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# CLEAR LAKE HIGH SCHOOL

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**2023-24**

## **CLEAR LAKE HIGH SCHOOL**

### **Student-Athlete Packet**

**Student:** \_\_\_\_\_

**GRADE:** \_\_\_\_\_

**Sport:** \_\_\_\_\_

**Sport:** \_\_\_\_\_

**Sport:** \_\_\_\_\_

## **NOTICE REGARDING ELIGIBILITY TO PARTICIPATE IN INTERSCHOLASTIC ATHLETICS**

Transferring from one school to another school may affect your athletic eligibility under North Coast Section and State CIF rules. It is your responsibility to see your school principal or athletic director for a copy of the rules.

## INTRODUCTION

This athletic packet includes all of the notifications and forms required to participate in Clear Lake High School athletics. Each athlete and parent must read this material, provide the necessary information, and acknowledge their awareness of the rules and regulations that apply.

**All Athletic Packets MUST be completed and turned into the office or the Athletic Director to clear for sports. Athletes cannot participate unless signed off by the office or the Athletic Director with Athletic Packet complete.**

At Clear Lake High, athletics are considered extracurricular activities, and participation as a representative of the student body is a privilege. Student-athletes are required to accept the responsibility of good deportment and satisfactory academic performance that go along with the privilege of participation. Failure to perform satisfactorily in either area can affect the student's eligibility as determined by existing policy and administration.

Clear Lake High is a North Central League I member, part of the Coastal Mountain Conference. Along with the California Interscholastic Federation (C.I.F.), these agencies set the rules and regulations governing participation in interscholastic athletics. In addition, the Lakeport Unified School District has enacted policies that affect both eligibility and participation. Anyone with questions about the athletic program should direct them to the coach, the athletic director, or the principal. In particular, any change of schools can affect a student's eligibility, and each case must be reviewed individually. It must also be understood that each coach has the authority to establish additional rules and requirements concerning their particular sport that exceed those of the aforementioned regulatory agencies.

All extracurricular programs and activities are open to all students without regard to race, color, national origin, disability, sexual orientation, gender, ethnic group identification, marital status, or religion.

***In order to receive a "Block Letter," students must purchase a Student Body Card.***

Thank you for your cooperation and continued support. By working together, we can all help to build an athletic program that provides positive and meaningful experiences for all of our students.

The Cardinal Coaching Staff and Administration

## Conditions for Athletic Eligibility –

(Education Code 49030) To be eligible for athletic participation, a student must meet all of the following conditions. This is a condensed list,, and students should check with their coach or athletic director if they have questions or concerns. Be aware that a violation of an eligibility rule shall result in ineligibility for the balance of the sports season or longer and cause forfeiture of all games or contests in which the individual participated.

1. Be regularly enrolled in a CIF member school in grades 9, 10, 11, or 12. (CIF 200).
2. Not be nineteen (19) years of age before June 15th of the school year in question. (CIF 201)
3. Be participating in high school athletics within one of your first eight semesters of school attendance after originally enrolling in ninth grade. (CIF 202)  
-Enrollment and attendance for sixty (60) days or more, or participation in one or more interscholastic contests shall count as one of the semesters. (CIF 203)
4. Have passed at least 12 quarter or 20 semester periods of work at the completion of the last regular school grading period. (When all students in your school were graded) (CIF 205)
5. Have attended your current school for one entire semester, OR  
- be entering the first semester of the ninth grade from the eighth grade (CIF 212), OR  
- be entering the first semester of the tenth grade from the ninth grade of a junior high school. (CIF 212) OR  
-be compelled to transfer to your current school because of a bona fide change of residence by your parents or legal guardian from a different school attendance area to the attendance area of your current school. (CIF 216), OR  
-be compelled to transfer to your current school because of a Board of Education ruling. (CIF216)
6. Not play in a non-high school game in the same sport during your high school season of that sport. (CIF 600)
7. Maintain your amateur standing. (CIF 400-414 & 800-804)
8. Not participate in any high school ALL Star Games prior to graduation. (NCS 800-905)
9. Not participate in more than one high school season of a particular sport in each school year.
10. Students participating in interscholastic athletics are prohibited from using steroids and dietary supplements banned by the U.S. Anti-Doping Agency, as well as the substance synephrine

**I have read the conditions for Athletic Eligibility and certify that my son/daughter is eligible.**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Parent/Guardian**

\_\_\_\_\_  
**Date**

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

**LAKEPORT UNIFIED SCHOOL DISTRICT GOVERNING BOARD  
POLICY REGARDING PARTICIPATION IN INTERSCHOLASTIC ATHLETICS BY PUPILS IN  
GRADES 9-12**

For students in grades 9 to 12, inclusive, eligibility for interscholastic athletics is determined by: (I) Satisfactory educational progress in the previous grading period. (II) A positive record of citizenship and (III) Satisfactory attendance record.

