

26 Bullard 27

Athletic Information Packet

In order to compete in Bullard High Athletics, you must complete the following:

1. Read through all policy pages
2. Sign (Parent/Guardian & Student) Policy Agreements
3. Complete Emergency Contact Information Sheet
4. Complete the Health History Page BEFORE seeing physician
5. Obtain a Physical completed and dated after June 1, 2026 by an MD or DO. Physicals from Chiropractors will NOT be accepted.
6. Physical must be stamped by the office where you obtained the physical
7. **TURN IN ENTIRE PACKET TO BULLARD MAIN OFFICE**

Student Name: _____

Fall Sport: _____

Winter Sport: _____

Spring Sport: _____



CIF ETHICS IN SPORTS

I. Policy Statement

The Central Section, CIF is committed to the exhibition of sportsmanlike and ethical behaviors in and around all athletic contests. All contests must be safe, courteous, fair, controlled and orderly for all athletes and fans alike.

It is the intent of the CIF that violence, in any form, not be tolerated. In order to enforce this policy, the Central Section has established rules and regulations, which set forth the manner of enforcement and of this policy and the penalties incurred when violation of the policy occurs. The rules and regulations shall focus upon the responsibility of the coach to teach and demand high standards of conduct and to enforce the rules and regulations set forth by CIF.

The Central Section requires the following Code of Ethics be issued each year and requires signing by student athletes, parent/guardian and coaches prior to participation as a guide to govern their behavior.

II. Code of Ethics

- a. To emphasize the proper ideas of sportsmanship, ethical conduct and fair play.
- b. To eliminate all possibilities which tend to destroy the best values of the game.
- c. To stress the values derived from playing the game fairly.
- d. To show cordial courtesy to visiting teams and officials.
- e. To establish a happy relationship between visitors and hosts.
- f. To respect the integrity and judgment of sports officials.
- g. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- h. To encourage leadership, use of initiative and good judgment by the players on a team.
- i. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional wellbeing of the individual players.
- j. To remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, official, fan, or nation.

I have read and I understand the Policy Statement, the Code of Ethics and the violations and Minimum Penalties of the "Ethics in Sports" policy. I agree to abide by the policy and related consequences while participating in interscholastic athletics, regardless of context, site or jurisdiction.

Bylaw 503.M. Statewide Sportsmanship and Ejection Policy

Player:

A player who is ejected from a contest (for reasons other than fighting or leaving the bench area during a fight) shall be ineligible to participate in the remainder of that contest

(event) and his or her team's future contest (s) as outlined below:

1. First Ejection: Player is ineligible to participate in the team's next contest. Player may remain on the bench for the duration of that contest and may be on the bench in

street clothes for the team's next contest. If the ejection occurs in the last game of the season, the player would be ineligible for the team's first contest the following

season. If the player is a senior, he or she would be ineligible for the first contest of their next season of sport. Note: There is no appeal process for single game

ejections.

2. Second Ejection: Player is ineligible to participate in the team's next three (3) contests. Player may remain on the bench for the duration of that contest and may be on

the bench in street clothes for the team's next three (3) contests. If the season concludes prior to the player serving the three (3) contests suspension, he or she would be

ineligible for the number of contests remaining on the suspension for the team's following season. If the player is a senior, he or she would be ineligible for the number

of contests remaining on the suspension for their next season of sport.

3. Third Ejection: Player is ineligible to participate for the remainder of that season. Player may remain on the bench for the duration of that contest and may be on the

bench in street clothes for the team's remaining contest that season. If there are six (6) or fewer contests remaining in the season, the player would be ineligible for up

to six (6) contests for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter. If the player is a senior, he or she

would be ineligible for up to six (6) contests for the next season of sport as determined by the CIF Section Commissioner with jurisdiction in the matter.

A player who is ejected from a contest for fighting or leaving the bench area during a fight* shall be ineligible to participate in the remainder of that contest and his or her team's

future contests as outlined below:

1. First Ejection: Player (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct) is ineligible to participate in the team's next three (3) to six (6) contests as

determined by the CIF Section Commissioner with jurisdiction in the matter. Player may remain on the bench for the duration of that contest and may be on the bench

in street clothes for the duration of the suspension. If the season concludes prior to the player serving the full suspension, he or she would be ineligible for the number

of contests remaining on the suspension for the team's following season. If the player is a senior, he or she would be ineligible for the number of contests remaining on

the suspension for their next season of sport. *NFHS Rules indicate automatic one game suspension for leaving the bench.

2. Second Ejection: Player is ineligible to participate for the remainder of that season. Player may remain on the bench for the duration of that contest and may be on the

bench in street clothes for the team's remaining contests that season. If there are six (6) or fewer contests remaining in the season, the player would be ineligible for up

to six (6) contests for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter. If the player is a senior, he or she

would be ineligible for up to six (6) contests for their next season of sport as determined by the CIF Section Commissioner with jurisdiction in the matter.

