



MEDICAL INSURANCE DECLARATION

****A signature on the corresponding signature line found on the Athletic Participation Card (green form) declares that you provide sufficient medical insurance and agrees to the following statements:***

I/We hereby authorize any hospital which has provided treatment to the above-named minor pursuant to the provisions of Section 25.8 of the California Civil Code to surrender physical custody of such minor to my/our above-named agent(s) upon the completion of treatment. This authorization is given pursuant to Section 1283 of the California Health and Safety Code.

I am the parent (or guardian) of the above named student, a pupil in attendance (or who will be in attendance) at a school within the Fullerton Joint Union High School District of Orange County, California. I understand that Education Code, Sections 3220-3221 require that a member of a school athletic team, or pupil performing duties in connection with a team or athletic event, is to have hospitalization and medical insurance in an amount of at least \$1,500 to cover injuries to pupils preparing for, engaged in, or being transported to such events.

Said pupil is now, and will continue to be during the forthcoming school year, covered by insurance which furnishes at least the equivalent protection required by law.

As parent or guardian, I understand that the school does not provide medical insurance for student injuries but does make voluntary student accident insurance available. The insurance application can be picked up from the front office. If I/we choose to purchase the student insurance through the Myers-Stevens program, I/we need to complete the application, enclose a check, money order, or charge card with the application, and turn it into the front office prior to clearance.

*Please complete the Medical Insurance Declaration portion on Athletic Participation Card.

AUTHORIZATION FOR TREATMENT OF MINOR

**** A signature on the corresponding signature line found on the Athletic Participation Card (green Form) indicates that:***

I/We, the parent(s)/guardian(s) of _____, a minor, do hereby authorize any hospital or medical center as agent(s) of the undersigned to provide any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by and is rendered under the general supervision of any physician and surgeon licensed to practice in the state of California, whether such diagnosis or treatment is rendered at the office of said physician or at said hospital.

I/We understand that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required and is given to provide authority and power on the part of our aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which the aforementioned physician, in the exercise of his best judgment, may deem advisable. This authorization is given pursuant to the provisions of Section 25.8 of the California Civil Code. This authorization shall remain effective through the dates specified on the Athletic Participation Card unless sooner revoked in writing delivered to said agent(s).



FULLERTON JOINT UNION HIGH SCHOOL DISTRICT FIELD TRIP RELEASE FORM

Name of student (as identified on Signed and Completed Athletic Participation Card)

Campus: *Sunny Hills High School*

Athletic Activity/Field Trip: *Team or Group Participation/Competition, representing SHHS*

Location of Field Trip: *Various Sites Date(s) of Field Trip: Various depending upon schedule*

Place/Time of Departure/Return: *Various depending upon schedule*

Faculty Member/School Official in Charge: *Coach/Advisor*

Method of Transportation (check all that may be applicable):

District Bus x District Van X Commercial Charter X Private Vehicle X

* Please complete the front of **Athletic Participation Card** (a green form—must be original form located in SHHS Activities Office (Room 6) to provide the following information. The completion of the form conveys your permission to authorize medical personnel to treat your child in case of emergency.

Physician with telephone number

Medical Insurance Company and Policy/Group #

Medical Alert Information

Signature of Parent/Guardian

NOTE TO PARENTS: Students riding a District/chartered bus to an activity are expected to return by bus. Any deviation from this rule must be approved by parent and sponsoring teacher/coach in writing prior to the event. Some events and require the use of private cars.

