-minor student) have the right and authority to enter into this Agreement and to bind myself, the student, and any other family member, personal representative, assign, heir, trustee, or guardian to the terms of this Agreement. This is a release of all claims.

DATE: _____

 X
Signature of Parent/Legal Guardian or Non-minor Student/Participant*

DATE: _____

 X
Signature of Minor Student/Participant

*A student 18 years of age or older is considered, by law, a non-minor and may sign form in the place of a parent and assumes all of the above -stated risks and liabilities for himself/herself.

Athletic Insurance Information Statement

Per Education Code 32221.5, "Under state law, school districts are required to ensure that all members of school athletic teams have accidental injury insurance that covers medical and hospital expenses. This insurance requirement can be met by the school district offering insurance or other health benefits that cover medical and hospital expenses. 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 toll-free 1-800-388-8690.

The school district makes every effort to protect students, but does not assume any liability for injury.

California Education Code Section 32221 requires public schools to make available, for each member of an athletic team, insurance protection for medical and hospital expenses resulting from accidental bodily injuries in one of the following amounts:

- (a) A group or individual medical plan with accidental benefits of at least two hundred dollars (\$200) for each occurrence and major medical coverage of at least ten thousand dollars (\$10,000), with no more than one hundred dollars (\$100) deductible and no less than eighty percent (80%) payable for each occurrence.
- (b) Group or Individual medical plans which are certified by the Insurance Commissioner to be equivalent to the required coverage of at least one thousand, five hundred dollars (\$1,500).
- (c) At least one thousand, five hundred dollars (\$1,500) for all such 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 benefits coverage provided for him in any other way or manner, including, but not limited to, purchase by himself, or by his parent or guardian.

STUDENT NAME	SCHOOL	GRADE
<p>I have sent a check for accident insurance as indicated below in order to meet the requirements of the California law. Check the appropriate response(s):</p> <p style="margin-left: 40px;"> <input type="checkbox"/> Tackle Football Insurance (covers tackle football only). <input type="checkbox"/> School Time Insurance (covers sports other than football). <input type="checkbox"/> Full Time Insurance (covers sports other than football). </p> <p><u>OR</u></p> <p style="margin-left: 40px;"><input type="checkbox"/> I have health or accident insurance for my daughter or son which meets the requirements of California law and elect not to purchase student insurance. (List company name, policy or group number.)</p>		
COMPANY NAME	POLICY OR GROUP NO.	

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

X _____ DATE _____

SIGNATURE OF PARENT / GUARDIAN

COACHES RETURN THIS FORM TO ATHLETIC OFFICE AT THE END OF THE SEASON

Student Emergency Card Form

EL DORADO UNION HIGH SCHOOL DISTRICT

STUDENT LAST NAME		FIRST NAME		MIDDLE
DATE OF BIRTH	PLACE OF BIRTH		GRADE LEVEL CURRENT YEAR	
STUDENT HOME ADDRESS			MAILING ADDRESS	
SCHOOL <input type="checkbox"/> EL DORADO HS <input type="checkbox"/> OAK RIDGE HS <input type="checkbox"/> PONDEROSA HS <input type="checkbox"/> UNION MINE HS				

FATHER/ GUARDIAN	NAME	HOME ADDRESS	HOME PHONE
	EMPLOYER	CELL PHONE	WORK PHONE
MOTHER/ GUARDIAN	NAME	HOME ADDRESS	HOME PHONE
	EMPLOYER	CELL PHONE	WORK PHONE
BROTHERS/SISTERS			
FAMILY PHYSICIAN			PHONE
PERSON TO CALL WHEN PARENTS ARE NOT AVAILABLE	NAME	PHONE	
	NAME	PHONE	

- Yes No Allergic Reactions – If yes, type of allergy: _____
 Yes No Asthma – If yes, medication taken, if any: _____
 Yes No Convulsions – If yes, type: _____ Time of day taken: _____
 Yes No Medications taken – If yes, name: _____
 Yes No Diabetes _____
 Yes No Tetanus – Date of last immunization: _____
 Yes No Other information – If yes, specify: _____

