



DJUSD STUDENT ATHLETE HANDBOOK

Revised June 2018

Davis Senior High School Blue Devils

Pursuing Victory With Honor

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Dear Parents/Guardians and Student Athletes,

This handbook is provided to you to communicate the expectations and responsibilities of all those participating in athletics at Davis Senior High School within the Davis Joint Unified School District. The cooperation of the athlete, his or her parents and coach are equally important to a productive season. Please review all materials together before making a commitment by signing the required forms.

We hope you have a great season.

Sincerely,

DJUSD

DAVIS JOINT UNIFIED SCHOOL DISTRICT PHILOSOPHY AND GOALS OF INTERSCHOLASTIC ATHLETIC PROGRAM

Note: Team or program handbooks may at times be stricter, but no more lenient than the Athletic Handbook.

PHILOSOPHY

The interscholastic athletic program of the Davis Joint Unified School District is an important, integral part of the District's comprehensive educational program. Our interscholastic athletics provide a unique opportunity for students to extend their physical, social and moral education.

GOALS

The interscholastic athletic program provides the opportunity to develop:

- A lifelong standard of good sportsmanship and citizenship
- Increased self-esteem
- Understanding of individual roles within the team
- Mutual respect among players and coaches
- Athletic skills, knowledge and strategies of the game
- Lasting attitudes about the importance of cooperation and teamwork
- School and community spirit
- A healthy attitude about winning and losing
- Student awareness of the condition and development of their bodies
- Self-discipline

CIF CODE OF CONDUCT FOR STUDENT-ATHLETES

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Charactersm"). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:

TRUSTWORTHINESS

Trustworthiness - be worthy of trust in all I do.

Integrity - live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.

Honesty - live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

Reliability - fulfill commitments; do what I say I will do; be on time to practices and games.

Loyalty - be loyal to my school and team; put the team above personal glory.

RESPECT

Respect - treat all people with respect all the time and require the same of other student-athletes.

Class - live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, 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 or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect Officials - treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

Importance of Education - be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically, or the character to represent their institution honorably.

Role-Modeling - Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach, and teammates with honor, on and off the 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; have the strength to overcome the temptation to retaliate.

Healthy Lifestyle -safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs, or engage in any unhealthy techniques to gain, lose or maintain weight.

Integrity of the Game - protects the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS

Be Fair - live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

Concern for others - demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.

Teammates - help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

Play by the Rules - maintain a thorough knowledge of and abide by all applicable game and competition rules.

Spirit of rules - honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

ELIGIBILITY REQUIREMENTS

Participation in school athletics has been determined consistently in courts of law as a **privilege**, not a right. That privilege is subject to regulation by the State CIF Constitution, the Sac-Joaquin Section Constitution, Delta League, Davis Joint Unified School District Policies and Procedures, and the rules and regulations of the local school including those of the Athletic Director and the coaching staff.

Good citizenship throughout all school activities is a prerequisite to being on an athletic team. Athletes must demonstrate high standards for both conduct and citizenship (especially when in team uniform) so they will not embarrass themselves, their team, school, family or community. Athletes who violate those standards should expect disciplinary action.

1. Amateur standing is required. Students must always have been an amateur in their sport, having never accepted merchandise, prizes, money, or other material benefits as a consequence of being an athlete-except those awards given through or by a high school, or an award the value of which does not exceed Twenty-Five Dollars (\$25). For league championships, the awards will be a maximum of Fifty Dollars (\$50) in value.
2. Involvement with a non-school team is prohibited while participating on a school team. If a student is caught doing so, the student will lose Davis High eligibility for the rest of the season in that sport *and* the school team will forfeit any contests won with that student's participation in that season. (*The only exception is girls' soccer due to the inconsistency of the Northern California girls' soccer season with the rest of the State.*) By definition a "season" begins with the final selection of team members and ends after the final contest which may include playoffs. Exceptions to this rule will only be allowed if coaches of the two teams involved agree that circumstances warrant an exception.
3. Any student in grades 9-12 arriving from another district is not eligible to compete in Davis High School Athletics without approval from CIF. Such students should meet with the Athletic Director upon registration.
4. Any athlete who becomes ineligible at any time during the season is *immediately* excluded from any further participation of any kind with the team. This includes, but is not limited to, practices and games, senior nights/recognition, banquets, team parties, school recognitions, etc.
5. Each student *must* be enrolled for the required number and type of courses that enable the student to fulfill graduation requirements.
6. The student *must* earn a 2.0 grade point average ("C" average) or above during the immediately preceding marking period (1st quarter, 1st semester, 3rd quarter, 2nd semester) (See Waivers.)
7. Each student *must* be enrolled in at least 20 credits.
8. Each student *must* have passed at least 20 credits in the last marking period immediately preceding athletic participation. This requirement *cannot* be waived.
9. Regular and consistent attendance in all classes is expected of all students.
10. Irregular attendance in any class by a student-athlete grade 9-12 *may* result in suspension or removal from participating in the sport.