**I. EDUCATIONAL PROGRESS**

A. Satisfactory educational process 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 and no "F's" at the end of a grading period in all enrolled courses on a 4.0 scale with an A=4, B=3, C=2, and D=1. A grading period is defined as that time in which all students receive grades.
2. For high school students, satisfactory progress toward meeting the graduation requirements prescribed by the governing board shall be evidenced by earning a minimum of 160 units by the end of the 11th grade.
3. Pupils who are eligible for differential standards of proficiency pursuant to subdivision (d) of Section 51215 are covered by this section consistent with that subdivision. No person shall classify a pupil as eligible for differential proficiency standards pursuant to a subdivision.

B. Exception to satisfactory educational progress

Any pupil receiving lower than a 2.0 (C) average and no more than one "F" grade at the end of a nine week reporting period will be put on probation for a period of five (5) weeks. The student shall be allowed full participation during this probationary period. At the end of the probationary period, the student must secure an interim grade report for all classes on the specified form and submit the same to the administration for evaluation. If the student's grades on this probationary report do not meet the minimum requirements of a 2.0 average and no F's, the student shall not be eligible to participate in any interscholastic athletics for the balance of the grading period. If at the end of the grading period the student's grades are not satisfactory, he/she shall remain ineligible until the next grading period when they do attain a 2.0 average.

1. Any student who has failed to attain satisfactory educational progress as outlined in Section 1. A for the previous two grading periods shall be ineligible and shall not be afforded a probationary period.
2. All students shall only be allowed the use of a probationary period for purposes of maintaining eligibility once each school year.
3. All incoming transfer students shall have their eligibility determined on the basis of the criterion established by the California Interscholastic Federation.
4. All incoming ninth-graders who do not meet the requirements of satisfactory educational progress as outlined in Section 1.A. are allowed a probation period at the beginning of the year.
5. Students are declared eligible or are declared ineligible beginning on the second Monday of the new grading period, assuming the new grading period begins on a Monday. (A grading period ends on a Friday; teachers complete grade reports to office on the following Wednesday; grades are checked and sent home on Friday; eligibility or ineligibility begins on:

**Monday October 16th, January 8th and March 25th.**

## II. CITIZENSHIP ELIGIBILITY

As a condition for maintaining eligibility for participation in extra/co-curricular activities, each student shall maintain a positive record of citizenship. When a student's conduct is disruptive or in any way violates school or district regulations, that student may be declared ineligible for a period of time to be determined by the administration and/or governing board. Where a student has been suspended from school for possession, use or being under the influence of alcohol or a controlled substance, the student shall be ineligible to participate in athletic practices or games for thirty (30) school days upon his/her return.

## III. ATTENDANCE REQUIREMENT

Students **MUST ATTEND SCHOOL ALL DAY** on the day of an extracurricular activity or on the Friday before a Saturday or extended break, in order to be eligible to participate in that activity unless they are specifically excused by the Principal or his/her designee.

### **THE BOARD OF TRUSTEES SHALL ANNUALLY REVIEW THIS POLICY**

## DEFINITIONS

The following definitions shall apply for the purpose of this policy:

### EXTRACURRICULAR ACTIVITY

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. All athletic and cheerleader activities are deemed to be extracurricular activities.

"Extracurricular activity" means a program that has all of the following characteristics:

- (a) The program is supervised or financed by the school district.
- (b) Students participating in the program represent the school district.
- (c) Students exercise some degree of freedom in the selection, planning, or control of the program.
- (d) The program includes both preparation for performance and performances before an audience or spectators.

## PROGRAM EXEMPTIONS

A program that has as its primary goal, the improvement of academic or educational achievements of pupils is not an extracurricular or co-curricular activity and is therefore exempt from this policy. These programs include all classes where grades are issued and/or units are earned.

# Concussion Information Sheet

## What is a concussion?

### A concussion is a brain injury that:

- Is caused by a blow to the head or body.
  - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- **Can happen even if you do not lose consciousness.**

### How can I prevent a concussion?

#### Basic steps you can take to protect yourself from concussion:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletics department's rules for safety and the rules of the sport.