Before a player may return to participate in a contest following a multiple game suspension for any of the above infractions, the school principal must inform the CIF Section

Commissioner with jurisdiction in the matter that they have met with the student-athlete, his or her parent/guardian/caregiver and coach to discuss future behavioral expectations.

Coach:

A coach who is ejected from a contest (for reasons other than fighting) shall be disqualified from participating in the remainder of that contest and his or her team's future contest

(s) as outlined below:

1. First Ejection: Coach is disqualified from participating in the team's next contest. Coach must immediately vacate the playing area and the vicinity in and around the

contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for the team's next contest. If the ejection

occurs in the last game of the season, the coach would be ineligible for the team's first contest the following season.

2. Second Ejection: Coach is disqualified from participating in the team's next three (3) to six (6) contests as determined by the CIF Section Commissioner with

jurisdiction in the matter. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with

the team or other coaches for the remainder of that contest and for the team's next three (3) to six (6) contests. If the ejection occurs in the last game of the season, the

coach would be ineligible for the team's first three (3) to six (6) contests the following season.

3. Third Ejection: Coach is disqualified from participating in the remaining contests of that season. Coach must immediately vacate the playing area and the vicinity in

and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for the remaining contests of

that season. If there are six (6) or fewer contests remaining in the season, the coach would be disqualified from participating for up to six (6) contest for the team's

following season as determined by the CIF Section Commissioner with jurisdiction in the matter.

A coach who is ejected from a contest for (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct) shall be disqualified from participating in the remainder of that contest

and his or her team's future contests as outlined below:

1. Ejection for (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct): Coach is disqualified from participating for the remainder of that season. Coach must

immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the

remainder of that contest and for all of the team's remaining contests that season. If there are fewer than six (6) contest remaining in the season, the coach would be

disqualified from participating for up to six (6) contests for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter.

Before a coach may return to participate in a contest following a multiple contest disqualification, for any of the above infractions, the school principal must inform the CIF

Section Commissioner with jurisdiction in the matter that they have met with the coach to discuss future behavioral expectations.

Appeal Process for All Multi-Game Ejections:

The school principal may appeal the penalties listed above in writing to the League Commissioner/President (for a regular season contest not including the final contest prior to

Section playoffs) or CIF Section Commissioner with jurisdiction in the matter (for the final contest prior to Section playoffs and all playoff contests). The appeal must be received

by the Section with 48 hours of the date of the ejection. Reasons for the appeal may only include misidentification of the ejected player or a misapplication of the rule. There will

be no appeal regarding the judgement of an official.

Note: There is no appeal process for single game ejections.

Spectator:

If a spectator is ejected from a contest, it is the responsibility of the school to ensure that person does not attend that team's next contest. If the same spectator is ejected a second

time, it is the responsibility of the school to ensure that person does not attend any of the remaining contests for that season.

Enforcement:

See Bylaw 503: M. and Article 22.C.(1)(2)(3)(4)

1. The Executive Director and/or Executive Committee or Section Commissioner and/or Section Board of Managers shall have power to suspend, to fine or otherwise

penalize any member school for the violation of any CIF or Section rules and regulations or for just cause. The period of suspension or other penalty shall be left to the

discretion of the CIF governing body that has jurisdiction of the matter where the penalty is not fixed.

(Approved May 2020 Federated Council)

PHYSICAL ASSAULT

CIF State Constitution Bylaw 210: Any student who physically assaults the person of a game or event official shall be banned from interscholastic athletics for the remainder of the

student's eligibility. A game or event official is defined as a referee, umpire or any other official assigned to interpret or enforce rules competition at an event. A student may, after

a lapse of 18 calendar months from the date of the incident, apply for reinstatement of eligibility to the State CIF Commissioner.



CIF Concussion Information Sheet

Why am I getting this information sheet?

You are receiving this information sheet about concussions because of California state law AB 25 (effective January 1, 2012), now Education Code § 49475:

1. *The law requires a student-athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.*
2. *Any student-athlete removed for this reason must receive a written note from a physician trained in the management of concussion before returning to practice.*
3. *Before a student-athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the student-athlete and the parent or guardian.*

[Every 2 years all coaches are required to receive training about concussions (AB 1451), sudden cardiac arrest (AB 1639), and heat illness (AB 2800), and certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR)].

What is a concussion and how would I recognize one?

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each person.

Most concussions get better with rest and over 90% of athletes fully recover. However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.

Most concussions occur without being knocked out. Signs and symptoms of concussion (see back of this page) may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from your team's athletic trainer and a physician trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 for immediate transport to the emergency department of your local hospital.

