

2020-2021



SANTA ROSA ACADEMY
ATHLETIC PARTICIPATION HANDBOOK
MIDDLE SCHOOL

Please read the entire handbook and sign all signature pages. Turn in ALL SIGNATURE PAGES to the Athletic Director's office.

Do not turn in the signature pages to the main office or to your coach!

Daniel Torres, Athletic Director
Santa Rosa Academy
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[Http://sra.mn](http://sra.mn)

GO RANGERS!

Participation in Athletics is a Key to Success

At Santa Rosa Academy, we have high expectations for our student-athletes as they represent our school in competition and in the community. According to a recent article in the National Federation of High School News, there are three core benefits that make athletic participation a key to student success both now and in the future.

Athletics Support the Academic Mission of Our School

Athletics are not a diversion but rather an extension of a quality educational program. Students who participate in activity programs tend to have higher grade point averages, better attendance records, lower dropout rates and fewer disciplinary problems.

Athletics are Inherently Educational

Athletic programs provide valuable lessons for practical situations- teamwork, sportsmanship, winning and losing and hard work. Through participation in athletics, students learn self-discipline, build self-confidence and develop skills to handle competitive situations. These are qualities that help students to become responsible adults and productive citizens.

Athletics and Activities Foster Success in Later Life

Participation in high school sports and other co-curricular activities is often a predictor of later success in college, a career and becoming a contributing member of society.

All Santa Rosa Academy students are encouraged to become a member of the Ranger Athletic “Family”. Academic success and multi-sport participation is supported by every staff member.

Be a part of building a great tradition with Integrity, Excellence and Respect!

GO RANGERS!

SANTA ROSA ACADEMY

ATHLETIC CODE OF CONDUCT AND SPORTSMANSHIP

PREAMBLE

Athletic participation can be one of the most significant formative experiences in a young person's life. It gives a great deal of pressure and builds friendships that can last for years. In our school, athletics is an integral part of the education program. Athletics teaches fair play, sportsmanship, teamwork, perseverance and appreciation for improvement, desire to succeed and excel, self-discipline, responsibility, leadership and quick thinking.

Participation in interscholastic athletics is voluntary. It is a privilege, not a right, and carries with it the responsibilities of courtesy and sportsmanship on the playing field, on campus and in the community. Following this athletic code will aid you in the building team morale, discipline and spirit which make the team. Therefore, you should take it upon yourself to become the very best athlete and team member possible, for you alone have the power to achieve or fail in these goals.

It is recommended that all coaches and athletes apply the standards of this code while participating in the athletic program of SANTA ROSA ACADEMY.

I. CONDUCT

The conduct of an athlete is closely observed in many areas of life. It is important that one's behavior be above reproach in the following areas:

A. On the field

A high school athlete:

1. Uses legal tactics
2. Refrains from using profanity
3. Is courteous & hospitable to visiting teams
4. Respects the integrity and judgment of officials and accepts their decisions.
5. Is gracious in defeat and modest in victory
6. Controls his/her temper and maintains his/her poise

B. In the classroom

A high school athlete:

1. Maintains prompt and regular attendance
2. Maintains his/her grades in accordance with CIF and school rules
3. Strives to become a good student and citizen
4. Shows proper respect for faculty members and other students at all times
5. When suspended from school will not practice or participate until the suspension is over

C. On campus and in the community

A high school athlete

1. Demonstrates a high standard of conduct, as it reflects not only on oneself, but one's team, coach and school
2. Maintains "good citizenship" by not being involved in any criminal activity
3. Any acts of vandalism will result in appropriate disciplinary action being taken

D. On athletic trips

A high school athlete

1. Demonstrate a high standard of conduct as representative of the school, community, family and coach
2. Respects the property of others

II. Dress and Grooming

Dress and grooming standards shall conform to Santa Rosa Academy regulations. Coaches may require that hair may be restrained in an appropriate head covering, protective clothing be worn and other grooming and dress standards that are more restrictive in order to insure compliance with necessary safety precautions.