WAIVERS

The waiver of eligibility is a **one-time** waiver of the grade point average requirement and can only be applied to a **single quarter** grading period. The waiver is not guaranteed to any athlete. The Athletic Director will advise and facilitate this process.

STUDENT ELIGIBILITY

1. It is the responsibility of each Coach, as well as the Athletic Director [Designated District Representative], to ensure that Students are qualified to participate in sports. Qualification involves three issues:
2. 1. Citizenship. The student must not be on suspension (automatic removal from all team activities) or disciplinary actions in which the Site Administrator has determined that the Student should lose his/her participation privileges for a defined period of time or for the remainder of the season.
3. 2. Academics. The District and CIF requires that all students participating in athletics have a current average grade point average of 2.0 and be considered on track to graduate at official grading periods. The Site Administrator or Athletic Director [Designated District Representative], upon the request of a parent, may grant a one (1) time limited term exception of this requirement, for a student to improve his/her grades. This exception will only be offered for **valid extenuating circumstances**. This exception can only extend until the next official grading period. A student granted such an exemption is not eligible for any further extensions or exceptions to the District's standards for the remainder of the student's high school tenure.
4. For students participating in CIF or other organized leagues, the coach and Athletic Director [Designated District Representative] will determine any grade/grading standards applicable to student athletes and ensure that each player and parent is aware of those standards. Unless otherwise expressly permitted by CIF or other governing league, there are no exceptions for noncompliance with applicable grade/academic standards.
5. 3. Other Eligibility Standards. Each year the Athletic Director [Designated District Representative] shall review with each coach participating in a CIF or other organized league sport, all other eligibility standards applicable to students (See, e.g., www.cifsjs.org). Such requirements include, but are not limited to, age, residence, and document/information filing requirements.
6. 4. Sports Physical Examination. Each year, before any practice or participation, each student must have a medical care provider (Medical Doctor (M.D.), Doctor of Osteopathy (D.O.), Physician's Assistant (P.A.), or Nurse Practitioner (N.P.) perform a required examination using the District's approved Sports Physical Form (or equivalent form/report is received and is properly completed).
7. Note: Chiropractors are not authorized to perform or complete Sports Physical Forms, nor serve as team doctors or in similar capacities where they are evaluating or diagnosing the existence/absence of neurological, cardiac, or other non-musculoskeletal issues.
8. All information regarding student eligibility, whether provided to the District or provided to an external organization (CIF or otherwise) must be true, complete, and correct. If insufficient information exists to meet these requirements, or if the information supports the conclusion the student is not eligible, the student must be withdrawn from all participation until the issue is resolved.
9. It is the obligation of each coach and the Athletic Director [Designated District Representative] to ensure that all information is timely and properly submitted, including the use of "mandatory" CIF or league forms. The Athletic Director [Designated District Representative] shall each year review required CIF forms.
10. Failure to comply with this directive, through the submission of knowingly false information, or the submission of information which a coach or Athletic Director [Designated District

Representative] has reason to believe may be false or inaccurate, shall result in discipline, up to and including immediate termination.

Team Selection and Playing Time:

A competitive school athletic program often *differs from* many lower level scholastic or community recreational programs. The focus for most of those programs is to teach the sport and provide equal playing time for each player.