On the CIF website is a **Graded Concussion Symptom Checklist**. If your child fills this out after having had a concussion, it helps the physician, athletic trainer or coach understand how they are feeling and hopefully will show improvement over time. You may have your child fill out the checklist at the start of the season even before a concussion has occurred so that we can understand if some symptoms such as headache might be a part of their everyday life. We call this a "baseline" so that we know what symptoms are normal and common for your child. Keep a copy for your records, and turn in the original. If a concussion occurs, your child can fill out this checklist again. This Graded Symptom Checklist provides a list of symptoms to compare over time to follow your child's recovery from the concussion.

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

Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g., MRI or CT) may be "normal", the brain has still been injured. Animal and human research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of concussion education is to prevent a too early return to play so that serious brain damage can be prevented.

For this document, the Central Section also includes coaches, administrators or other school personnel assigned to the contest or games as a game official.

Signs observed by teammates, parents and coaches include:

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|--|---|
| <ul style="list-style-type: none">• Looks dizzy• Looks spaced out• Confused about plays• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or awkwardly• Answers questions slowly | <ul style="list-style-type: none">• Slurred speech• Shows a change in personality or way of acting• Can't recall events before or after the injury• Seizures or "has a fit"• Any change in typical behavior or personality• Passes out |
|--|---|

Symptoms may include one or more of the following:

- | | |
|--|--|
| <ul style="list-style-type: none">• Headaches• "Pressure in head"• Nausea or throws up• Neck pain• Has trouble standing or walking• Blurred, double, or fuzzy vision• Bothered by light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Loss of memory• "Don't feel right"• Tired or low energy• Sadness• Nervousness or feeling on edge• Irritability• More emotional• Confused• Concentration or memory problems• Repeating the same question/comment |
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What is Return to Learn?

Following a concussion, students may have difficulties with short- and long-term memory, concentration and organization. They may require rest while recovering from injury (e.g., limit texting, video games, loud movies, or reading), and may also need to limit school attendance for a few days. As they return to school, the schedule might need to start with a few classes or a half-day. If recovery from a concussion is taking longer than expected, they may also benefit from a reduced class schedule and/or limited homework; a formal school assessment may also be necessary. Your school or physician can help suggest and make these changes. Students should complete the Return to Learn guidelines, successfully returning to a full school day and normal academic activities, before returning to play (unless your physician makes other recommendations). Go to the CIF website (cifstate.org) for more information on Return to Learn.

How is Return to Play (RTP) determined?

Concussion symptoms should be completely gone before **returning to competition**. A RTP progression is a gradual, step-wise increase in physical effort, sports-specific activities and then finally unrestricted activities. If symptoms worsen with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a physician trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer, coach, or other identified school administrator. Please see cifstate.org for a graduated return to play plan. [AB 2127, a California state law effective 1/1/15, states that return to play (i.e., full competition) must be **no sooner** than 7 days after the concussion diagnosis has been made by a physician.]

Final Thoughts for Parents and Guardians:

It is well known that students will often not talk about signs of concussions, which is why this information sheet is so important to review with them. Teach your child to tell the coaching staff if they experience such symptoms, or if they suspect that a teammate has had a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms that you may be seeing in your child.

References:

- American Medical Society for Sports Medicine position statement: concussion in sport (2013)
- Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Berlin, October 2016
- <https://www.cdc.gov/traumaticbraininjury/PediatricmTBIGuideline.html>
- <https://www.cdc.gov/headsup/youthsports/index.html>

FRESNO UNIFIED SCHOOL DISTRICT

UNIFORM CO-CURRICULAR AND EXTRA-CURRICULAR CODE OF CONDUCT

Mission Statement

The Fresno Unified School District ("Fresno Unified") promotes the physical, mental, moral, and social well-being of students. Fresno Unified's co-curricular and extracurricular programs are an integral part of the total educational process. Co-curricular and extracurricular activities provide opportunities for students to develop and utilize their talents fully in organized cooperation and competition with students of similar ability. The ultimate mission of Fresno Unified's Goal 2 Department is to ensure and enhance the quality of life for youth by providing cooperative and competitive activities that will produce young men and women able to enter the community and become constructive, contributing members of society.

Core Values

- We TEACH and COACH life skills
- We push and inspire students to COMPETE and set ambitious goals
- We cultivate PRIDE and TRADITION in our communities
- We provide SAFE and CARING environments
- We keep kids ENGAGED in school
- We MODEL the qualities we expect from our young people

Core Vision

We equip students with skills needed to compete and set ambitious goals in sports, activities, and life. This is achieved by creating safe, caring, and inspirational environments that foster pride and tradition in our communities.

Citizenship and Academic Eligibility

All students who represent their schools in extracurricular and co-curricular activities shall maintain satisfactory citizenship records and shall conform to Fresno Unified's credit and grade requirements. Any student who does not maintain a satisfactory citizenship and academic record shall not be allowed to represent their fellow students, nor the school, for a period of time recommended by these regulations, but in no case, except when approved by the Governing Board, shall the time exceed 12 calendar months.