III. PHYSICAL CONDITIONING & TRAINING RULES

SRA Student-Athletes will refrain from the use of tobacco (in any form), alcohol and other illegal drugs. This includes the illegal use of non-prescribed steroids and/or other performance enhancing substances. Proper diet and adequate sleep are equally important to the physical conditioning of an athlete. Athletes should maintain "good citizenship" by not being involved in any criminal activity.

IV. ENFORCEMENT DUE TO VIOLATING RULES

A. Non adherence to the foregoing regulations will result in disciplinary action by the coaches, athletic director and administrators of the school.

B. Violations of the letter or spirit of the Athletic Code will result in one or more of the following penalties when recommended by the coach and athletic director with approval by the principal:

1. Placement on probation
2. Removal from one or more of the next scheduled contests
3. Referral for assessment and/or treatment of any alcohol/drug violation, and/or criminal activity
4. Removal from the team
5. Forfeiture of letter, letterman's jacket privileges or award

V. COMMUNICATION PROTOCOLS

When a concern arises, the proper protocol steps for the athlete/parent to follow are listed below.

1. Student meets with the coach regarding the issue. If this meeting is unsatisfactory to the student, then
2. The student and parent meet with the coach. If a satisfactory solution is not found then
3. The parent schedules an appointment with the Athletic Director
4. Only after attempting these prior steps, will the parent schedule a meeting with the principal.

VI. AWARDS

All recommendations for awards originate with the individual team's coach and are approved by the Athletic Director.

VII. ELIGIBILITY REQUIREMENT

In order to participate in extra/co-curricular activities,

- 1) students in grades 9-12 must demonstrate satisfactory educational progress in meeting the requirements for graduation. To encourage academic excellence, the Board requires students to earn a minimum 2.0 GPA on a 4.0 scale and have no failing grades (F)
- 2) students must not quit their sport once they have been notified they have made the team. Doing so will make them ineligible to play any other

SRA sport until that season of sports begins again. Some exceptions may include a major injury or illness. This is under the discretion of the Athletic Director and the Principal.

VIII. California Interscholastic Federation

Santa Rosa Academy maintains membership in the California Interscholastic Federation (CIF) and requires that interscholastic Athletic activities be conducted according to CIF rules, regulations and policies. Also, SRA maintains membership in the South Valley League and must follow all constitutional requirements set forward in their by-laws

SANTA ROSA ACADEMY 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 cannot see a concussion and most sports’ concussions occur without loss of consciousness. Signs and symptoms of a concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of a concussion, or if you notice the symptoms or signs of a concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question or comment

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 the hit
- Can’t recall events after the hit
- Seizures or convulsions
- Any changes in typical behavior or personality
- Loses consciousness

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

Athletes with the signs and symptoms of a 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 from another concussion before completely recovering from the first one. This can lead to devastating and even fatal consequences. It is therefore important that the parents and athletes understand the importance of recognizing the signs of a a concussion and seek medical attention when a concussion is suspected.

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 an activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Parents should observe their child closely for several hours following a suspected concussion.

The new CIF By-law 313 now **requires** implementation 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 concussions and received written clearance to return to play from that health care provider.”

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

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

SANTA ROSA ACADEMY ATHLETICS

Student-Athlete and Parent Handbook

Student-athletes and their parents are required to read the *Student-Athlete and Parent Handbook*. A copy of this handbook may be downloaded on the www.athletics.sra.mn website or by clicking on the “Athletics” link of the www.sra.mn website or a copy may be obtained from the SRA Athletic Office. This handbook contains important information concerning the RANGER Athletic Program (Refer to page 3 “Athletic Code of Conduct and Sportsmanship”, including the item titled “Communication Protocols”).