***Do not download this form for submission.**

FULLERTON JOINT UNION HIGH SCHOOL DISTRICT RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration of being permitted to participate in the athletic program, field trip or excursion, sponsored, planned and directed by the Fullerton Joint Union High School District, for any purpose including, but not limited to, observation, use of facilities or equipment, or participation in any way, the parent/guardian and student signed for himself or herself and any personal representatives, heirs, and next of kin, hereby agrees to the following:

1. PARENT/GUARDIAN HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE THE FULLERTON JOINT UNION HIGH SCHOOL DISTRICT, their officers, employees, board, and agents (hereinafter referred to as "releasees") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss of damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, while the undersigned participates in the sponsored athletic program, field trip or excursion, sponsored, planned and directed by the FULLERTON JOINT UNION HIGH SCHOOL DISTRICT.
2. PARENT/GUARDIAN HEREBY AGREES TO INDEMNITY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage or cost they may incur due to the participation of the undersigned in the athletic program, field trip or excursion, sponsored, planned and directed by the FULLERTON JOINT UNION HIGH SCHOOL DISTRICT;
3. PARENT/GUARDIAN HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE while participating in the athletic program, field trip or excursion, sponsored, planned and directed by the FULLERTON JOINT UNION HIGH SCHOOL DISTRICT; and
4. PARENT/GUARDIAN IS AWARE THAT PARTICIPATION IN THE ATHLETIC PROGRAM PRESENTS A RISK OF PHYSICAL HARM. The undersigned is also aware that an injury may result while participating in said athletic program. The undersigned is aware of the risk that any part of his body or any of his body systems may be hurt or injured by participating in the athletic program. The undersigned hereby acknowledges that he/she knowingly and voluntarily assumes any and all risks of bodily injury against the Fullerton Joint Union High School District while participating in the athletic program.

PARENT/GUARDIAN further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

The signature of the PARENT/GUARDIAN on the corresponding signature line found on the Athletic Participation Form (green form) indicates that the above the parent/guardian HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT and further agrees that no oral representatives, statements or inducements apart from the foregoing written agreement have been made.





Athletic Code of Conduct and Sportsmanship Regulations

Your participation in interscholastic athletics at Sunny Hills High School is both a *PRIVILEGE* and a *RESPONSIBILITY*. It also means that you are a representative of your school. It is your responsibility to maintain athletic eligibility and high standards of citizenship in addition to playing your sport to the best of your ability.

A) Athletic Eligibility

California Interscholastic Federation (CIF) rules and District Policy define a student's eligibility. The academic eligibility requirements established by our District which adhere to those of CIF, is as follows: This policy pertains to all student-athletes including those members of the school pep squad.

1. Athletes and pep unit members must have a minimum 2.0 grade point average (GPA) in order to participate. This is not a cumulative GPA--it is the GPA from the *preceding* quarter grading period.
2. In addition to the requirements established by our District, student-athletes must meet CIF eligibility requirements.
3. Students must have satisfactory citizenship. The citizenship requirement states that a student may have no more than two U (Unsatisfactory) marks on the report card.
4. There is a one-time only probationary period. This period is one quarter in length, and students may participate while on probation. If the student does not achieve a GPA of at least 2.0 (athletes and pep unit members) at the end of the quarter probationary period, he or she becomes ineligible and does not become eligible until achieving the required GPA in a succeeding quarter.
5. Students must pass and earn full credit in at least five classes during the previous quarter or a total of 25 credits.
6. Students who wish to participate in a school activity must attend all of their classes on the day of the activity unless the absence received prior written administrative approval.
7. Summer school grades shall be added to the fourth quarter grades to determine eligibility for the first quarter of the upcoming school year only, at the written request of the student and parent(s) submitted to the Assistant Principal, Instruction/Student Activities no later than the first day of school.
8. There is an appeals process if a student is placed on probation or declared ineligible.
9. It is the responsibility of the student to be aware of the eligibility requirements. It is the responsibility of the principal or designee to notify the student/parent when the student has failed to meet the requirements.

The complete Board Policy #5353 and Administrative Regulation #5353.1 are found online: www.fjuhsd.net

If you have questions about eligibility, please contact the Assistant Principal of Student Activities.

Note: These academic requirements do not apply to summer activities but clearance for eligibility is a requirement by June of the previous school year.

- B) An athlete must attend school for all registered periods on the day of his/her athletic event unless an absence is excused by an administrator.**
- C) A student must meet the academic eligibility requirements established by our District.**

CONDUCT AND PERFORMANCE:

In order to maintain athletic eligibility, a student must comply with the rules and regulations of this Athletic Code, the Fullerton Union High School District, Sunny Hills High School, the CIF, and the Freeway League. Failure to do so may result in loss of athletic eligibility for all or part of an athletic season(s). The length of the suspension from athletic participation will be based upon the severity of the infraction and will be determined by the Principal or designee.