To be eligible to participate in extracurricular and co-curricular activities, students in grades 7-12

must demonstrate satisfactory educational progress in the previous grading period, including, but

not limited to:

1. Receive and maintain a minimum 2.0 grade point average at the end of each grading period. Students who receive lower than a 2.0 grade point average for a given grading period will be placed on academic probation. Students who receive below a 2.0 grade point average

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for two consecutive grading periods will be unable to participate in performances and/or competitions but may continue to attend practices and/or rehearsals until they receive a 2.0 grade point average or higher during a subsequent grading period.

2. Maintenance of minimum progress toward meeting high school graduation requirements while enrolled and passing in at least 20 credits of work.

The Superintendent or designee may grant ineligible students a probationary period not to exceed one semester. Students granted probationary eligibility must meet the required standards by the end of the probationary period in order to remain eligible for participation.

The Superintendent or designee may revoke a student's eligibility for participation in extracurricular and co-curricular activities when the student's poor citizenship is serious enough to warrant loss of this privilege.

Fees and Charges

The California Constitution mandates that public education be provided to students free of charge, unless a charge is specifically authorized by law for a particular program or activity. As a result, Fresno Unified may not require students to pay any fees, deposits, or other charges for his or her participation in an educational activity which constitutes an integral fundamental part of the school's co-curricular or extracurricular program, except where a fee is specifically authorized by law.

This prohibition against student fees shall not restrict Fresno Unified schools from soliciting for voluntary donations, participating in fundraising activities, and providing prizes or other recognition for participants in such activities and events. However, schools shall not offer or award to a student any privileges related to educational activities in exchange for voluntary donations or participation in fundraising activities by or on behalf of the student and shall not remove, or threaten to remove, from a student any privileges related to educational activities, or otherwise discriminate against the student, due to a lack of voluntary donations or participation in fundraising activities by or on behalf of the student. Whenever students or parents/guardians participate in such events or activities, the Superintendent or designee shall emphasize that participation in the event or activity is voluntary.

In particular, the law prohibits a school from requiring students to place a security deposit for a uniform or other equipment, and prohibits a school from charging a student for a uniform. A school must provide a free uniform to any student who is a member of a given team. While schools may give students the option of purchasing their own uniform, they cannot require students to purchase a uniform in order to participate in a sport.

Tobacco, Alcohol, and Other Drugs

Student possession, use, distribution, or sale of tobacco products, alcohol, or unlawful drugs, including drug paraphernalia or any substance purported to be an unlawful drug, on or near any Fresno Unified property (including parking lots) or while participating in Fresno Unified-

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sponsored activities, is prohibited and will result in disciplinary action. If possession, use, distribution, or sale occurs during, while going to, or coming from school or a school-sponsored activity, disciplinary action will likely include removal from the co-curricular or extracurricular program and additional disciplinary action, up to and including expulsion from Fresno Unified. Parents will be notified of all substance-related violations and disciplinary action. If appropriate, a student may also be referred to law enforcement officials.

For purposes of this code of conduct, the prohibition on “tobacco products” extends to inhalant delivery systems, including electronic cigarettes, electronic hookahs, and other vapor-emitting devices, with or without nicotine content, that mimic the use of tobacco products.

Steroids and Performance-Enhancing Drugs

Students participating in co-curricular and extracurricular activities are prohibited from using anabolic steroids or any other performance-enhancing drugs. Teachers, advisors, and coaches shall inform students about this prohibition and the dangers of using such drugs.

All students and their parents/guardians shall sign a written agreement that the student will not use androgenic/anabolic steroids without the written prescription of a fully-licensed physician to treat a medical condition.

Social Media Policy

Fresno Unified and its co-curricular and extracurricular programs recognize and support students’ rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student must remember that they represent Fresno Unified, their school, and their team, and that participation in Fresno Unified’s co-curricular and extracurricular programs is a privilege. Fresno Unified and the community expects students to portray themselves, their team, and Fresno Unified in a positive manner at all times.

Online social networks are not places where you can say and do anything you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud of for years to come.

The following are social networking guidelines which apply to the usage of social media applications including, but not limited to, Instagram, Snapchat, Twitter, Tumblr, and Facebook.

Social Media Guidelines:

1. Students are high-profile representatives of Fresno Unified, their school, and their team, and their behavior may be subject to scrutiny by classmates, the community, and the media. Notably, the media and the community may be more likely to observe the actions of students than other students on campus. Accordingly, students must portray themselves in a positive manner at all times, including when engaging in social media and other online

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environments. Students are personally responsible for content published via their own social media accounts.

2. Although many students believe that content published on social networking websites is primarily available to a select group of family and friends, such content may be accessible by the general public unless specific privacy and security features are used. In addition, photos, videos, posts, and comments that are uploaded to a social networking website become the property of the website. As a result, even if you delete content from your social media profile, the item may remain on the website server and out of your control. In other words, nothing is fully private.

3. Be aware of the public and widespread nature of social media, and take that into account before posting or leaving comments on social networking websites that could be considered questionable. Content that you publish online may be publicly available forever.

