

EMERGENCY MEDICAL AUTHORIZATION: I hereby authorize and consent to any medical or surgical care rendered under the provisions of the Medicine and Dental Practice Acts and by the staff of any licensed facility or hospital. It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care which the aforementioned physician in the exercise of his/her best judgment may deem advisable. I understand that every effort will be made to contact me prior to rendering treatment to my child, but that treatment will not be withheld if I cannot be reached.

I also hereby authorized the Teachers and Staff of Bishop Garcia Diego High School, Inc., including Coaches and Athletic Trainers, to render any preventative, first aid, rehabilitative, or emergency treatment that they deem reasonably necessary to my child's health and well being.

Parent/Guardian Signature:

_____ Date: _____

RELEASE OF INFORMATION: I understand that the Athletic Trainer at Bishop Garcia Diego High School Inc., may discuss my child's medical information for the purpose of treatment with the team doctor, my child's family practitioner, or other medical personnel. I also understand that coaches will be informed of all past and present medical information that is pertinent to my child's health and safety.

Parent/Guardian Signature:

_____ Date: _____

MEDICATIONS: I permit my child to carry the above listed inhaler/medication as ordered by his/her physician. I understand that sharing medication with other students is a serious violation of the school's rules, and that such use may result in his/her expulsion from the school. I further understand that failure to disclose to school personnel my child's possession of any medication or drug at school is a serious violation of the school's policies.

Parent/Guardian Signature:

_____ Date: _____

HELMET LIABILITY RELEASE: I, the undersigned, fully understand that there are risks involved in my participation on the Bishop Garcia Diego High School, Inc., football team. Furthermore, I verify that I have been warned concerning the risks of head and /or neck and spinal cord-injury that may occur as a result of physical contact while wearing a football helmet during football practice or games. I have received proper instruction in the care and fitting of my football helmet and other protective equipment and understand my responsibility in the proper fitting, maintenance, and safety concerns of football equipment. I also understand that my disregard of proper technique and/or failure to comply with the rules can increase my risk of injury. If at any time I have any questions or concerns regarding the fit or safety of my football equipment, especially the helmet, I understand that it is my responsibility to bring those concerns and questions to my coach and/or ATC.

The undersigned does further agree to indemnify and hold harmless Bishop Garcia Diego High School, Inc., and its employees or agents from any and all claims or demands for loss, cost, injury, or damage whatsoever arising from their negligence, especially for injury resulting from improper use of the helmet such as butting, ramming, or spearing another player and failure to follow safety instructions that he/she has received.

_____	_____	_____
Printed name of athlete	Athlete's Signature	Date
_____	_____	_____
Printed name of parent/guardian	Parent/Guardian Signature	Date

FIELD TRIPS AND SPECIAL EVENTS: I hereby give permission for my child to attend **ALL** field trips, social events, athletic events, and other excursions of Bishop Garcia Diego High School, Inc., which may be taken or arranged during this School year. I understand that transportation will be by School arrangement and/or parents' vehicles. I also understand that the School will take reasonable precautions to insure the safety and welfare of my child, but that neither the School nor its teachers assume responsibility for accidents. This permit will remain in effect unless I notify the Principal in writing of any changes.

Parent/Guardian Signature: _____

Date: _____

BODY PIERCING RELEASE: I hereby agree not to file any claims or lawsuits against Bishop Garcia Diego High School, Inc., on account of injuries to myself or others that were caused by or made more serious by my body piercing(s) and/or body piercing jewelry. By signing below, I acknowledge that I have read and understood the team rules that apply to my particular sport. I know and understand which things I am expected to remove before practices and competitions. I also understand that the athletics staff of Bishop Garcia Diego High School, Inc., strongly recommends that I remove all body piercing jewelry during every practice and every competition whether or not team rules require it. I take full responsibility for my body piercing and all body piercing jewelry that I wear, and I also take full responsibility for any injuries or other problems that might occur to me or others as a result of them. I have read this carefully and I understand what it means.

Printed name of athlete

Athlete's Signature

Date

Printed name of parent/guardian

Parent/Guardian Signature

Date

ASSUMPTION OF RISK: Participation in sports requires an acceptance of risk for injury. Your decision to participate in athletics indicates your acceptance of this risk. In order to minimize this risk as a participant, you must be aware of and abide by certain procedures, safety rules, and guidelines. Any improper use or abuse of your equipment could result serious head and neck injuries, paralysis, internal injury, or death to you, a teammate, or an opponent. Athletes rightfully assume that those responsibilities for the conduct of sports will not intentionally inflict injury upon them, but acknowledge that unintentional injuries can happen while participating in or training for athletic events. The responsibility for sport safety must be shared by all involved, and compliance with rules means respect on everyone's part for the intent, spirit, and purpose of the rules and guidelines. **I assume all risks associated with participation and agree to hold the Bishop Garcia Diego High School, Inc., and its employees harmless from any and all liability and claims whatsoever which may arise as a result from participation in sports.**

Parent/Guardian Signature _____ Date _____

Athlete's Signature _____ Date _____

ATHLETES CODE OF ETHICS: As an athlete, I understand that it 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 judgment of game officials.
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 rule 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 nonprescriptive drugs, anabolic steroids or any substance to increase physical development or 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.