While team selection try-outs are often very competitive and where numbers of those selected for each interscholastic team are often limited, some high school teams are able to offer membership to all who come out for the team. It should be noted that team selection and playing-time decisions are the sole rights of the coaches. While students or parents might disagree with such coaching decisions, the goal of each coach is to communicate upon what a student might continue to work or focus to improve future team-selection or playing-time opportunities. Coaches should consider allowing all athletes in good standing the opportunity to play as the situation warrants.

There shall be no written or implied requirement to participate in private camps or teams as a condition of selection for the team or used as a criteria to distribute playing time.

Athletes Playing UP:

Athletes playing up (fresh to JV, Fresh to Varsity, or JV to Varsity, coaches shall meet with the parent in person or over the phone to discuss the invitation to move up. Football see CIF limitations.

STUDENT PARTICIPATION/FREE PARTICIPATION

All students may participate in athletic activities if they meet academic, citizenship, attendance, and other objective standards imposed by the District, CIF, or another governing sports organizations or federations.

The District shall not require any student to pay any fee, cost, or expense to participate in an athletic activity, nor shall any coach, trainer or anyone else associated with a District-sponsored athletic activity retaliate against a student for not contributing or volunteering money to fundraising efforts in support of a sport. Retaliation includes any favoritism shown to students who have contributed money to fundraising efforts, as well as punishment or retribution for no contributions, including decisions on whether the student makes a team (or particularly team or playing level), is permitted to play a lesser amount or time or in a lesser role or capacity, or is otherwise subjected to behavior stigmatizing the student.

The Athletic Director [Designated District Representative] and a head coach may encourage students and their parents to participate in fundraising efforts for the approved budget for the sport. The Athletic Director [Designated District Representative], or head coach may also require team members to participate in reasonably scheduled fundraising activities if (a) all members of the team are required to attend, and (b) there is no requirement that the student raise any particular amount of money or undertake any particular activity other than general participation and assistance at the event to the same degree as other students.

All fundraising activities must be approved by the Athletic Director [Designated District Representative] to ensure (a) they do not interfere with students' academic obligations, (b) the location and number of events is reasonable, and (c) students are not being requested to engage in activities not in keeping with

District standards and expectations. When in doubt as to the appropriateness of fundraising activities by students, the Athletic Director [Designated District Representative] should contact the District's Chief Business Official.

All fundraising must be conducted in conformity with Education Code Section 51520 and 51521, BP/AR 1321, and all other District Policies. It is each coach's obligation to ensure an understanding of these important policies and laws.

EQUIPMENT, SAFETY, AND TRAINING: Safety is the first priority for all sports programs.

Equipment must be of sufficient quality to meet reasonable standards of safety. Unsafe, inappropriate fitting, and out dated safety equipment must not be used when it has the potential to place a student athlete at greater risk of injury. If safe and appropriate equipment is not available for use by all participating students, who shall each be provided with the same or substantially similar equipment, the sport will be cancelled.

Only District-purchased safety-related equipment (helmets, pads, etc.) may be used in practices and games. Students cannot use personal safety devices or equipment, even if new or newer than District equipment, when it is not equally available for use by all other team members. This ensures that no student is denied access to equipment, and ensures that the District has direct knowledge of the history, maintenance, and use of such devices.

TRANSPORTATION

Students are expected to provide for their personal transportation to regularly scheduled practices and games at their home school site. For off-campus games, or events, the District will provide transportation or will supervise the providing of transportation, to ensure that each team member can attend.

For off-campus events for which there is no bus transportation, the Head Coach, or his/her designee, will circulate in advance a list of (1) District-approved student drivers who may transport themselves to and from the event; but they may not transport other students, and (2) District approved adult volunteer drivers and assigned students who will ride with them from the school site, to the event, and back to the school site. The Head Coach or designee should seek to have all parties jointly travel (caravan style) to and from the event, ensuring that if there is a vehicle malfunction or a designated driver fails to appear, that alternate transportation accommodations can be more timely and appropriately made.

Parents are often willing to have their student be transported to the event, but they then wish to take their student directly home from the event. This can lead to strained conversations at the time of an event if parents have not been adequately apprized at the outset of the season of the District's transportation policies. Unless a parent has been approved as a volunteer driver by the District, and has advance authorization by the head coach to transport their student back home from an event, the student must return to the school site on the bus or with the designated adult volunteer driver. This is a significant issue of liability to the District and must not be circumvented.