4. Before posting personal photos or videos, consider whether those items accurately reflect the same standards of respect and integrity that you would exhibit in real life. Remember that potential college admissions offices, as well as current and future employers, often view social media profiles when evaluating candidates. Be mindful of how you want others to perceive you before you give them a chance to misinterpret you through your social media actions.

5. Do not upload any incriminating content which includes, but is not limited to, content that is racist, sexist, xenophobic, homophobic, vulgar, indecent, hateful, profane, or lewd. Do not post incriminating photos or statements depicting violence, hazing, sexual harassment, inappropriate gestures, vandalism, stalking, or other illegal activity. Do not upload any content promoting or advocating underage drinking, smoking, selling, possessing, or using drugs, alcohol, or other illegal substances. Do not post derogatory or defamatory language about anyone including, but not limited to, teammates, coaches, officials, or opponents.
6. Do not affiliate yourself with topics that potentially may be offensive, and refrain from reposting or otherwise advocating someone else's offensive content.
7. Do not post photos or videos of other students, coaches, teachers, or advisors without their permission.
8. Teachers, advisors, and coaching staff may monitor your social media posts.
9. All incidents of "cyberbullying" are taken seriously. Cyberbullying includes the electronic creation or transmission of harassing communications, direct threats, or other harmful texts, sounds, or images. It includes sending rumors by email, posting on social networking sites, or posting embarrassing photos, videos, or other content. Cyberbullying also includes breaking into another person's electronic account or assuming that person's online identity in order to damage that person's reputation.

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Students should be aware that Fresno Unified reserves all rights to discipline students for off-campus conduct that poses an identifiable threat to the safety of other students, staff, or school property or presents a risk of substantial disruption of school activities.

In addition to the consequences set forth below, students who violate Fresno Unified's social media policy may be required to take a relevant online course through the National Federation of State High School Associations at www.nfhslearn.com.

Consequences for Noncompliance with the Code of Conduct

All Fresno Unified rules of student conduct also apply to extracurricular activities. Students will observe all disciplinary rules established for regulating the conduct of students as set forth in Fresno Unified's Parent/Student Notification & Information Handbook (the "Parent/Student Handbook"), available at <https://www.fresnounified.org/Pages/parent-handbook.aspx>.

At all times, the safety of students and staff and the maintenance of an orderly school environment shall be Fresno Unified's priorities in determining appropriate discipline. When misconduct occurs, the co-curricular or extracurricular program shall attempt to identify the causes of the student's behavior and implement appropriate discipline. When choosing between different disciplinary strategies, the program shall consider the effect of each option on the student's health, well-being, and opportunity to learn and participate in the program.

Each instance of negative behavior must be examined on a case by case basis and will be deemed as a level 1, level 2, level 3, or level 4 offense. The nature and extent of the conduct will be evaluated alongside any mitigating circumstances. Categorizing behavior in this manner reflects Fresno Unified's efforts to set forth a uniform policy for assigning consequences to students who engage in disruptive actions or otherwise unacceptable conduct while participating in extracurricular and co-curricular activities.

The teacher, advisor, coach, athletic director, and/or school administrator will make every effort to ensure that the consequences fit the offense. The co-curricular or extracurricular program will enforce disciplinary rules fairly, consistently, and in accordance with Fresno Unified's nondiscrimination policies. Continued non-compliance will result in progressively stricter disciplinary action, up to and including suspension from the program and/or from participation in all co-curricular and extracurricular activities at the student's school. Parents may schedule a conference with the student's teacher or coach to discuss assigned consequences.

In addition, pursuant to the Parent/Student Handbook, students who are suspended from school are prohibited from participating in all extracurricular and co-curricular activities for up to 14 days.

The following is a rough set of guidelines to determine the appropriate level of negative behavior and corresponding set of potential consequences:

Level 1 Offenses

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A level 1 offense is a minor behavioral problem that needs to be corrected. Level 1 offenses typically can be handled through a meeting with the student's teacher or coach, and may include the student's parent. Level 1 offenses may also be handled by written/verbal warnings and/or placing the student on a probationary period. Some examples of level 1 offenses may include, but are not limited to, the following:

- Minor violations of Fresno Unified's social media policy
- Minor acts of insubordination
- Unexcused absences and/or tardies to practices, meetings, and other events
- Failure to timely notify teacher or coach of future absence from practice, meeting, or other event, when reasonably practicable to do so
- Being disruptive during a game, meeting, practice, and/or other event
- Violating Fresno Unified's standards for dress and grooming or the standards set for the specific extracurricular activity
- Talking/not paying attention during practice/rehearsal, game, or event
- Unauthorized use of cell phone or electronics during practice/rehearsal, game, or event
- Showing up to a competition or event in an improper or incomplete uniform
- Engaging in profanity or vulgarity
- Engaging in misconduct otherwise prohibited by Fresno Unified's student code of conduct