Parent/Guardian Signature _____ Date _____

Athlete's Signature _____ Date _____

Printed name of athlete _____



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 athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.
3. Before an 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 athlete and the parent or guardian.

Every 2 years all coaches are required to receive training about concussions (AB 1451), as well as 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, but, all concussions are serious and may result in serious problems including brain damage and even death, if not recognized and managed the right way.

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 medical doctor trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions, he or she should be immediately taken 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 doctor, athletic trainer or coach understand how he or she is feeling and hopefully shows progress. We ask that you 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 his or her everyday life. We call this a "baseline" so that we know what symptoms are normal and common. Keep a copy for your records, and turn in the original. If a concussion occurs, he or she should fill out this checklist daily. This Graded Symptom Checklist provides a list of symptoms to compare over time to make sure the athlete is recovering 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 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 contribute to long-term neurological problems. One goal of this concussion program is to prevent a too early return to play so that serious brain damage can be prevented.

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, student athletes may have difficulties with short- and long-term memory, concentration and organization. They will require rest while recovering from injury (e.g., avoid reading, texting, video games, loud movies), and may even need to stay home from school for a few days. As they return to school, the schedule might need to start with a few classes or a half-day depending on how they feel. They may also benefit from a formal school assessment for limited attendance or homework such as reduced class schedule if recovery from a concussion is taking longer than expected. Your school or doctor can help suggest and make these changes. Student athletes should complete the Return to Learn guidelines and return to complete school before beginning any sports or physical activities. 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 involves a gradual, step-wise increase in physical effort, sports-specific activities and the risk for contact. If symptoms occur 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 medical doctor 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 that became 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 high school athletes 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 he or she experiences such symptoms, or if he or she suspects that a teammate has suffered a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms.

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 Zurich, November 2012
- <http://www.cdc.gov/concussion/HeadsUp/youth.html>



Concussion Information Sheet



Please Return this Page

I hereby acknowledge that I have received the Concussion Information Sheet from my school and I have read and understand its contents. I also acknowledge that if I have any questions regarding these signs, symptoms and the "Return to Learn" and "Return to Play" protocols I will consult with my physician.

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date



Parent/Athlete Commitment Form

Bishop Garcia Diego High School

Last Name	First Name	Grade	Sport
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Dear Parents and Athletes,

We are pleased that your son/daughter has decided to participate in athletics here at Bishop Garcia Diego High School. It is important to understand the commitment that both you and your child are about to make. There are many benefits to being involved as a team member, but there is some sacrifice involved, both personal and family, and we need to be able to count on your support throughout the season.

It is the responsibility of both the parent and the student athlete to be aware of the policies and regulations regarding team commitment outlined by the coach. Please consider the following:

1. Be certain you are committed enough for this level of competition and are willing to give time and effort at both practices and games for the whole season. Athletes are expected to attend every scheduled practice, scrimmage, and contest. Athletes are to provide coaches with prior notification of all anticipated absences. An unexcused absence can result in suspension from contests, and subsequent unexcused absences can result in being dropped from the team
2. Be aware of the time spent on sports and the impact this time has on family meals, vacations, and study time. The team needs your commitment to be successful.
3. Be aware of the coach's requirements and goals, so you can understand his or her methods and emphasis.
4. Be aware that placement within the program is at the discretion of the head coach. Bishop High programs are becoming more competitive. Due to the increasing number of students participating in certain programs, and the ensuing more limited opportunities for athletes, we may not be able to place every child on a team who wishes to participate. This is not our desire, but our reality.

When your child tries out for a team, please be sure that both you and your child understand there is a very real possibility that he/she may not be selected. If selected, both you and your child should be prepared to accept placement at any level. Being a member of the JV team does not guarantee that an athlete will automatically move up the following year to the varsity squad. The athletes best suited for varsity competition will make the squad each year. Playing time is not guaranteed at any level. However, the athletic department philosophy is to make efforts to reward student athletes who are upholding program expectations with meaningful game experience at the lower levels. At the varsity level, the athletic department philosophy is to field the most competitive teams possible, with playing time allotted at the discretion of the head coach.

5. Be aware of the protocol for lines of communication. If you have concerns, as a player or a parent, make an appointment with the coach. After a game or during a practice is not the appropriate time to discuss your concerns.
6. Be aware that quitting a team is something that the athletic department heartily discourages, and is an action that should not be taken without seriously considering the ramifications. Please see the athletic director regarding potential consequences within the athletic department for quitting a team.
7. Be aware of G.P.A. requirements. Athletes must maintain a grade point average at or above a 2.0 during the previous grading period in order to be eligible for athletic participation. Failure to maintain the 2.0 G.P.A. will result the athlete being placed on probation or made ineligible until the next report card.
8. Be aware that while participating for Bishop High, student athletes are representing their school community, their families, and themselves, and are expected to do so with honor and pride.