1. All student-athletes shall conform to their coach's standards for behavior, appearance, and team rules.
2. An athlete who quits or who is dismissed from one sport may not participate in an overlapping sport unless the first coach honorably releases him/her.
3. School equipment issued to the student is his/her responsibility and the student is expected to keep this equipment in the best of condition. **NO EQUIPMENT FOR ANOTHER SPORT WILL BE ISSUED UNTIL THE PRIOR SPORTS' EQUIPMENT IS TURNED IN OR PAID FOR IN FULL.**
4. The **USE OF PROFANE LANGUAGE** or **ACTS OF VULGARITY** on the practice field or playing field are positively **NOT ACCEPTABLE**. **HAZING** of another student/athlete of any kind, at any time, by any member of an athletic team is strictly prohibited. Student-athletes will not encourage, plan, or participate in any form of hazing, harassing, or initiation activities.
5. A student-athlete who has been subject to administrative action for any violation of ED CODE 48900 (such as the use or possession of tobacco, alcohol, or drugs while on campus or at any school event) will be considered ***INELIGIBLE FOR PARTICIPATION*** in the athletic program until a fair hearing is held. After the conference, one of more of the following actions may be taken:
SUSPENSION FROM SCHOOL, SUSPENSION FROM ATHLETIC COMPETITION, LOSS OF ATHLETIC ELIGIBILITY, TRANSFER TO ANOTHER DISTRICT SCHOOL, POSSIBLE EXPULSION.
6. ***POSSIBLE ALTERNATIVE SCHEDULE:*** Your child will be enrolled in a 6th period class; however your child may not practice during 6th period. Sharing of facilities, adherence to heat advisory guidelines, accommodating seasonal schedules as well as adjusting to the employment of “walk-on” coaches, often necessitate the need to adjust practice days and times. Not all teams will practice each day nor will they all practice at the same time each day. The coach will notify you and your child of the specific practice schedule. ***HOWEVER, IT IS YOUR CHILD'S RESPONSIBILITY TO CHECK-IN FOR ATTENDANCE AS MANDATED BY THE HEAD COACH.***



C.I.F. CONDENSED ELIGIBILITY RULES

TO PROTECT YOUR ATHLETIC ELIGIBILITY YOU MUST:

- * Be under 19 years of age prior to September 1
- * Have reached the ninth grade
- * Participate in no more than four seasons of the same sport after enrolling in the ninth grade
- * Be scholastically eligible
- * File an Application for Residential Eligibility 214 if you have transferred to another school without a corresponding BONAFIDE CHANGE OF RESIDENCE by your parents. If you transfer from one school to another without a bonafide change of residence by your parents, your eligibility is subject to special rules which may include non-participation at the varsity level
- * Since entering the ninth grade, not be in your ninth semester of attendance
- * Meet citizenship requirements
- * Maintain amateur standing
- * Not have participated in any tryout for a professional team
- * Maintain in your school files an annual physical examination certifying that you are physically fit to try out and/or participate in athletic activities
- * You cannot compete with an outside team during your high school season in the same sport

You are urged to check with YOUR ADMINISTRATION, ATHLETIC DIRECTOR, or COACH IF YOU HAVE ANY QUESTIONS REGARDING YOUR ELIGIBILITY. ***Competing for your school team when you are not eligible will subject your team to forfeiture of contests won.*** If you are in doubt as to your eligibility status, CHECK IT OUT BEFORE THE SEASON BEGINS!

FREEWAY LEAGUE CONDENSED SPORTSMANSHIP REGULATIONS

- * Any athlete who physically assaults a coach, game official, or school official will be suspended from athletics for one calendar year from the date of the infraction.
- * Any athlete involved in an altercation or ejected from a contest as a result of an altercation, will be suspended from the next contest.
- * Any athlete who leaves the "bench/sidelines" to go on the playing area during an altercation will be suspended from the next contest.