SPORTS CAMPS/SKILLS BUILDING SESSIONS

It is not uncommon for certain sports to begin training during the “off-season,” including weight training, skill building, or “sports camp” activities. For both CIF sports, and other sports pursuant to Education Code 35179.5, there are limitations on pre-season and off-season activities.

In addition to the requirement that no student be penalized for being unable to pay or contribute to the cost of training camps or off-season activities, the participation in events for which there is a financial costs to the student cannot serve as a basis or factor in determining whether a student is entitled to participate on a team (i.e., if a student does not go to a Summer football camp, attend training sessions at a particular gym, or play for a certain club team, the student will not be placed on a team or it will be more difficult for the student to be selected).

FORMS

The following forms are all forms that the student athletes and parent/gurardian must sign and agree to prior to participation. All of the following forms are electronically signed and submitted online via athleticclearance.com

Athletic Participation Form

Used for all District-Sponsored Athletic, Cheerleading, and Marching Band Programs. This form must be completed before any try-outs, training, or competition, whether the athletic activity is a CIF sport, a “club sport,” or other District-sponsored organized athletic activity. Identifies risks, includes waivers, and authorizes emergency medical care. Also includes statutorily required insurance information. Properly used at all grade levels given inclusion of waivers and medical authorizations.

Physical Examination Form

Used prior to any try-outs, training, or competitions. This form must be signed by MD/DO/Nurse Practitioner/Physician Assist. Properly used at all grade levels to ensure student health/safety. This form can be completed by private physician.

Concussion Head Injury Information Sheet

Sheet must be signed each year to students participating in any District-sponsored sports programs or activities (interscholastic, intramural, recreational); the only exception to the statutory requirement is for P.E. classes.

Form provides important information to a parent/health care provider regarding a serious injury/concussion/potential head injury.

Form also contains required medical clearance form to be executed only by MD/DO, who has been specifically trained in concussion care and management (required by law), except for non-concussion, serious injuries where a Nurse Practitioner/Physician’s Assistance can also sign.

Agreement not to use Performance Enhancing Drugs (District Required/Translated)

As a CIF requirement, this form addresses the prohibition against the use of steroids. As a District requirement, this form also notes the ban on all performance-enhancing substances, including personal use, possession, or distribution.

The form also authorizes drug testing in response to a complaint of illegal/improper use of substances and/or the use of random drug testing as allowed by law.

CIF Forms

Eligibility Transfer of Student CIF requires that student eligibility be verified on a Certificate of Eligibility.

Sudden Cardiac Arrest Warning and Signature Form

CIF requires that each athlete and at least one parent/legal guardian execute its Sudden Cardiac Arrest Warning form.

Activity Transportation Sign-In/Sign-Out Sheet

Unless transportation to/from an off-campus game or event is by school bus, this form must be used to track assigned volunteer drivers (approved by the District) and specific team members. The head coach (or designee) must sign the form accounting for safe transportation for each team member to and from the event. Pick-up/Drop-off will be at the school unless alternate arrangements are made with the assigned volunteer driver.

Student Automobile Use Form & Student Alternate Transportation Form

For off-campus games or events, when approved by the head coach, a student may drive himself/herself (but no other student) if both forms have been submitted.

The Student Automobile Use Form allows the District to generally approve the Student to drive, and addresses general insurance, risk management, and release of liability issues. The Student Alternate Transportation Form, signed by the Coach, constitutes the coach's approval to travel independently for sport-related activities.

DISABLED STUDENTS

All students, including students with disabilities who may be covered under federal or state disability laws, whether or not covered by an IEP or 504 agreement or plan, are entitled to be considered for participation in organized sports programs. The District and each of its coaches and volunteers will not discriminate against students who are, or who are perceived to be, disabled under governing laws and regulations. Students with disabilities may try out for, and if they meet the objective, criteria for team selection participate in, a given sport as long as he/she has presented to the District a duly executed Sports Physical Examination Form evidencing their ability to safely participate in the activity.

Disabled students must still qualify for teams, with or without reasonable accommodation as may be allowed or permitted under governing league or sport rules or regulations, and must be able to participate in a manner that does not create objectively identifiable safety concerns that are materially greater than those applicable to other student participants.