I acknowledge that I have read and understand the above information

Student Athlete Signature: _____	Date: _____
Parent Signature(s): _____	_____

Student Athletes and Social Networking Sites

In the past we have had student athletes miss games and practices due to suspensions because of inappropriate use of online social networking sites. As a student athlete at Bishop Diego, you are required to follow the guidelines set forth in the Parent Student Handbook, even though you may be using social media off school property or after school hours.

Social Networks: Social network sites such as Facebook, Twitter, Instagram, and other digital platforms and distribution mechanisms facilitate students communicating with other students. Participation in such networks has both positive appeal and potentially negative consequences. It is important the Bishop Diego student-athlete be aware of these consequences and exercise appropriate caution if they choose to participate.

Student-athletes are not restricted from using on-line social network sites and digital platforms. However, no matter their age, users must understand that any content they make public via on-line social networks or digital platforms is expected to follow acceptable social behaviors and also to comply with rules and regulations of the federal government and State of California as well as the rules and standards required of Bishop Diego students. As a Bishop Diego student-athlete you are held to a high standard and alleged ignorance of those standards, the Parent Student Handbook regulations and applicable law does not excuse student-athletes from adhering to them.

Guidelines for Student-Athletes

These guidelines are intended to provide a framework for student-athletes to conduct themselves safely and responsibly in an on-line environment. As a student-athlete at Bishop Diego you should:

1. Be careful with how much and what kind of identifying information you post on social networking sites. Virtually anyone with an email address can access your personal page. It is unwise to make available information such as: full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Facebook and other sites provide numerous privacy settings for information contained in its pages; use these settings to protect private information. However, once posted, remember the information becomes property of the website.
2. Be aware that potential current and future employers, college admissions offices, and even college coaches often access information you place on social networking sites. You should think about any information you post on Facebook or similar directories as potentially providing an image of you to a prospective employer or school. The information is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.

3. Be careful in responding to unsolicited e-mails asking for passwords or PIN numbers. Reputable businesses do not ask for this information in e-mails.
4. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions.
5. Remember photos put on the social network site's server become their property. You may delete the photo from your profile but it still stays on their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.

Things student athletes should avoid:

1. Derogatory language or remarks about teammates or coaches; other Bishop Diego student athletes, teachers, or coaches; as well as remarks directed at student-athletes, coaches, athletics administrators or representatives of other Schools.
2. Demeaning statements about or threats to any third party.
3. Incriminating photos or statements depicting, condoning or suggesting violence; bullying; hazing; sexual harassment; vandalism, stalking; underage drinking; selling, possessing, or using controlled substances; or any other inappropriate behaviors.
4. Creating a serious danger to the safety of another person or making a credible threat of physical or emotional injury to another person.
5. Indicating knowledge of any criminal activity, including things like an unreported felony theft or felony criminal damage to property.
6. Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional. Such knowledge should be reported to your Coach or the Athletic Director.

Parent/Guardian Signature _____ Date _____

Athlete's Signature _____ Date _____

Keep Their Heart in the Game

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

What is sudden cardiac arrest?

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

How common is sudden cardiac arrest in the United States?

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

Who is at risk for sudden cardiac arrest?

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

FAINTING
is the
#1 SYMPTOM
OF A HEART CONDITION

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

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

What is an AED?

An automated external defibrillator (AED) is the only way to save a sudden cardiac arrest victim. An AED is a portable, user-friendly device that automatically diagnoses potentially life-threatening heart rhythms and delivers an electric shock to restore normal rhythm. Anyone can operate an AED, regardless of training. Simple audio direction instructs the rescuer when to press a button to deliver the shock, while other AEDs provide an automatic shock if a fatal heart rhythm is detected. A rescuer cannot accidentally hurt a victim with an AED—quick action can only help. AEDs are designed to only shock victims whose hearts need to be restored to a healthy rhythm. Check with your school for locations of on-campus AEDs.



The Cardiac Chain of Survival

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

Early Recognition of Sudden Cardiac Arrest



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

Early Access to 9-1-1



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

Early CPR



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

Early Defibrillation



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

Early Advanced Care



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

Keep Their Heart in the Game

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

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

Potential Indicators That SCA May Occur

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

Factors That Increase the Risk of SCA

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

What is CIF doing to help protect student-athletes?

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

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

STUDENT-ATHLETE SIGNATURE

PRINT STUDENT-ATHLETE'S NAME

DATE

PARENT/GUARDIAN SIGNATURE

PRINT PARENT/GUARDIAN'S NAME

DATE

For more information about Sudden Cardiac Arrest visit

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

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

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