STUDENT ATHLETE'S CODE OF ETHICS

Athletics is an integral part of the school's total educational program. All school activities, curricular and extracurricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that this is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development of performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
- 11. Win with character, lose with dignity.**

DUE PROCESS

Prior to any action which may result in the student's loss of athletic eligibility, a fair hearing shall be held with the student, parents/guardians, and Principal or designee to review all information relevant to the situation, except in cases that involve failure to meet the academic eligibility requirements.

****Signatures on the corresponding signature line on the Athletic Participation Card indicates "I/We have read the Sunny Hills High School Athletic Code and agree to abide by it both in letter and spirit."***



Risk Form for All Sports/Participation in Events

****Your signature on the corresponding signature line found on the Athletic Participation Card (Green Form) indicates that you are aware and agree to the following:***

I/we are aware that playing or practicing to play in, or participating in any athletic or co-curricular sports (e.g. dodge ball, inter mural sports) can be a dangerous activity involving many risks of injury.

I/we understand that the dangers and risks of playing or practicing to play in any athletic or co-curricular sports include, but are not limited to: death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of the student's body, general health, and well-being.

I/we understand that the dangers and risks of playing or practicing to play in, or participating in any athletic or co-curricular sports (e.g. dodge ball, power buff, or powder puff) may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

Because of the dangers of participating in athletic or co-curricular sports, I/we recognize the importance of following the coaches' instructions regarding playing techniques, training, and other team rules, etc. and to agree to obey such instruction at all times.

In consideration of the Fullerton Joint Union High School District and Fullerton Union High School permitting me/my student to try out for and to engage in all activities related to the team, including but not limited to trying out, practicing or playing/participating, I/we hereby assume all the risks associated with participation. I/we agree to hold the Fullerton Joint Union High School District, its employees, agents, representatives, coaches, and volunteers harmless from any and all kind of liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with my/my student's participation in any athletics or co-curricular sports related to Fullerton Union High School. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

I/WE SPECIFICALLY ACKNOWLEDGE THAT ALL HIGH SCHOOL SPORTS CAN BE POTENTIALLY VIOLENT IN CONTACT AND INVOLVE GREAT RISK OF INJURY.



Head Injury and Concussion Information

If your student-athlete has sustained a head injury or concussion, observation in the first 24 hours is vital to determine the possible severity. The following is recommended to be used as a guide after a head injury has been sustained. If any of the following conditions occur, or if you feel your student-athlete needs further attention, contact your physician IMMEDIATELY or go to the Emergency Room. Look for the following:

Reduced Consciousness: Reduced consciousness is the main symptom to watch for. Any decrease in consciousness is important. Some symptoms of reduced consciousness are noted below and should be assessed every 2-3 hours the first night.

- Disorientation Dizziness Slurred or Incoherent Speech
- Memory Loss Lack of Coordination Inability to Awake
- Inability to Function Vacant Stare Poor Concentration
- Delayed Verbal Response Fainting Lack of Awareness
- Eye Changes: Pupils (the black part of the eye) are not equal. Pupils fail to change in size when light is directed at them.
- Personality Changes: Irritability, Anxiety or Depression, Confusion, Excessive Emotion.
- Nausea and Vomiting: This is often from just the headache, but can be a sign of increased pressure in the head.
- Dizziness or ringing in the ear(s): This might be accompanied by nausea and/or loss of balance.
- Weakness of limbs or Loss of Coordination: Even subtle changes should be reported.
- Drainage of Blood or Clear Fluid from the Ears or Nose: Do not try to stop the flow. Note the color and type of fluid and give this information to the appropriate medical personnel.
- Convulsion/ Seizures (Fits): Try to prevent further injury to the student-athlete while he or she is in the altered state.
- Home Treatment: Do not take any sedatives or sleeping pills. Do not take aspirin or compounds containing aspirin. Do not take products containing ibuprofen such as Motrin, Advil, or Nuprin. No physical activity. If the student-athlete's stomach is upset, watch what s/he eats and drinks for the next 24 hours. Do not drive or operate a device that could harm your student-athlete if s/he is not alert. Do not lie flat (sleep with two pillows so the student-athlete's head is elevated).