Level 2 Offenses

A level 2 offense is a more serious behavioral problem that needs to be corrected. Level 2 offenses typically may be addressed by the consequences set forth above for level 1 offenses, but may also be addressed by removing the student's captainship or comparable position, if applicable, and/or limiting their playing time. Some examples of level 2 offenses may include, but are not limited to, the following:

- Bullying
- Repeated unexcused absences and/or tardies to practices, meetings, and other events
- A second violation of Fresno Unified's social media policy
- Minor acts of insubordination
- Excessive tardies to practices, meetings, classes, and/or other events without permission

- Engaging in acts of poor sportsmanship, such as cheating, ejection from a competition, or taunting other participants
- Making defamatory statements about a teammate, team, the athletic department, other school staff member, or opposing team
- Other disrespectful or unsportsmanlike behavior
- Repeated level 1 offenses may constitute a level 2 offense.

Level 3 Offenses

A level 3 offense exemplifies major behavioral issues which leads to major implications and must be addressed in a more serious manner. In some instances, the student may also be suspended

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from practice and/or competitions for up to 14 days. Some examples of level 3 offenses may include, but are not limited to, the following:

- Suspension from school
- Buying/selling, giving, delivering, using, or possessing performance-enhancing drugs
- Hazing
- Major/repeated violations of Fresno Unified's social media policy
- Being charged with committing a crime classified as a felony
- Outright disrespect towards a coach, teacher, or administrator
- Harassment, including harassment due to race, ethnicity, religion, gender, and sexual orientation
- Causing, attempting to cause, or threatening to cause physical injury to another person
- Stealing or attempting to steal from other students or school personnel
- Knowingly receiving stolen school property
- Damaging or attempting to damage school property
- Being charged with committing a crime classified as a misdemeanor
- Egregious or repeated behavior that would otherwise be categorized as a level 2 offense

Level 4 Offenses

A level 4 offense exemplifies extreme behavioral conduct which is illegal, dangerous, and/or seriously disruptive and can be addressed by temporary or permanent removal from the team or from all co-curricular and extracurricular activities and/or a recommendation that the student be expelled from Fresno Unified. Some examples of level 4 offenses may include, but are not limited to, the following:

- Buying/selling, giving, delivering, using, possessing, or being under the influence of tobacco, alcohol, drugs, and/or drug paraphernalia

- Possessing, selling, or otherwise furnishing any firearm, knife, explosive, or other dangerous object
- Egregious violations of Fresno Unified's social media policy, including posting messages or images depicting illegal activity or that cause irreparable harm and/or disrepute to the co-curricular or extracurricular program, the school, and/or Fresno Unified
- Committing or attempting to commit robbery or extortion
- Aggravated battery, which includes battery that causes great harm, involves a deadly weapon, or involves physical force against school personnel, or aiding and abetting in the commission of an aggravated battery
- Committing or attempting to commit a sexual assault or sexual battery
- Causing, attempting to cause, or threatening to cause an act of hate violence
- Use of intimidation, coercion, stalking, or persistent severe bullying
- Confirmed gang activity or overt displays of gang affiliation
- Harassing, threatening, or intimidating a student who is a complaining witness or witness in a school disciplinary proceeding for the purpose of preventing that student from being a witness and/or retaliating against that student for being a witness
- Making terrorist threats against other students, school officials, and/or school property

Uniform Co-Curricular and Extra-Curricular Code of Conduct

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- Being charged with committing a crime classified as a felony
- Egregious or repeated behavior that would otherwise be categorized as a level 2 or level 3 offense

In the event that evidence is produced substantiating that a student committed a level 3 or level 4 offense (or in some cases, a level 2 offense), the teacher, head coach, advisor, and/or athletic director shall have the discretion to suspend the student from the program. During any such suspension, the student may not participate in any practices or competitions. This will allow school administration to conduct an internal review of the alleged misconduct. The student will be reinstated if the matter has been resolved in his or her favor. However, if an investigation reveals that the student indeed committed the alleged offense, the school will take appropriate disciplinary action to ensure that the consequences fit the offense.

Uniform Co-Curricular and Extra-Curricular Code of Conduct

Fresno Unified School District

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Informed Consent

There have been many improvements in coaching techniques and the National Rules Federation reviews game rules annually to make appropriate changes for the athlete's safety. Advances in Sports Medicine in recent years also contribute to that end. It is the utmost importance to you, the player, to know the rules and play within the spirit of those rules for your own safety.

It is also important, however, for the player and the parents to realize that injuries can occur and occasionally they can be catastrophic. Catastrophic means permanent, serious injury such as paralysis-partial or total, and even death. It is possible for this to happen to you and it is important for you to fully understand this before participating in this sport.

I as parent/guardian give consent for my student to be treated by the Bullard Athletic Training staff - any and all treatment/care will be overseen by Bullard Head Athletic Trainer, Nurse, or Team Doctor.