I have read and understand the SANTA ROSA ACADEMY Student-Athlete and Parent Handbook

Parent/Guardian Signature

Date

Student Signature

Date

Pursuing Victory with Honor

CODE OF CONDUCT FOR PARENTS/GUARDIANS

Athletic competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, fairness, caring and good citizenship (the “Six Pillars of Character”). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M) these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role and their good-faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child’s sports experience. *Our athletic program subscribes to the Pursuing Victory With Honor Arizona Sports Summit Accord. “Pursuing Victory With Honor” and the “Six Pillars of Character” are:*

TRUSTWORTHINESS

- *Trustworthiness* – Be worthy of trust in all you do.
- *Integrity* – Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what’s right even when it’s unpopular or personally costly.
- *Honesty* – Live honorably. Don’t lie, cheat, steal or engage in any other dishonest conduct
- *Reliability* – Fulfill commitments. Do what you say you will do.
- *Loyalty* – Be loyal to the school and team; Put the interest of the team above your child’s personal glory.

RESPECT

- *Respect* – Treat all people with respect at all times and require the same of your student-athlete.
- *Class*– Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity, compliment extraordinary performance and show sincere respect in pre-and post-game rituals.
- *Disrespectful Conduct* – Don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations or other actions that demean individuals or the sport.
- *Respect for Officials* – Treat game officials with respect. Don’t complain or argue about calls or decision during or after an athletic event.

RESPONSIBILITY

- *Importance of Education* –Support the concept of “being a student first”. Commit your child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student-athletes who do not have a serious commitment to their education. Be the lead contact for college and university coaches in the recruiting process.
- *Role modeling*–Remember, participation in sports is a privilege, not a right. Parents/Guardians too should represent the school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.

- *Self-Control* – Exercise self-control. Don’t fight or show excessive displays of anger or frustration.
- *Healthy Lifestyle*– Promote to your child the avoidance of illegal or unhealthy substances including alcohol, tobacco, drugs and some over-the-counter nutritional supplements, as well as unhealthy techniques to gain, lose or maintain weight.
- *Integrity of the Game* – Protect the integrity of the game. Don’t gamble or associate with gamblers.
- *Sexual Conduct* – Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden. Report misconduct to the proper authorities.

FAIRNESS

- *Fairness and Openness* –Live up to high standards of fair play. Be open-minded, always willing to listen and learn. **Follow the proper protocols laid down in this handbook.**

CARING

- *Caring Environment* – Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

CITIZENSHIP

- *Spirit of the Rules* – Honor the spirit and the letter of rules. Teach your children to 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 and acknowledge that I may be disciplined if I violate any of its provisions.

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date

RISK ACKNOWLEDGEMENT AND CONSENT TO PARTICIPATE

Athlete's Name: _____

Sports: _____

Address: _____

Home Phone: _____

Parent/Guardian living with student: _____

Cell/Work Phone: _____

Parent Email: _____

Other parent/Guardian: _____

Contact No: _____

Address (if not living with student): _____

Emergency Phone: _____

Work Phone: _____

WARNING OF POSSIBLE SERIOUS INJURY – SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETICS

By its very nature, competitive athletics, including tryouts, may put students in situations in which **SERIOUS CATASTROPHIC** and perhaps **FATAL ACCIDENTS** may occur. Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate the risk of injury. Just as driving an automobile involves the risk of injury, athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairments as a result of athletic participation.

By granting permission for your child to participate in athletics and signing below, you, the parent or guardian, acknowledge that such risks exist. By choosing to participate, you, the student, acknowledge that such risks exist.

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

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risks of serious, catastrophic, or even fatal injury. If any of the foregoing is not completely understood, please contact the School Principal or Athletic Director for further information.

HAVE READ AND UNDERSTAND THE *CONCUSSION INFORMATION* PROVIDED IN THIS FORM.

ACKNOWLEDGEMENT AND ASSUMPTION OF POTENTIAL RISK

I authorize my son/daughter to participate in the district sponsored athletic activities. I understand and acknowledge that these activities, by their very nature, pose the potential risk of serious injury/illness to individuals who participate in such activities. I understand and acknowledge that some of the injuries/illnesses which may result from participating in these activities include but are not limited to the following:

- | | | | | |
|--------------------|--------------------|--------------------------|---------------------------|--------------------------|
| 1. Sprains/strains | 3. Unconsciousness | 5. Loss of eyesight | 7. Neck & Spinal injuries | 9. Internal organ injury |
| 2. Fractured bones | 4. Paralysis | 6. Communicable diseases | 8. Brain Damage | 10. Death |

I understand and acknowledge that participation in these activities is completely voluntary and as such is not required by the District for course credit or for completion of graduation requirements. I understand, acknowledge and agree that the District, its employees, officers, agents or volunteers shall not be liable for any injury/illness suffered by my son/daughter which is incident to and or associated with preparing for and/or participating in this activity.