If your student benefits from accommodations in school, they may benefit from similar accommodations in athletics. Please contact the Athletic Director who will work with you and the coach to manage your student's needs.

Assistance with questions regarding a disabled student's ability to participate in a particular sport should be directed to the District's ADA Coordinator, Laura Juanitas; Director of Student Support Services.

SEXUAL PARITY IN PROGRAMS AND OPPORTUNITIES

Taking into account the many challenges that face the District in forming and operating athletic programs, the District expects the Athletic Department to conduct operations in a fair and consistent manner as between boys' and girls' programs, taking into account: (1) the timely selection of qualified

coaches who can recruit and maintain the interest of participants in their sports; (2) available locker room, conditioning, training, and practice sites, and competition facilities; (3) equipment, uniforms and storage facilities; (4) scheduling of practices and competitions in a fair and balanced manner; and (5) publicity and promotional support, including fundraising support when conducted by District as opposed to external booster groups.

The Athletic Director [Designated District Representative] shall each year evaluate these factors, and any other fact that may be relevant to a Title IX self-evaluation, and determine whether the District's policies, procedures, or activities should be modified in order to ensure compliance with all governing laws and District standards. The Athletic Director [Designated District Representative] shall provide his/her findings and recommendations, if any, to the Superintendent by June 30 of each year.

Sunday Practices or Team Functions:

All DSHS teams that are governed under the DSHS athletic handbook are not permitted any contact, contest, practice, or any sort of team function on Sundays.

Dismissal from Team:

It is the coaches' prerogative to dismiss students from the team if/when they fail to participate, disrupt the practice or contest experience of others, break team rules, compromise safety or violate school rules. Coaches should communicate with parents when problems occur and student athletes are dismissed. Coaches must inform the Athletic Director of the intent to dismiss a player from the team.

Alcohol, Drugs, and Substance Violations:

The purpose of specifically addressing student-athletes in this policy is to align coaches' response to alcohol and other drugs and substance violations for greater consistency and fairness, to assure assistance to students who are using substances and to ensure greater safety for students.

Student-athletes become representative of their team, school, district and community when they accept the invitation to be on a DJUSD team. Athletes are highly visible due to the public nature of the athletic program. Athletes are expected to maintain both acceptable grade point averages, and model school-appropriate behavior at all times. To do otherwise disrespects the privilege of representing the student body and community, particularly with regards to the use of alcohol and other illegal substances

Student and Student Athlete Use of Alcohol and/or Drugs

Disciplinary action under section 48900 of the Education Code for substance violations applies to the school day, going to, and coming from school and all school activities, regardless of the day, time and location of those activities.

When students are chosen to participate on a Davis Joint Unified School District athletic team, or another DJUSD extracurricular, or co-curricular activity, the student agrees to abide by all school rules on and off campus, both in and out of school for the duration of their season, including not using alcohol or drugs. The *season* is defined as the time from the first day of practice/try-outs and shall last for 365 days. Consequences for all students must be consistent and fair and, whenever possible, assistance-based.

For athletic teams, each coach is required to address the issue of illegal substance use with his/her student-athletes and to review this policy with them at the start of the season. At a minimum, the coach will describe the policy and corresponding regulations to athletes in at least one parent meeting

and one team meeting and provide a copy of the policy and regulations, and to post it prominently on team websites, if they exist. The purpose of the presentation is to ensure parents and athletes are aware of the expectations and required response if a member of the team uses substances. This section of the regulations will be included in the Coaches and Student/Parent Handbook.

If the violation occurs during school time or school activities, the coach or staff member shall immediately report the violation to the Athletic Director and/or the Principal or his/her Designee. If the Athletic Director is not a credentialed administrator, he/she must immediately refer the student to site administration who will manage the discipline and referral to appropriate staff for assistance.

The following are required responses to student behavior with respect to alcohol and other substance violations during the school year as defined in this policy:

For substance violations as defined by Ed Code 48900:

1st incident in grades 9-12: Suspension per student discipline code and the loss of all contests, practices, and activities during the suspension. Referral to school counselor and/or prevention and crisis manager for voluntary participation in brief individual (3-4 sessions) or group (4-5 sessions) drug and alcohol counseling, to be determined by school counselor in collaboration with administration*. Partial trade of school suspension time for participation in counseling and/or restorative practice conferences will be offered, with a recommendation of no more than one full day of school suspension removed for participation in counseling or restorative practice conference. Student athletes shall be subject to athletic consequences upon the return from suspension. See athletes suspended from school.