Any student who sees an outside physician must return with a note specifying diagnosis (note must contain signature from physician). Without note, student will not be cleared to resume athletic activities.

Informed Consent: Football

There have been many improvements made in protective equipment to reduce injuries in the game of football. Over the years, there have been many rule changes, changes in coaching techniques, advances in sports medicine, all for the purpose of decreasing injuries. It is of utmost importance for you, the player, to know the rules and play within the spirit of those rules for your own safety. Relative to the number of injuries and deaths that occur on the highways with cars, cycling, and pedestrians, football would rate low on the scale.

It is important, though, for you to know that injuries do occur in football and that some of these injuries can be catastrophic. Catastrophic means permanent serious injury such as total paralysis, partial paralysis, and even death. It is possible for this to happen to you, and it is important for you to fully understand this before participating in the sport. You, as a player, can help make the game safer by not intentionally using techniques which are illegal and which can cause serious injury.

HELMET WARNING

Do not use your helmet to butt, ram, or spear an opposing player. This is in violation of the football rules and such can result in severe head or neck injuries, paralysis, or even death to you and possible injury to your opponent. No helmet can prevent all head or neck injuries a player might receive while participating in football.

Medical Insurance Agreement

I, as parent or guardian of my child named above, a student at Bullard High School give my permission for him/her to participate in the activities selected above: I hereby acknowledge that I have been informed that pursuant to the provisions of Education Code Sections 32220-24, et.al. amended by the 1981 State Legislature, the governing boards of the various school districts shall NOT require that each member of an athletic team have \$1500.00 for accidental death. At least \$1500 hospital coverage arising while such members are engaged in, or preparing for, an athletic event promoted under the sponsorship or arrangements for the educational institution or a student body organization IS required.

It is my understanding that my child must be protected by insurance in order to participate as a member of an athletic team. It is further my understanding that I may purchase, through the school, a special insurance policy for football and a special student accident policy which will protect my child for all other sports under the provisions of the law, but that in lieu of purchasing a special insurance policy I, as parent or guardian, may provide insurance for my child.

Sudden Cardiac Arrest (SCA) in Student-Athletes

What Is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) is not a heart attack. It's an abnormality in the heart's electrical system that abruptly stops the heartbeat. It's caused by an undetected congenital or genetic heart condition.

First Symptom May Be Death

Possible Warning Signs: Unexplained fainting, shortness of breath, lightheadedness, chest pain, heart palpitations, family history of SCA, or unexplained sudden death under the age of 50.

Sudden Cardiac Arrest is the #1 Killer of Student Athletes¹

Up to 72% of sudden cardiac arrests are preceded by symptoms², which often go unrecognized, which is why parents and student-athletes thoughtfully completing sports clearance packets and health history forms together is so critical. SCA is also the leading cause of death on school campuses³, with 1 in 300 youth having an undetected heart condition that puts them at risk for SCA⁴.

¹Journal of Athletic Training 2017;52(4):000-000 Harmon et al DOI: 10.1161/Circulation.AHA.115.015431

² <http://www.medscape.com/viewarticle/767325>

³ <https://www.asumag.com/safety-security/fire-life-safety/article/20850611/shocking-statistics>

⁴ Validated as the average of multiple studies of SCA in youth: Fuller (1997), Corrado (2006), AHA (2007), Wilson (2008), Bessem (2009), Hevia (2009), Baggish (2010), Harmon (2015), Drezner (2016)

Time Critical

If not properly treated within minutes, SCA is fatal in 92% of cases.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- fainting (#1 symptom of a potential heart condition)
- chest pain
- shortness of breath
- racing or fluttering of heartbeat (palpitation)
- dizziness or lightheadedness
- extreme fatigue (tiredness)

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

How are student-athletes being protected?

California passed the Eric Paredes Sudden Cardiac Arrest Prevention Act in 2016 to protect students participating in school-sponsored athletic activities. The new policy adds SCA training to coach certification and a new protocol that empowers coaches to remove from play a student who exhibits fainting, and potentially for other conditions if they are believed to be cardiac-related. Student-athletes must be evaluated and cleared by a physician, surgeon, nurse practitioner, or physician's assistant to return to play. Student-athletes and parents/guardians review and sign an SCA Information sheet as part of their annual sports packet.

STUDENT NAME: _____ ID # _____

SIGNATURE PAGE: BOTH PARENT/GUARDIAN AND STUDENT MUST SIGN

1. CIF Ethics in Sports

My student athlete and I have read and I understand the Policy Statement, the Code of Ethics and the violations and Minimum Penalties of the "Ethics in Sports" policy. I agree to abide by the policy and related consequences while participating in interscholastic athletics, regardless of context, site or jurisdiction.

Parent/Guardian: _____ Student: _____

2. Concussion Protocol

My student athlete and I agree that we have read and will adhere to the terms in the concussion protocol policy above.