I understand that I have carefully read the RISK ACKNOWLEDGEMENT AND CONSENT TO PARTICIPATE form and that I understand and agree to its terms.

NON-VOLUNTARY TRANSPORTATION ATHLETIC AGREEMENT

I understand that Santa Rosa Academy IS NOT providing transportation to and from most athletic events. However, there will be times when my son/daughter will not travel by district mode. I also understand that if traveling by personal vehicle, it is up to the discretion of the coach to determine if my son/daughter will be allowed to play in that particular game/match. The above student hereby requests permission to provide for his/her own transportation at his/her own expense. This form will be good for the entire athletic school year.

IT IS FULLY UNDERSTOOD THAT THE DISTRICT IS IN NO WAY RESPONSIBLE, NOR DOES THE DISTRICT ASSUME LIABILITY FOR ANY INJURIES OR LOSSES RESULTING FROM THE NON-DISTRICT SPONSORED TRANSPORTATION. ALTHOUGH THE DISTRICT MAY ASSIST IN COORDINATING TRANSPORTATION AND/OR RECOMMEND TRAVEL TIMES, ROUTES OR CARAVANNING TO OR FROM THIS EVENT, I FULLY UNDERSTAND THAT SUCH RECOMMENDATIONS ARE NOT MANDATORY.

AS PARENT/LEGAL GUARDIAN, I HEREBY AUTHORIZE AND GIVE PERMISSION FOR MY CHILD TO DRIVE HIMSELF/HERSELF OR TO RIDE AS A PASSENGER IN A VEHICLE DRIVEN BY ANOTHER STUDENT OR PARENT. I ALSO UNDERSTAND THAT THE DRIVER IS NOT DRIVING AS AN AGENT OR ON BEHALF OF THE DISTRICT.

CONSENT TO PARTICIPATE

By signing below, I/we assume all risks involved with participation in athletics as outlined in all sections of this form.

Student Signature

Date

Parent/Legal Guardian Signature

Date

EMERGENCY CONSENT & INSURANCE INFORMATION

EMERGENCY CONTACT INFORMATION Student Birthdate _____ Grade _____

Athlete's Name _____ Cell/Home Phone _____

Parent or Guardian's Name _____ Cell/ Contact # _____

Employer _____ Work Phone _____

Other Parent/Guardian's Name _____ Cell/Contact # _____

Employer _____ Work Phone _____

In the absence of parent/guardian, please call (in case of illness or accident) _____

Emergency Contact Name _____ Relationship _____

.....
INSURANCE AND PHYSICIAN INFORMATION

_____ My son/daughter (or ward) is covered for athletic activity under our family Health/Medical Plan that provides a minimum coverage of \$1,500 as required by Education Code Number 32220-24. This is not administered by the school.

SANTA ROSA ACADEMY is to be notified if insurance is terminated or changed.

Insurance Company Name _____ ID/Policy/Group Number _____
.....

Family Physician's Name _____ Phone _____

Serious Medical Conditions _____

Allergies (list) _____

CONSENT

_____ Yes _____ No The student named above has my permission to engage in co-curricular activities, including travel.

TRAINER CONSENT

_____ Yes _____ No I/we give my permission to the Athletic Trainer to administer immediate first-aid, follow-up treatment, and rehabilitation when appropriate in his/her professional judgment and/or as recommended by the consulting physician.

TREATMENT CONSENT

_____ Yes _____ No In the event of accident or emergency, I/we give permission for the school authorities to take my/our child to any available doctor or hospital, or request their services. I/we grant consent to any healthcare providers to provide my/our child with any necessary medical care as a result of an injury or illness.

