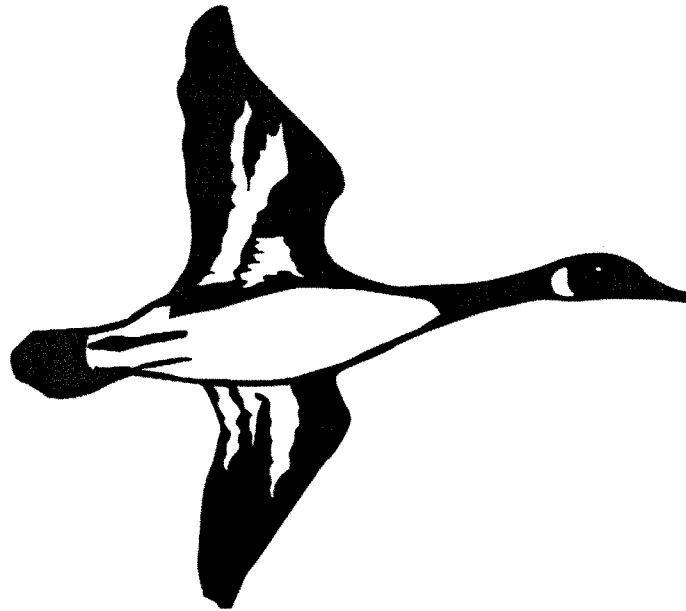


# **WILLOWS HIGH SCHOOL**

## **STUDENT ATHLETIC CODE**



(Amended June, 2013)

# STUDENT ATHLETIC CODE

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

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

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

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

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

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

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

**Freshman Level:** Prepare the student-athlete for J.V. and Varsity competition. Stress fundamentals and being a part of a team and all that entails. All players will receive playing time.

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

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

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

## WILLOWS UNIFIED SCHOOL DISTRICT

### ELIGIBILITY FOR ATHLETICS

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

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

## WILLOWS HIGH SCHOOL ATHLETIC CODE

### GOAL

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

### GOAL OF A SUCCESSFUL ATHLETE

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

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

IV. At school - a good athlete:

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

## GUIDELINES

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

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

A student is not eligible if:

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

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

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

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

**STARTING AND PRACTICE SESSIONS**

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

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

**EQUIPMENT**

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

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

**ATHLETIC AWARDS**

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

1. Every athlete is encouraged to attend the awards program unless prior arrangements are made with their coach.
2. Frosh. . . . . participation certificate  
Junior Varsity. . . . . numeral and certificate

Varsity (1st year). . . . .	letter, emblem and certificate	
Varsity (after 1st year). . . .	Emblem and certificate	
3. Team Awards:		
Football. . . . .	Varsity	5 awards
	J.V.	4 awards
	Frosh.	3 awards
Basketball, Volleyball. . . . .	Varsity	4 awards
	J.V.	3 awards
	Frosh.	2 awards
Girls & Boys Tennis, Golf. . . . .	Varsity	4 awards
Baseball, Softball, Track . . . . .	Varsity	4 awards
	J.V.	3 awards
Wrestling, Soccer. . . . .	Varsity	4 awards

**GENERAL GUIDELINES**

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

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

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

4. TRANSPORTATION:

A) Cost-Deferral Donation: Student-athletes at Willows High School are asked to pay a cost deferral donation for each season of participation. The donation is \$35.00 per season. The donation should be paid according to the same deadlines as proof of an athletic physical and insurance. Families with two or more students participating during the same sport season will only be asked to donate \$30.00 per athlete. Statisticians, scorekeepers, managers, pep squad, etc. are exempt of the cost-deferral donation.

*Note: Financial hardship will not reduce opportunities for any student-athlete. Students with financial hardships should see an administrator or athletic director for opportunities to cover fees.*

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

**GUIDELINES:**

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



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

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

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

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

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

Some of the major consequences are listed below:

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

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

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

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

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

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

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

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

10. **LOGISTICS:**

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

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

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

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

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

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

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

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

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

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

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

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

**AUTHORIZATION TO TREAT A MINOR**

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

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

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

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

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

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

## PHYSICAL EXAM FORM

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

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

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Title

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

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

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GLENN MEDICAL CENTER  
 FAMILY CARE CENTER  
 1133 W. Sycamore Street  
 Willows, CA 95988  
 (530) 934-1816