## What are the symptoms of a concussion?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may

## What should I do if I think I have a concussion?

**Don't hide it.** Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

**Report it.** Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

**Get checked out.** Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

**Take time to recover.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.

**It's better to miss one game than the whole season. When in doubt, get checked out.**

For more information and resources, visit [www.NCAA.org/health-safety](http://www.NCAA.org/health-safety) and [www.CDC.gov/Concussion](http://www.CDC.gov/Concussion).

## Signs and Symptoms

Signs observed by coaching staff, teammates, and parents include:

- Appears dazed or stunned.
- Is confused about assignment or position.
- Forgets plays.
- Is unsure of game, score or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows behavior or personality changes.
- Can't recall events before hit or fall.
- Can't recall events after hit or fall.

Symptoms reported by student-athlete:

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light.
- Sensitivity to noise.
- Feeling sluggish, hazy, foggy or groggy.
- Concentration or memory problems.
- Confusion.
- Does not "feel right."

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

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

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

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all IHSA member schools are required to follow this policy.

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

For current and up-to-date information on concussions, you can go to:  
<http://www.cdc.gov/ConcussionInYouthSports/>.

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Student-athlete Name Printed

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Student-athlete Signature

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Date

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The parent or Legal Guardian Printed

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Parent or Legal Guardian Signature

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Date



# Keep Their Heart in the Game

## A Sudden Cardiac Arrest Information Sheet for Athletes and Parents/Guardians

### What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

#### How common is sudden cardiac arrest in the United States?

As the leading cause of death in the U.S., there are more than 300,000 cardiac arrests outside hospitals each year, with nine out of 10 resulting in death. Thousands of sudden cardiac arrests occur among youth, as it is the #2 cause of death under 25 and the #1 killer of student athletes during exercise.

#### Who is at risk for sudden cardiac arrest?

SCA is more likely to occur during exercise or physical activity, so student-athletes are at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think they're out of shape and need to train harder, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA.

**FAINTING  
is the  
#1 SYMPTOM  
OF A HEART CONDITION**

#### What should you do if your student-athlete is experiencing any of these symptoms?

We need to let student-athletes know that if they experience any SCA-related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a primary care physician. If the athlete has any of the SCA risk factors, these should also be discussed with a doctor to determine if further testing is needed. Wait for your doctor's feedback before returning to play, and alert your coach, trainer and school nurse about any diagnosed conditions.

### What is an AED?

An automated external defibrillator (AED) is the only way to save a sudden cardiac arrest victim. An AED is a portable, user-friendly device that automat-



ically diagnoses potentially life-threatening heart rhythms and delivers an electric shock to restore normal rhythm. Anyone can operate an AED, regardless of training. Simple audio direction instructs the rescuer when to press a button to deliver the shock, while other AEDs provide an automatic shock if a fatal heart rhythm is detected. A rescuer cannot accidentally hurt a

victim with an AED—quick action can only help. AEDs are designed to only shock victims whose hearts need to be restored to a healthy rhythm. Check with your school for locations of on-campus AEDs.

## The Cardiac Chain of Survival

On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delay in attending to a sudden cardiac arrest victim decreases the chance of survival by 10%. Everyone should be prepared to take action in the first minutes of collapse.

#### Early Recognition of Sudden Cardiac Arrest



Collapsed and unresponsive.  
Gasping, gurgling, snorting, moaning or labored breathing noises.  
Seizure-like activity.

#### Early Access to 9-1-1



Confirm unresponsiveness.  
Call 9-1-1 and follow emergency dispatcher's instructions.  
Call any on-site Emergency Responders.

#### Early CPR



Begin cardiopulmonary resuscitation (CPR) immediately. Hands-only CPR involves fast and continual two-inch chest compressions—about 100 per minute.

#### Early Defibrillation



Immediately retrieve and use an automated external defibrillator (AED) as soon as possible to restore the heart to its normal rhythm. Mobile AED units have step-by-step instructions for a bystander to use in an emergency situation.

#### Early Advanced Care



Emergency Medical Services (EMS) Responders begin advanced life support including additional resuscitative measures and transfer to a hospital.