***IF YOUR ANSWER IS NO, PLEASE ADVISE THE SCHOOL AS TO WHAT ACTION YOU WOULD LIKE TAKEN:**

I/we hereby consent that in the event that I/we cannot be reached in an emergency, I/we hereby grant permission to physicians selected by the coaches and staff of Santa Rosa Academy to secure proper treatment including hospitalization, injections, and/or anesthesia and surgery for the person named above. Any restrictions to this are listed below:

Parent/Guardian Signature

Date

STUDENT-ATHLETE SOCIAL MEDIA AGREEMENT

SOCIAL MEDIA CAN BE A USEFUL TOOL TO COMMUNICATE WITH TEAMMATES, FANS, FRIENDS, COACHES AND MORE. SOCIAL MEDIA CAN ALSO BE DANGEROUS IF YOU ARE NOT CAREFUL. EVERY PICTURE, LINK, QUOTE, TWEET, STATUS, OR POST THAT YOU OR YOUR FRIENDS PUT ONLINE IS FOREVER PART OF YOUR DIGITAL FOOTPRINT. YOU NEVER KNOW WHEN THAT WILL COME BACK TO HURT OR HELP YOUR REPUTATION DURING THE RECRUITING PROCESS, A NEW JOB, OR OTHER IMPORTANT AREAS OF YOUR LIFE.

RECOGNIZING THE ABOVE:

_____ I TAKE RESPONSIBILITY FOR MY ONLINE PROFILE, INCLUDING MY POSTS AND ANY PHOTOS, VIDEOS OR OTHER RECORDINGS POSTED BY OTHERS IN WHICH I APPEAR.

_____ I WILL NOT DEGRADE MY OPPONENTS BEFORE, DURING, OR AFTER GAMES.

_____ I WILL POST ONLY POSITIVE THINGS ABOUT MY TEAMMATES, COACHES, OPPONENTS AND OFFICIALS.

_____ I WILL USE SOCIAL MEDIA TO PURPOSEFULLY PROMOTE ABILITIES, TEAM, COMMUNITY, AND SOCIAL VALUES.

_____ I WILL CONSIDER "IS THIS THE ME I WANT YOU TO SEE?" BEFORE I POST ANYTHING ONLINE.

_____ I WILL IGNORE ANY NEGATIVE COMMENTS ABOUT ME AND WILL NOT RETALIATE.

_____ IF I SEE A TEAMMATE POST SOMETHING POTENTIALLY NEGATIVE ONLINE, I WILL HAVE A CONVERSATION WITH THAT TEAMMATE. IF I DO NOT FEEL COMFORTABLE DOING SO, I WILL TALK TO THE TEAM CAPTAIN, OR A COACH.

_____ I AM AWARE THAT I REPRESENT MY SPORT(S), SCHOOL, TEAM, FAMILY AND COMMUNITY AT ALL TIMES, AND WILL DO SO IN A POSITIVE MANNER.

STUDENT-ATHLETE NAME (PLEASE PRINT)

STUDENT-ATHLETE SIGNATURE

DATE



SANTA ROSA ACADEMY

Parent Notification and Permission to Publish Form

Dear Parent/Guardian:

From time to time, student work may be exhibited in a variety of ways, including publication on the school website, blog, or other online resource. Such publishing requires parent/guardian permission. The work will appear with a copyright notice prohibiting the copying of such work without express written permission. In the event anyone requests such permission, those requests will be forwarded to the student's parent/guardian.

Photos/audio/video of students may be published on school websites, illustrating student projects, sports events and achievements. As a precautionary measure Santa Rosa Academy will not permit a student's home address, phone number or SSN to appear on the internet.

Student Name _____

- Permission to use student picture(s)/audio/video for school purposes _____ initial
- Permission to use student work produced by this student _____ initial
- Permission to use pictures of the student in the school yearbook _____ initial

Please check one and return signed form:

We the parent/guardian and student DO grant permission for use of student images and intellectual property.

We the parent/guardian and student DO NOT grant permission for use of student images and intellectual property.