2nd incident in grades 9-12: Suspension per student discipline code, loss of all contests, practices, and activities during the suspension. Mandatory participation in individual (3-4 sessions) or group (4-5 sessions) drug and alcohol counseling provided by school counselors and/or prevention and crisis managers, or county services provided to the district*. If the student has already completed school based individual or group counseling as outlined above, the student and his parents will meet with the prevention and crisis manager to determine an individualized plan of intervention. Student athletes shall be subject to athletic consequences upon the return from suspension. See athletes suspended from school.

(*Parents may substitute a private counselor at no cost to the district who will verify the number of sessions)

3rd incident in grades 9-12: Suspension per student discipline code, loss of the privilege of team or other extracurricular membership

If the coach suspects or becomes aware of substance use by an athlete outside of school, the coach is strongly encouraged to speak with the Athletic Director who will report the concern to student support staff.

Athletes Suspended from School

Athletes that are suspended from school will be ineligible for athletic participation in contests and/or practices while on suspension and will serve the following athletic eligibility suspensions upon return. Athletic eligibility suspensions will carry on from sport season to sport season (for multi-sport athletes) and may carry from the current school year to the following school year.

It is the goal of high school athletics to educate students. Athletes suspended for substance abuse may choose to participate in the districts substance abuse program or counseling to gain athletic eligibility back. Participation must be met within one (1) week of the return from suspension.

Level 1 Suspension: Any Class suspension or In-school suspension

1st Suspension: Athlete shall be suspended for 10% of the seasons scheduled contests

2nd Suspension: Athlete shall be suspended for 25% of the seasons scheduled contests

3rd Suspension: Athlete shall be denied athletic eligibility for the remainder of the year

Level 2 Suspension: Any Home suspension for 1-2 days:

1st Suspension: Athlete shall be suspended for 25% of the seasons scheduled contests

2nd Suspension: Athlete shall be suspended for 50% of the seasons scheduled contests

3rd Suspension: Athlete shall be denied athletic eligibility for the remainder of the school year

Level 3 Suspension: Any Home suspension for 3-5 days

1st Suspension: Athlete shall be suspended for 50% of the season's scheduled contests

2nd Suspension: Athlete shall be denied athletic eligibility for the remainder of the school year

Supplements:

DJUSD Administrative Regulation 5131.63

The district shall not accept a sponsorship from any manufacturer or distributor whose name appears on the label of a dietary supplement that contains substances banned by the U.S. Anti-Doping Agency and the substance synephrine. Such supplements shall not be sold, distributed, or marketed at a school-related event. (Education Code [49031](#))

Marketing includes, but is not limited to, direct product advertising, provision of educational materials, product promotion by a district employee or volunteer, product placement, clothing or equipment giveaways, or scholarships. Marketing shall not include the inadvertent display of a product name or advertising by a person who is not a manufacturer or distributor. (Education Code [49031](#))

School personnel and coaches may provide only non-muscle-building nutritional supplements to student athletes for the purpose of providing additional calories and electrolytes, provided that they do not contain any dietary supplements prohibited by the U.S. Anti-Doping Agency and the substance synephrine. Permissible non-muscle-building nutritional supplements are identified according to the following classes: carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters, and vitamins and minerals.

School personnel, including coaches, shall follow the manufacturer's recommendations when discussing the use of any drug or food supplement with a student athlete. In order to minimize the health and safety risks to student athletes, school personnel shall not supply or recommend any drug, medication, or food supplement to enhance an athlete's performance.

Notice

The principal or designee shall ensure that the following warning, reproduced in 10-point bold type, is posted in every locker room of schools with classes in grades 7-12 and contained in any contracts for the lease or rental of the school's athletic facilities: (Civil Code [1812.97](#))

Warning: Use of steroids to increase strength or growth can cause serious health problems. Steroids can keep teenagers from growing to their full height; they can also cause heart disease, stroke, and damaged liver function. Men and women using steroids may develop fertility problems, personality changes, and acne. Men can also experience premature balding and development of breast tissue. These health hazards

are in addition to the civil and criminal penalties for unauthorized sale, use, or exchange of anabolic steroids.