DATE OF LAST PHYSICAL	INSURANCE COMPANY	POLICY NUMBER
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AUTHORIZATION OF CONSENT FOR EMERGENCY TREATMENT OF MINOR

I/WE, the parents of _____, a minor, authorize the El Dorado Union High School District to act as my/our agent in my/our absence to obtain through the physician named above such medical or hospital care as is reasonably necessary for the welfare of the student, including necessary transportation if he/she is injured in the course of school athletic or other activities. In the event said physician is not available at the time, I/WE authorize such care and treatment to be performed by a licensed physician or surgeon. I/WE agree to bear all costs incurred as a result of the foregoing.

I/WE hereby agree to hold the school district, its employees, agents, coaches, representatives, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, and demands of every kind and nature which may arise by or in connection with participation by my/our student in any activities related to the interscholastics of his/her school.

PARENT/GUARDIAN SIGNATURE: _____

DATE: _____

X _____

FOR OFFICE USE ONLY	Fines Owed / Paid:	Cleared for the following sport(s)/extracurricular activity(ies):
	Fall _____	Fall _____
	Winter _____	Winter _____
	Spring _____	Spring _____

[PLEASE PRINT]

EL DORADO UNION HIGH SCHOOL DISTRICT Sports Participation Health Record

NAME	AGE	SEX (CIRCLE) <input type="checkbox"/> M <input type="checkbox"/> F	GRADUATION YEAR
ADDRESS	CITY	ZIP	PHONE

- | | | | | | | | |
|-------------------------------------|--|-----------------------------------|--|-----------------------------------|-----------------------------------|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Baseball | <input type="checkbox"/> Cheerleading | <input type="checkbox"/> Football | <input type="checkbox"/> Powder Puff | <input type="checkbox"/> Soccer | <input type="checkbox"/> Swimming | <input type="checkbox"/> Track | <input type="checkbox"/> Water Polo |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Cross-country | <input type="checkbox"/> Golf | <input type="checkbox"/> Skiing/
Snowboarding | <input type="checkbox"/> Softball | <input type="checkbox"/> Tennis | <input type="checkbox"/> Volleyball | <input type="checkbox"/> Wrestling |

	YES	NO			
1.	<input type="checkbox"/>	<input type="checkbox"/>	Last year of tetanus booster :	YEAR	The American Academy of Pediatrics recommends that a tetanus booster be given at age 11-12, if at least 5 years have elapsed since the last dose.
2.	<input type="checkbox"/>	<input type="checkbox"/>	Hepatitis B Series , if yes, how many:	HOW MANY	Be advised that all students entering 7th grade must have completed 3 Hepatitis B immunizations (out-of-state transfer exceptions may apply).
3.	<input type="checkbox"/>	<input type="checkbox"/>	Immunization Exemption , if yes, initial:	INITIAL	California law allows for a personal belief/philosophical exemption from school immunization requirements. If a signed affidavit for exemption is on file at the school, please initial at left.