Parent/Guardian Signature

Name

Date

Parent Email: _____



Santa Rosa Academy Athletics Uniform/Equipment Policy

Student: _____ Grade: _____ Sport: _____
(Last Name) (First Name)

In addition to the provisions of the Santa Rosa Academy Athletics Ranger Handbook, students must also return their uniforms and any school-owned equipment at the end of the season, washed, and complete with all pieces. Failure to comply with the terms of this agreement will result in a charge of the cost of the missing uniform/equipment.

All uniforms and equipment are property of Santa Rosa Academy, and must be treated as such.

The student SHALL be responsible for all of the following:

1. Maintain the cleanliness of the uniform by washing consistently and by the directions on the tags.
2. Maintain the quality of the uniform/equipment.
 - a. SRA understands that uniforms may be damaged during competition, and the student will not be held responsible for this kind of damage.
3. Turn in the uniform/equipment, washed, and clean, at the conclusion of his/her season.

The student SHALL NOT:

1. Keep the uniform or equipment at the end of the season.
2. Allow anyone else to wear the uniform/equipment, unless for a specific uniform-wearing event (Adopt a Staff football game, etc.).
3. Attempt to sell or distribute the uniform/equipment.
4. Alter the uniform/equipment in any way.

I understand and will abide by the provisions and conditions of this agreement, and that any violations of the above provisions may result in being charged for the cost of the uniform, and that the participation in Athletics at Santa Rosa Academy is a privilege, not a right.

(Print Student Name)

(Student Signature)

(Date)

I _____, understand that I will be responsible for any costs for replacement/repair due to the loss, theft, or destruction of Santa Rosa Academy Athletic Uniforms.

As the parent or guardian of this student, I have read and agree to the provisions of this agreement.

(Print Parent/Guardian Name)

(Parent Signature)

(Date)

Uniform Policy 08/2015

**Parent/Guardian and Pupil Sudden Cardiac Arrest Warning Signs and Symptoms
Information and Acknowledgment Form**

On July 1, 2017, Assembly Bill 1639, known as the Eric Paredes Sudden Cardiac Arrest (SCA) Prevention Act went into effect. This requires the pupil and their parent or guardian to read, sign, and return an SCA form of acknowledgement before the pupil participates in any athletic activity. Districts may use this form, a form located on the California Interscholastic Association (CIF) website, or design their own form. An SCA acknowledgment form must be signed and returned to the school site each school year.

What Is SCA?

SCA occurs suddenly and often without warning. It is triggered by an electrical malfunction in the heart that causes an irregular heartbeat. With the heart's pumping action disrupted, the heart cannot pump blood to the brain, lungs, and other organs. Seconds later, a person loses consciousness and has no pulse. Death occurs within minutes if the victim does not receive treatment.

Who Is at Risk for SCA?

Thousands of sudden cardiac arrests occur among youth each year, as it contributes to the #2 medical cause of death of youth under the age of 25 and is the #1 cause of death of student athletes during exercise. While a heart condition may have no warning signs, studies show that many young people do have warning signs or 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 that they are out of shape and need to train harder, or they simply ignore the symptoms, hoping the signs will go away.

Possible Warning Signs and Risk Factors

- 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
- Family history of sudden death or heart disease under age 50
- Use of high-caffeine supplements, energy drinks, diet pills, and drugs

Removal from Activity

A pupil who faints during or following participation in an athletic activity must be removed from play and may not return to play until they are evaluated and cleared by a physician and surgeon, nurse practitioner or physician's assistant. I have reviewed and understand the symptoms, warning signs, and risk factors associated with SCA.

Print Student/Athlete Name

Signature Student/Athlete

Date

Print Parent/Guardian Name

Signature Parent/Guardian

Date

The CDE used information from the following sources: American Heart Association, Parent Heart Watch (<https://parentheartwatch.org/>), Eric Paredes Save a Life Foundation: Keep Their Heart in the Game (<https://epsavealife.org/>), and Sudden Cardiac Arrest Foundation (<http://www.sca-aware.org/>).