Head Injury/Concussion Policy: Once a physician, the trainer, the team doctor, or a member of the Fullerton Union High School staff has determined a head injury/concussion, your student-athlete is to be excused from any physically exertive activities for a minimum of seven days. These seven days begin once the student-athlete no longer has any signs or symptoms of a head injury/concussion. At the conclusion of the seven days, the student-athlete will be put through an exertion test. If the student-athlete continues to have no signs or symptoms of a concussion following the exertion test, s/he will be cleared to full activity. If signs and symptoms return, the student-athlete will be placed on an additional seven-day rest period. This is to ensure healing of the brain. If a student-athlete has three confirmed head injuries/concussions within a one year period, s/he is required to be excused from any physical activity for an entire year.

****Your signature on the corresponding signature line located on the Athletic Participation Card (Green Form) indicates that you have read and understand this document.***



Agreement for Student/Athlete and Parent/Guardian

As a condition of membership in the California Interscholastic Federation (CIF), the Board of Trustees of the Fullerton Joint Union High School District has adopted Board Policy 5132 prohibiting the use and abuse of androgenic/anabolic steroids. CIF Bylaw 524 requires that all participating students and their parents/guardians agree to the following:

****By signing the corresponding signature line found on the Athletic Participation Card you state that:***

I/We agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.

I/We recognize that under CIF Bylaw 200.D the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information to CIF.

I/We understand that the student's violation of the district's policy regarding steroids may result in discipline against him/her, including, but not limited to, restriction from athletics, suspension, or expulsion.

Photo/Publicity Permission

The Fullerton Joint Union High School District is known for its outstanding and talented students, and from time to time the district would like to publicize their achievements for the purpose of positive public relations. Because these events are usually on a spur-of-the-moment basis, we are requesting parental permission for the 2014-2015 school year rather than on a case-by-case basis.

Signing the corresponding signature line on the Athletic Participation Card (Green Form) **gives permission** for your child to be featured in district-issued publicity, including district publications, district website, booster website, Fullerton Union High School marquee, and announcements to the media, and sign the designated form on the Athletic Participation Card.

If you do not want your child to be featured in the above mentioned examples, do not sign the corresponding permission signature line and please contact the Activities Office in writing via email or call 714-626-4269 for assistance.



RECOGNITION AND AGREEMENT
OF
ALTERNATIVE OR VARYING PRACTICE SCHEDULE

Your child is enrolled in a 6th period class; however your child will not always practice during 6th period. Sharing of facilities, adhering to heat advisory guidelines, accommodating of seasonal schedules and/or accommodating the schedules of “walk-on” coaches, often necessitate an alternative practice schedule. Practice times for individual teams vary from day to day. The coach will notify you and your child of the specific practice schedule. Your child is welcome to remain on campus during 6th period **or return** at the designated day/time of practice.

Your signature on the corresponding signature line found on the Athletic Participation Card (green form) indicates your understanding and gives your permission to allow your child to practice during the practice times determined by the coach.



(FORM J)

Spectator Code of Conduct

School Boards, superintendents, school administrators, parents, and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents, and spectators.

All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.

The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student-athletes and their parents

Therefore, spectators shall:

Be courteous at all times with school officials, opponents, game officials, and spectators.

Exercise self-control.

Show respect for self, players, officials, coaches, and spectators.

Refrain from the use of foul and/or abusive language at all times.

Respect the integrity and judgment of game officials.

Honor the traditions of the sport and to treat other participants with respect. Understand that coaches have the unique responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and inappropriate celebrations.

Abstain from alcohol and tobacco and other controlled substance

**Your signature on the corresponding line (on the green form) indicates that you agree, understand, and accept the Spectator Code of Ethics and agree to abide by this policy while being a spectator at any athletic event regardless of contest site or jurisdiction.