Prohibitions against steroid use, as well as consequences of steroid use shall be addressed in the Parent-Student and Coaches' Athletic Handbook.

DSHS Athlete Attendance Policy: An athlete must be in attendance for their entire scheduled school day. Athletes that are not in attendance for an unexcused reason will be denied athletic participation for that day(s) contest or practice. If the absence is excused for a medical appointment, family emergency, funeral, or other preapproved reason (by Athletic Director) the student will be eligible for that days team function.

Truant Athletes: Athletes that are listed as a Level 1 on the district's truancy list will be put on athletic eligibility attendance probation. The probation period will follow the academic waiver process for athletic eligibility. Athletes will use the blue academic progress report forms found in the athletic office at Davis Senior High School.

DSHS Athlete Practice Attendance Policy: Athletes are expected to commit to their team for the entire season of sport. Athletes are expected to attend every practice, contest, or schedule team function. Athletes that choose not to participate in practices, contests, or other team functions may be released from the team by the coach. Coaches should work with the student-athlete and parent to resolve any conflicts that arise.

DSHS Athlete and Co-Curricular Policy:

- When an athletic contest conflicts with a co-curricular rehearsal, the athletic contest the student shall participate in the athletic contest.
- When a co-curricular conflict with an athletic practice, the student shall participate in the co-curricular event. Example: Concert, play, performance.
- When an athletic contest and a co-curricular performance, concert, etc. conflict with one another, the decision is to be made by the adults involved. Students will not be asked to choose and make the decision on their own.

BULLYING: DJUSD BP 5131.2

The Board of Education recognizes the harmful effects of bullying on student learning and school attendance and desires to provide safe school environments that protect students from physical and emotional harm. District employees shall establish student safety as a high priority and shall not tolerate bullying of any student.

No student or group of students shall, through physical, written, verbal, or other means, harass, sexually harass, threaten, intimidate, cyberbully, cause bodily injury to, or commit hate violence against any other student or school personnel.

Cyberbullying includes the transmission of harassing communications, direct threats, or other harmful texts, sounds, or images on the Internet, social media, or other technologies using a telephone, computer, or any wireless communication device. Cyberbullying also includes breaking into another person's electronic account and assuming that person's identity in order to damage that person's reputation.

Students are encouraged to notify school staff when they are being bullied or suspect that another student is being victimized. In addition, the Superintendent or designee shall develop means for students to report threats or incidents confidentially and anonymously. School staff who witness bullying shall immediately intervene to stop the incident when it is safe to do so. (Education Code [234.1](#))

As appropriate, the Superintendent or designee shall notify the parents/guardians of victims and perpetrators. He/she also may involve school counselors, mental health counselors, and/or law enforcement.

Definition:

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. In order to be considered bullying, the behavior must be aggressive and include:

- An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes repeated actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

The procedures for intervening in bullying behavior include, but are not limited, to the following:

- All staff, athletes, and their parents will receive a summary of this policy prohibiting intimidation and bullying: at the beginning of the school year, as part of the athletic handbook as part of new student orientation, and as part of the school system's notification to parents.
- The school will make reasonable efforts to keep a report of bullying and the results of investigation confidential.
- Staff who witness acts of bullying shall take immediate steps to intervene when safe to do so. People witnessing or experiencing bullying are strongly encouraged to report the incident; such reporting will not reflect on the target or witnesses in any way.

How to Report Bullying and Harassment: Anyone that witnesses, experiences bullying, or harassment is encouraged to report this to the appropriate contacts. Communicate immediately verbally or in written form to the Head Coach, Athletic Director, Principal, or Director of Student Support Services.

Contacts:

Name	Title	Phone	Email
Jeff Lorensen	Athletic Director	530.757.5400 Ext. 111	jlorenson@djsd.net
Tom McHale	Principal	530.757.5400 Ext. 103	tmchale@djsd.net

Complaints and Investigation: All students are encouraged to report any and all bullying/harassment to the coach, athletic director, principal, or any school staff member. Students may submit to a teacher or administrator a verbal or written complaint of conduct they consider to be bullying. Complaints of bullying shall be investigated and resolved in accordance with site-level grievance procedures specified in AR 5145.7 - *Sexual Harassment*.