PART A - HEALTH HISTORY

4.	<input type="checkbox"/>	<input type="checkbox"/>	Have you every had an illness or injury that:				
	<input type="checkbox"/>	<input type="checkbox"/>	a. Required you to stay in the hospital, <i>explain</i> :				
	<input type="checkbox"/>	<input type="checkbox"/>	b. Lasted longer than a week, <i>explain</i> :				
	<input type="checkbox"/>	<input type="checkbox"/>	c. Is related to allergies, e.g., hay fever, hives, bee sting, <i>explain</i> :				
	<input type="checkbox"/>	<input type="checkbox"/>	d. Required an operation, <i>explain</i> :				
	<input type="checkbox"/>	<input type="checkbox"/>	e. Is chronic, e.g., asthma, diabetes, <i>explain</i> :				
5.	<input type="checkbox"/>	<input type="checkbox"/>	Do you take medications or pills, specify:				
6.	<input type="checkbox"/>	<input type="checkbox"/>	Have any members of your family under age 50 had a heart attack or died unexpectedly, <i>explain</i> :				
7.	<input type="checkbox"/>	<input type="checkbox"/>	Have you ever been:				
	<input type="checkbox"/>	<input type="checkbox"/>	a. Dizzy or passed out during or after exercise, <i>explain</i> :				
	<input type="checkbox"/>	<input type="checkbox"/>	b. Unconscious or had a concussion, <i>explain</i> :				
8.	<input type="checkbox"/>	<input type="checkbox"/>	Does running the 1/2-mile give you difficulty, <i>explain</i> :				
9.	<input type="checkbox"/>	<input type="checkbox"/>	Do you wear glasses or contacts, <i>explain</i> :				
10.	<input type="checkbox"/>	<input type="checkbox"/>	Do you have dental bridges, plates, or braces, <i>explain</i> :				
11.	<input type="checkbox"/>	<input type="checkbox"/>	Have you ever had a heart murmur, high blood pressure, or a heart abnormality, <i>explain</i> :				
12.	<input type="checkbox"/>	<input type="checkbox"/>	Do you have any allergies to medicines, <i>explain</i> :				
13.	<input type="checkbox"/>	<input type="checkbox"/>	Are you missing a kidney, lung, eye, or testicle, <i>explain</i> :				
14.	<input type="checkbox"/>	<input type="checkbox"/>	Have you every had severe arm or neck pain, <i>explain</i> :				
15.	<input type="checkbox"/>	<input type="checkbox"/>	Have you sprained, strained, dislocated, or broken any of the following:				
	<input type="checkbox"/>	<input type="checkbox"/>	Ankle	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip	<input type="checkbox"/> Neck	<input type="checkbox"/> Other, <i>explain</i> :
	<input type="checkbox"/>	<input type="checkbox"/>	Back	<input type="checkbox"/> Foot	<input type="checkbox"/> Humerus	<input type="checkbox"/> Pelvis	
	<input type="checkbox"/>	<input type="checkbox"/>	Chest/Ribs	<input type="checkbox"/> Forearm	<input type="checkbox"/> Knee	<input type="checkbox"/> Shoulder	
	<input type="checkbox"/>	<input type="checkbox"/>	Collarbone	<input type="checkbox"/> Hand	<input type="checkbox"/> Leg	<input type="checkbox"/> Wrist	

I, hereby, state the answers on page 1 of this form are correct to the best of my knowledge.

X

Signature of Student Athlete

Date

I agree with the health history and give my permission for an examination.

X

Signature of Parent / Guardian

Date

PART B – PHYSICAL EXAMINATION RECORD (TO BE COMPLETED BY A LICENSED MEDICAL DOCTOR)

Height (inches) _____ Blood Pressure _____ / _____ Vision - Right _____

Weight (pounds) _____ Pulse _____ Vision - Left _____

CORE EXAMINATION	NORMAL	ABNORMAL FINDINGS	INITIALS
a. Eyes			
b. Ears, Nose, Throat			
c. Mouth, Teeth			
d. Neck			
e. Cardiovascular			
f. Chest, Lungs			
g. Abdomen			
h. Skin			
i. Genitalia, Hernia			

ORTHOPEDIC EXAMINATION	NORMAL	ABNORMAL FINDINGS	INITIALS
a. Neck			
b. Spine			
c. Shoulders			
d. Arms, Elbows			
e. Forearms, Wrists, Hands			
f. Hips			
g. Knees, Legs			
h. Ankles, Feet			
i. Flexibility			
j. Neuromuscular			

Abnormalities found in the health history and/or physical examination that needs assessment:

RECOMMENDATIONS: Approved for full participation Needs to have the above abnormalities cleared before participation.
 Disqualified or limited in the following sports:

X _____ Date: _____
Licensed Medical Doctor's Signature

Licensed Medical Doctor's Printed Name _____
Licensed Medical Doctor's Address

PLEASE SEND ME A SAVEMART
"S.H.A.R.E.S." CARD

Yes No

EL DORADO UNION HIGH SCHOOL DISTRICT

4675 Missouri Flat Road, Placerville, CA 95667
Attention: Kelly Parker, Scrip Coordinator
kparker@edusd.net

PLEASE SEND ME A RALEYS
"QUALITY OF LIFE" CARD

Yes No

Scrip Program Account Set-up

DATE:	E-MAIL:	
YOUR NAME:	HOME PHONE:	WORK PHONE:
ADDRESS:	CITY / STATE / ZIP:	

List the student(s) currently attending high school AND student(s) currently attending middle and/or elementary schools.

(*1) If today's date is before June 30th, enter the grade the student finished in May. If today's date is after June 30th, enter the grade the student will be entering in August.

NAME OF STUDENT	CURRENT GRADE (*1)	NAME OF HIGH SCHOOL
1)		
2)		
3)		
4)		

Please check the appropriate box below for the specific program where you want your Scrip credits posted.

(Check one box only)

- | | | | |
|--|---|--|---|
| <input type="checkbox"/> EDHS Academic Boosters Program | <input type="checkbox"/> ORHS Athletic Program** | <input type="checkbox"/> PHS Athletic Program** | <input type="checkbox"/> UMHS Athletic Program** |
| <input type="checkbox"/> EDHS Athletic Program** | <input type="checkbox"/> ORHS Associated Student Body | <input type="checkbox"/> PHS Academic Decathlon | <input type="checkbox"/> UMHS Associated Student Body |
| <input type="checkbox"/> EDHS Art Program (Crafty Cougars) | <input type="checkbox"/> ORHS Band | <input type="checkbox"/> PHS Associated Student Body | <input type="checkbox"/> UMHS Cheerleaders |
| <input type="checkbox"/> EDHS Associated Student Body | <input type="checkbox"/> ORHS Cheerleaders | <input type="checkbox"/> PHS Band | <input type="checkbox"/> UMHS D-Back Bucks Program |
| <input type="checkbox"/> EDHS Cheerleaders | <input type="checkbox"/> ORHS Dance Team | <input type="checkbox"/> PHS Cheerleaders | <input type="checkbox"/> UMHS Music Program |
| <input type="checkbox"/> EDHS Drama | <input type="checkbox"/> ORHS Drama | <input type="checkbox"/> PHS Drama | <input type="checkbox"/> UMHS Robotics Team |
| <input type="checkbox"/> EDHS Robotics Team | <input type="checkbox"/> ORHS Key Club | <input type="checkbox"/> PHS Future Farmers (FFA) | <input type="checkbox"/> UMHS Yearbook |
| <input type="checkbox"/> EDHS Vocal & Instrumental Music | <input type="checkbox"/> ORHS Music | <input type="checkbox"/> PHS Key Club | |
| <input type="checkbox"/> EDHS Yearbook | <input type="checkbox"/> ORHS Robotics Team | <input type="checkbox"/> PHS Robotics Team | |
| <input type="checkbox"/> Speech Team | <input type="checkbox"/> ORHS Yearbook | <input type="checkbox"/> PHS Vocal Program | |
| | <input type="checkbox"/> ORHS Youth & Government | <input type="checkbox"/> PHS Yearbook | |

NOTE: Scrip credits earned in the school Athletic Programs** (all sports) is used for the \$95.00 sports donation fee only.
Scrip credits earned in all other listed school programs are used at the discretion of the program advisors.

FOR OFFICE USE ONLY:

DATE RECEIVED:	DATE POSTED:	<input type="checkbox"/> RALEYS #	<input type="checkbox"/> SAVEMART #
DATE CARDS MAILED:		<input type="checkbox"/> FOOD 4 LESS #	<input type="checkbox"/> SAFEWAY #