Parent/Guardian: _____ Student: _____

3. FUSD Student Expectations

My student athlete and I have read and understand all of the items on this Form. I understand my son/daughter must adhere to all Expectations and give permission for my son/daughter to participate in athletics. Student: I have read and understand I must adhere to all Expectations on this form.

Parent/Guardian: _____ Student: _____

4. Informed Consent

MY STUDENT ATHLETE AND I HAVE READ THE ABOVE STATEMENT AND FULLY UNDERSTAND ITS IMPLICATIONS. AS A PARENT/GUARDIAN, I ALSO GIVE MY PERMISSION TO TRANSPORT MY SON/DAUGHTER TO ATHLETIC CONTESTS ON DISTRICT APPROVED TRANSPORTATION.

Parent/Guardian: _____ Student: _____

5. Medical Insurance Agreement

This is to certify that my child is protected under insurance, and that I hereby agree to indemnify and hold the Fresno Unified School District harmless against responsibility for insurance coverage required under aforementioned legal sections.

Parent/Guardian: _____ Student: _____

Carrier: _____ Group Number: _____ Private ___ School ___

6. Sudden Cardiac Arrest

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

Parent/Guardian: _____ Student: _____

Emergency Contact Information Sheet

Please fill in all fields

Student Information:

NAME		GRADE (24/25)		ID#	
------	--	---------------	--	-----	--

CELL		EMAIL	
------	--	-------	--

ADDRESS	
---------	--

Parent/Guardian #1 Information:

NAME		RELATIONSHIP TO STUDENT	
------	--	-------------------------	--

CELL		EMAIL	
------	--	-------	--

Parent/Guardian #2 Information:

NAME		RELATIONSHIP TO STUDENT	
------	--	-------------------------	--

CELL		EMAIL	
------	--	-------	--

Emergency Contact #3 Information:

NAME		RELATIONSHIP TO STUDENT	
------	--	-------------------------	--

CELL		EMAIL	
------	--	-------	--

Preparticipation Physical Evaluation

*PARENT SIGNATURE & consent on page 2

Date of Exam: _____

Student's Name: _____ Sex: _____ Age: _____ Date of Birth: _____ Grade: _____

School: _____ Sport(s): _____

Home Address: _____ Home Phone #: _____

Personal Physician's/Provider's Name: _____ Personal Physician's/Provider's Phone #: _____

In case of emergency, contact: Name: _____ Relationship: _____

Emergency Contact's Telephone #s: Home: _____ Work: _____ Cell#1: _____ Cell #2: _____

Medicines and Allergies: Please list all the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking: _____

Do you have any allergies? ☐ Yes ☐ No. If yes, please identify specific allergy or allergies below:

☐ Medicines: _____ ☐ Pollens: _____ ☐ Food: _____ ☐ Stinging insects: _____

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

MEDICAL HISTORY QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted our participation in sports for any reason?		
2. Do you have any ongoing medical conditions? If so, please identify below: O Anemia O Diabetes O Other:		
3. Have you ever spent the night in a hospital?		
4. Have you ever had surgery?		
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, shortness of breath, lightheadedness, pain, tightness, or pressure in our chest during exercise?		
7. Does your heart ever race or skip beats during exercise?		
8. Has a doctor ever told you that you have any heart problems?		
9. Have you ever had an unexplained seizure? Or history of seizure disorder?		
10. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before the age of 35 including drowning or unexplained car crash?		
11. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia?		
12. Does anyone in your family have a heart problem, pacemaker, or implanted defibrillator before age 35?		
13. Have you ever had an injury, like a sprain, muscle tear, ligament tear, tendinitis, fractured bone or dislocated joint?		
14. Have you ever had a stress fracture?		
15. Do you regularly use a brace, orthotics, or any other assistive device?		
18. Do any of your joints become painful, swollen, feel warm, or look red?		
19. Do you have any history of juvenile arthritis or connective tissue disease?		

20. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
21. Have you ever used an inhaler or taken asthma medicine?		
23. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
24. Do you have groin pain or a painful bulge or hernia in the groin area?		
25. Have you had infectious mononucleosis (mono) within the last month?		
26. Do you have any rashes, pressure sores, or other skin problems?		
27. Have you ever had a head injury or concussion?		
28. Do you have headaches with exercise?		
29. Have you ever had numbness, tingling, weakness, or paralysis in your arms or legs after being hit or falling?		
30. Have you ever become ill while exercising in the heat?		
31. Do you get frequent muscle cramps when exercising?		
32. Do you or someone in your family have sickle cell trait/disease?		
34. Have you had any problems or injuries with your eyes or vision?		
35. Do you wear protective eyewear, such as goggles or a face shield?		
36. Are you trying to or has anyone recommended that you gain or lose weight?		
37. Are you on a special diet or do you avoid certain types of food?		
38. Have you ever had an eating disorder?		
FEMALES ONLY	Yes	No
39. Have you ever had a menstrual period?		
40. When was your most recent menstrual period?		
Please Explain any "yes" Answers here:		