When a student is reported to be engaging in bullying off campus, the Superintendent or designee shall investigate and document the activity and shall identify specific facts or circumstances that explain the impact or potential impact on school activity, school attendance, or the targeted student's educational performance.

When the circumstances involve cyberbullying, individuals with information about the activity shall be encouraged to save and print any electronic or digital messages sent to them that they feel constitute cyberbullying and to notify a teacher, the principal, or other employee so that the matter may be investigated.

If the student is using a social networking site or service that has terms of use that prohibit posting of harmful material, the Superintendent or designee also may file a complaint with the Internet site or service to have the material removed.

Investigations shall be conducted in a timely manner with a report on finding within five (5) days

Hazing:

Definition: the practice of various rituals and other activities involving harassment, abuse or humiliation used as a way of initiating a person into a group.

A student may be suspended from school, removed from a team or recommended for expulsion if that student at any time commits an act of hazing, engages in hazing, or attempts to engage in hazing.

1. While on school grounds,
2. While going to or coming from school,
3. During the lunch period whether on or off the campus, and/or during, or while going to or coming from, a school sponsored activity

Discipline

Any student who engages in bullying on school premises, or off campus in a manner that causes or is likely to cause a substantial disruption of a school activity or school attendance, shall be subject to discipline, which may include suspension or expulsion, in accordance with district policies and regulations. See suspended athlete policy. Student athletes that engage in bullying on school premises, or off campus in a manner that causes or is likely to cause a substantial disruption to the team, team activities or the attendance at team functions, shall be subject to discipline, which may include denial of athletic eligibility.

Gender:

State law requires that all students shall be permitted to participate in sex-segregated school programs and activities, including athletic teams and competitions, and use facilities consistent with their gender identity, irrespective of the gender listed on the student's records.

School site administration shall coordinate with the District's Student Support Services Department whenever a student requests or the administration identifies a need to accommodate a student's gender identity and/or gender expression.

Concussion Management:

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. 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 medical doctor 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 to take him or her immediately 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 improvement. 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 for your child. 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 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 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:

Looks dizzy	Slurred speech	Looks spaced out
Shows a change in personality or way of acting	Confused about plays	Can't recall events before or after the injury
Can't recall events before or after the injury	Forgets plays	Seizures or has a fit
Is unsure of game, score, or opponent	Any change in typical behavior or personality	Moves clumsily or awkwardly
Passes out	Answers questions slowly	

Symptoms may include one or more of the following:

Headaches	Loss of memory	Pressure in head"
"Don't feel right"	Nausea or throws up	Tired or low energy
Neck pain	Sadness	Has trouble standing or walking
Nervousness or feeling on edge	Blurred, double, or fuzzy vision	Irritability
Bothered by light or noise	More emotional	Feeling sluggish or slowed down
Confused	Feeling foggy or groggy	Concentration or memory problems
Drowsiness	Repeating the same question/comment	Change in sleep patterns

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. 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 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, unless your doctor 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 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 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.]*

Impact Baseline Concussion Testing:

The athletic department is committed to the safety of each and every athlete and feels strongly that the tool of baseline testing is very important to ensure the safest return to play protocols can be met. Davis Senior High School Athletics offer baseline testing to all athletes free of cost. Athletes are recommended to test every two (2) years.

Holidays:

Davis Senior High School is proud of the diverse population of students and recognizes that there are varieties of celebrations that are important to our families. Coaches shall make every effort to be proactive when scheduling taking into consideration holidays. While coaches do not have control over the league schedules, coaches shall actively communicate that DSHS supports students and their families and there will not be consequences of any kind for missing practices or contests for these reasons.

Athletes and families are encouraged to notify coaches in advance if there is a foreseen conflict.

College Bound Athletes: Coaches should support athletes that are interested in playing at the next level. Coaches should support players when communications and requests come from college coaches. Should the coach not be able to provide support the coach shall ask for assistance from the Athletic Director.