**SPORTS PHYSICAL**

Name _____		Date: _____	
Address: _____		City, State, Zip _____	
Phone# _____	DOB: _____	Age: _____	_____
<b>PATIENT HISTORY: TO BE FILLED OUT BY PARENT/GUARDIAN</b>			
<input type="checkbox"/> YES <input type="checkbox"/> NO Does your child have any of the following conditions: <input type="checkbox"/> Heart Problems <input type="checkbox"/> Cardiac <input type="checkbox"/> Asthma			
<input type="checkbox"/> YES <input type="checkbox"/> NO Does your child need to stop often when running twice around a one-quarter mile track?			
<input type="checkbox"/> YES <input type="checkbox"/> NO Any history of neck injury or instability?			
<input type="checkbox"/> YES <input type="checkbox"/> NO Is your child under a doctor's care for any chronic illnesses? If Yes, please specify: _____			
List all Allergies to medications/Allergic reactions (ex: hay fever) _____			
List <b>ALL</b> Medications your child is currently taking, including inhalers, allergy medications and over the counter medications. _____			
PARENT SIGNATURE: _____			
<b>VITAL SIGNS</b>			
HT.	WT.	TEMP	P
R	B/P	BMI	
<b>VISUAL ACCUTITY</b>		<b>Corrected Vision</b>	<b>Notes:</b>
20/20			
B 20/	B 20/		
R 20/	R 20/		
L 20/	L 20/		
<b>PHYSICAL EXAM:</b>			
<input type="checkbox"/> N <input type="checkbox"/> AB Appearance _____		<input type="checkbox"/> N <input type="checkbox"/> AB Abdomen _____	
<input type="checkbox"/> N <input type="checkbox"/> AB Eyes _____		<input type="checkbox"/> N <input type="checkbox"/> AB Extremities _____	
<input type="checkbox"/> N <input type="checkbox"/> AB Ears _____		<input type="checkbox"/> N <input type="checkbox"/> AB Skeletal/Muscle _____	
<input type="checkbox"/> N <input type="checkbox"/> AB Nose/Mouth _____		<input type="checkbox"/> N <input type="checkbox"/> AB Neurological _____	
<input type="checkbox"/> N <input type="checkbox"/> AB Heart _____		<input type="checkbox"/> N <input type="checkbox"/> AB Back _____	
<input type="checkbox"/> N <input type="checkbox"/> AB Chest/Lungs _____		<input type="checkbox"/> N <input type="checkbox"/> AB Hernia (males) _____	
<input type="checkbox"/> Student must wear corrective lenses. Condition(s) to be watched: _____			

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

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please turn over and complete the back

## GLENN MEDICAL CENTER Sports Physical Questionnaire

One purpose of health screening before sports participation is to identify students at risk of serious health problems because of unexpected heart conditions. Every year many young persons die due to heart disease which was unsuspected- sports participation increases the risk of such death. In order to better identify which students may be at risk, please answer carefully the following questions, and please be prepared to provide details to the examining physician.

1. Has your child ever passed out/knocked out or nearly passed out during or after exercise?  Yes  No
2. Has your child ever had discomfort, pain, pressure or tightness in their chest during exercise?  Yes  No
3. Does your child get lightheaded or feel more short of breath than expected during exercise?  Yes  No
4. Has a doctor ever diagnosed in your child any heart problem, high blood pressure, high cholesterol, heart murmur, Kawasaki's disease, or unexplained seizure disorder?  Yes  No
5. Has anyone family member or relative died of heart problems or had an unexplained sudden death before the age of 50 (including drowning, car accident, or sudden infant death syndrome)?  Yes  No
6. Has anyone in your family had unexplained fainting, seizures, or near drowning?  Yes  No
7. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator?  Yes  No
8. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome, catecholaminergic polymorphic ventricular tachycardia?  Yes  No
9. Does your child take a stimulant medication (Ritalin, Concerta, Vyvanse, Focalin)?  Yes  No

**If any questions have been answered "yes", please read and answer the following:**

A yes answer to any of the above questions may require your physician to order tests including an electrocardiogram (EKG) in order to determine whether your child can safely play sports. These additional tests may incur additional fees to the child's parent or care giver and/or their insurance company.

10. Have you discussed the medical risks of sports participation with your provider?  Yes  No
11. Has your child had an EKG?  Yes  No
12. If so, was the test entirely normal?  Yes  No

Willows Unified School District  
Willows High School  
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Willows, CA 95988  
(530) 934-6611

## WILLOWS HIGH SCHOOL ATHLETIC CODE

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

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

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

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

\_\_\_\_\_  
Date

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

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

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

\_\_\_\_\_  
Date

COACH

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

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Player

Parent

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Date

-----WARNING-----

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

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

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



## WILLOWS HIGH SCHOOL

### Concussion Information Sheet

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

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

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

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

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

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

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

## WILLOWS HIGH SCHOOL Concussion Information Sheet

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

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

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

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

**and**

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

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

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

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

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

\_\_\_\_\_  
Date

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

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

\_\_\_\_\_  
Date

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