*Cardiac Chain of Survival Courtesy of Parent Heart Watch*



# Keep Their Heart in the Game

## Recognize the Warning Signs & Risk Factors of Sudden Cardiac Arrest (SCA)

**Tell Your Coach and Consult Your Doctor if These Conditions are Present in Your Student-Athlete**

### Potential Indicators That SCA May Occur

- ☐ Fainting or seizure, especially during or right after exercise
- ☐ Fainting repeatedly or with excitement or startle
- ☐ Excessive shortness of breath during exercise
- ☐ Racing or fluttering heart palpitations or irregular heartbeat
- ☐ Repeated dizziness or lightheadedness
- ☐ Chest pain or discomfort with exercise
- ☐ Excessive, unexpected fatigue during or after exercise

### Factors That Increase the Risk of SCA

- ☐ Family history of known heart abnormalities or sudden death before age 50
- ☐ Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- ☐ Family members with unexplained fainting, seizures, drowning or near drowning or car accidents
- ☐ Known structural heart abnormality, repaired or unrepaired
- ☐ Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks or performance-enhancing supplements

### What is CIF doing to help protect student-athletes?

CIF amended its bylaws to include language that adds SCA training to coach certification and practice and game protocol that empowers coaches to remove from play a student-athlete who exhibits fainting—the number one warning sign of a potential heart condition. A student-athlete who has been removed from play after displaying signs or symptoms associated with SCA may not return to play until he or she is evaluated and cleared by a licensed health care provider. Parents, guardians and caregivers are urged to dialogue with student-athletes about their heart health and everyone associated with high school sports should be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency.

I have reviewed and understand the symptoms and warning signs of SCA and the new CIF protocol to incorporate SCA prevention strategies into my student's sports program.

STUDENT-ATHLETE SIGNATURE

PRINT STUDENT-ATHLETE'S NAME

DATE

PARENT/GUARDIAN SIGNATURE

PRINT PARENT/GUARDIAN'S NAME

DATE

### For more information about Sudden Cardiac Arrest visit

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

Eric Paredes Save A Life Foundation  
<http://www.epsavealife.org>

CardiacWise (20-minute training video)  
<http://www.sportsafetyinternational.org>



**TRANSPORTATION**

**CLEAR LAKE HIGH SCHOOL  
TRANSPORTATION TO OUT-OF-TOWN SCHOOL ACTIVITIES**

Students representing the school will generally be transported to out-of-town contests by school vehicles. If not by school vehicles, cars driven by responsible adults who have been approved by school officials will be used.

No students shall participate in a school event that has not been transported by an authorized vehicle. When permission is granted by the coach or school office, students may be transported by their parents. Students must return home by the same conveyance by which they were transported with the following exceptions:

1. The student may be released to his/her parents by the coach or school official, or
2. The student may be released to another adult person by the coach or school official provided the request to do so was submitted in writing by the parent or guardian at least 24 hours prior to the activity and it had been approved by the school administration.

Failure to comply with these regulations will result in appropriate disciplinary action which will include suspension from team membership or position (cheerleaders, etc.)

Permission forms are not required for each trip for student athletes as parent consent forms are on file with the school.

Our students have been very cooperative in observing transportation regulations. The purpose of this letter is to be certain that the requirements are understood. Please call the school office if you have any questions.

I have read the regulations regarding transportation to out-of-town school activities and have agreed to comply.

\_\_\_\_\_  
**Signature - Student**

\_\_\_\_\_  
**Signature - Parent/Guardian**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Date**

## **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 — lives up to high ideals of ethics and sportsmanship and always pursues victory with honor; do what's right even when it's unpopular or personally costly.

Honesty — lives and competes honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

Reliability — fulfills commitments; do what I say I will do; be on time to practices and games.

Loyalty — is 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 — don't 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 right 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 — protects 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 myself or others.

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.

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Student-athlete Signature

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Date

**NCS, CIF EJECTION POLICY 2020-21**  
**ATHLETE NOTIFICATION FORM**

The following is a partial summary of rules and minimum penalties adopted by the NCS Board of Managers applicable to players and are in effect for (non-league, league, invitational tournaments/events, post-season; league, section or state playoffs).

1. Ejection of a player from a scrimmage:

Penalty: The player must complete the NFHS Sportsmanship course prior to the next contest.

2. Ejection of a player from a contest:

Penalty: A player ejected from a contest for violation of a NFHS or sports governing body rule (other than assaultive behavior/fighting or leaving the bench area during a fight) shall be ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff). **A second ejection will result in a three game suspension and a third ejection shall make the player ineligible for the remainder of the season.** If the ejection is for unsportsmanlike conduct, the player must also complete the NFHS online Sportsmanship course.

3. Ejection of a player from a contest for assaultive behavior/fighting or leaving the bench area:

Penalty: A player ejected from a contest for these reasons is ineligible for the school's next three contests. In addition, the player shall complete the online NFHS Sportsmanship course. The player may not participate until the course has been completed. The player must also meet with the school principal to discuss future behavioral expectations and complete the NCS Return to Competition Form.

4. Second ejection of a player from a contest for assaultive behavior/fighting or leaving the bench area:

Penalty: The player shall be ineligible for the remainder of the season.

5. When 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 three contests (non-league, league, invitational tournament, post-season {league, section or state} playoff). **The school, league or NCS may use electronic video to identify players who have left the bench area to begin or participate in an altercation. This identification may be made after the jurisdiction of the game officials has ended and such identified players are subject to the penalties set forth in #3 and #4 above.**

6. Ejection of a player in the last contest of the season:

Penalty: The player will be held out of the number of contests required by the type of ejection in the same sport in the following year. If the player is a graduating senior, the player must sit out the required number of contests in the next season of sport in which they participate. If the ejection is for an offense that requires completion of the NFHS Sportsmanship course, the course must be completed with 10 school days. Sub-varsity players may not be moved to the varsity level for post-season competition.

7. Physical Assault of an Official:

Penalty: A player alleged to have physically assaulted an official shall be ineligible to participate in or attend any contests until the investigation has been completed and the NCS Commissioner of Athletics has accepted the results and recommendation of the school's investigation.

I have read the NCS, CIF Ejection Policy and understand **there are severe consequences for assaultive behavior/fighting and leaving the bench area to begin or participate in an altercation.** I have also been provided with a complete version of the NCS, CIF Ejection Policy. I understand that athletes may not participate in any contest until this document is filed with the school. This signed Athlete Notification Form is to be maintained at the school.

Student's Signature\_\_\_\_\_

School\_\_\_\_\_

SPORT\_\_\_\_\_

Date\_\_\_\_\_ VAR\_\_\_\_ JV\_\_\_\_ F/S\_\_\_\_ FR\_\_\_\_



*Building successful futures*

Dear Parents/Guardians,

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 of 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 1-800-880-5305.

Pupils may also take part in the student insurance program offered by Myers-Stevens & Toohey & Co., Inc., enrollment forms and cost information can be obtained from the school office.

Sincerely,

A handwritten signature in black ink, appearing to read "Matt Bullard", is written over a light blue horizontal line.

Matt Bullard  
Superintendent



2508 Howard Street, Lakeport, CA 95453  
T 707-262-3000 F 707-263-7332  
[www.lakeport.k12.ca.us](http://www.lakeport.k12.ca.us)

## MEDICAL QUESTIONNAIRE

Student Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Major Illness: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_

Operations: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_

Major Injuries: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_

History of dizziness or seizure? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, explain: \_\_\_\_\_

Allergies: \_\_\_\_\_

Medications (current): \_\_\_\_\_

Student's doctor: \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Student's dentist: \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Home Phone # \_\_\_\_\_ Emergency Phone # \_\_\_\_\_

Address: \_\_\_\_\_

### ***PHYSICIAN'S STATEMENT***

Date of Physical Examination: \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I have examined \_\_\_\_\_ and I have found no reason why he/she should not participate in extracurricular athletics.

\_\_\_\_\_  
**Signature of Physician**

\_\_\_\_\_  
**Date**



## MEDICAL INSURANCE INFORMATION

It is required that all students participating in Interscholastic Athletics be covered by medical insurance in case of accident or injury. This insurance coverage may be purchased through the school office.

Name of Insurance Company: \_\_\_\_\_

Address of Insurance Company: \_\_\_\_\_

\_\_\_\_\_

Subscriber's (Insured) Name: \_\_\_\_\_

Employer: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Policy Number: \_\_\_\_\_ Identification Number: \_\_\_\_\_

(Group #) \_\_\_\_\_

## AUTHORIZATION FOR PARTICIPATION AND TO PROVIDE MEDICAL TREATMENT

As parent/guardian of \_\_\_\_\_ a minor, I grant consent for him/her to participate in school activities, including athletic competition. I understand that there is an element of risk associated with all athletic competitions and that the district cannot guarantee that students will not be injured, despite a commitment to provide for every participant's health and welfare. If he/she becomes ill or is injured, Clear Lake High School is authorized as my agent to consent to any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of, any physician and surgeon licensed under the provisions of the Medical Practice Act on the medical staff of any hospital, whether such diagnosis or treatment is rendered at the office of said physician or at said hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority to give specific consent to any and all such diagnosis, treatment or hospital care which aforementioned physician in the exercise of his/her best judgment may deem advisable.

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

\_\_\_\_\_  
Date