

FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT

EXTRA CURRICULAR PARTICIPATION HANDBOOK

Participation in school sports and extra curricular programs is a privilege, not a right. To earn that privilege, students must abide by the rules and they must conduct themselves as positive role models who exemplify good character. The school intends to maintain programs that are well managed and meet the needs of the students and the school community. Club information, athletic schedules, and coaching information can be found on our individual school websites. <http://www.fcusd.org> then click on Our Schools, the individual school, and then the appropriate link.

The athletic program will promote sportsmanship and all programs will foster the development of good character by enhancing the academic, emotional, social, physical and ethical development of students and teaching positive life skills that will help students become personally successful and socially responsible.

Students are considered representatives of FCUSD, as well as their individual schools, by their participation as a member of an athletic team or other program. As such, they are expected to maintain exemplary behavior and citizenship. All students will be held responsible for any involvement in acts specified in the Student Handbook (Campus Rules / Policies) whether on campus, at school activities or in the community.

1) Attendance

- i) Game/Event Day: Non attendance for any part of the school day may result in no participation in an event or athletic contest, unless prior approval is received from the vice principal.
- ii) Practice: Students not attending school may not participate in practice or event on that day without prior permission from the vice principal.
- iii) With prior vice principal approval, parent may transport student to event if the student was absent for an approved reason (i.e. doctor appointment, etc.)

2) Expectations of Students

- i) Any student who has been suspended for possessing, using, selling, furnishing, or being under the influence of any controlled substance, for possession or use of tobacco or any tobacco product, inappropriate conduct or unsportsmanlike behavior during an athletic contest or event, will be immediately suspended from the team or club participation for a two-week period. A formal hearing with the vice principal, coach/advisor, and athletic director will be held during this time. The results of that hearing will determine whether or not the student may continue to participate in the activity.
- ii) Suspension - If a coach/advisor suspends a student, the student will be ineligible for participation. A hearing with the vice principal, coach/advisor, athletic director, parent and student will be held. The results of that hearing will determine whether or not the student may remain on the team or in the club.

- iii) Grade Checks – A periodic grade check may be held to help students maintain the required GPA. If grades are close to or below 2.0 GPA, student will be responsible to arrange and attend extra tutoring sessions with the teacher in order to improve.
- iv) Citizenship – Students are expected to maintain excellent citizenship in conjunction with the “Six Pillars of Character” (see Code of Conduct Form.) as well as the CIF “Victory with Honor” standards. Individual behavior standards should be of the highest quality so as to not adversely reflect on their team or school. This includes “attitude” as well as behavior in classes, rallies, assemblies and any athletic or school events.
- v) Proper Uniforms – Athletes must wear uniforms or equipment as specified by the coach / athletic director, (according to CIF rules.)

3) Road Trips

- i) The district provides transportation to almost all “away” contests. Students are expected to go and return on the district provided transportation.
 - (a) FCUSD Transportation Department and Delta River / Sierra Valley League often determine bus departure times.
 - (b) At the coach/advisor’s discretion, students may be signed off the return bus by the parent / guardian. Parents must complete a “Personal Vehicle Use” form at the start of the season and at the event sign the Extra Curricular Transportation Release Sign-Out Sheet stating their intention to drive their child home and releasing the district from liability. If the student will be riding home with another adult, the Extra Curricular Transportation Release form must be on file indicating the appropriate drivers and the Extra Curricular Transportation Release Sign-Out Sheet should be signed by the appropriate driver.
 - (c) All students will dress in an appropriate manner for bus trips. Coaches/advisors will establish proper attire.
 - (d) Personal items are the responsibility of the students. Personal electronic devices may be allowed at the coach/advisor’s discretion.
- ii) If district transportation is NOT provided, an Alternate Transportation Form must be completed by parents and coach/advisor and on file with the athletic director or advisor prior to departure. Depending on who is providing transportation, other driving forms are required.
- iii) Students are NEVER allowed to drive their own vehicles to or from an event unless it is with coach/advisor’s request and proper forms are on file with the athletic director or advisor: Alternate Transportation Form (signed by parent and coach/advisor to request student’s driving), Personal Auto Use form (parents complete), & Student Personal Auto Form (parents & student complete).

4) Extra-Curricular Discipline Consequences

- i) Students, performers or competitors who violate rules as established by the coaches/advisors, will have the following consequences:
 - (a) **First Violation** – Coach/advisor will give a verbal warning explaining the violation
 - (b) **Second Violation** – One game suspension and contact parent/guardian about the matter

- (c) **Third Violation** – Two-week suspension, a formal hearing with the vice-principal, coach/advisor and athletic director will be held during this time. The results of that hearing will determine whether or not the student may continue to participate in the club or on the team.

5) Parent complaints or concerns

- i) If you have a concern or complaint, it helps to bring it to the attention of the correct people. In general, a parent should communicate first with the school and then with the appropriate office in the district. Anonymous complaints will be read for informational purposes with no follow-ups.
 - (a) Every effort should be made to resolve a complaint with the coach/advisor involved.
 - (b) If the concern is not resolved with the coach/advisor, it should be submitted to the athletic director or vice-principal in writing.
 - (c) If the concern is not resolved athletic director or vice-principal, it should be submitted to the principal on a “Uniform Complaint Procedure Form.”
 - (d) If the principal cannot resolve the problem, it will be submitted to the Assistant Superintendent of Secondary Education on a “Uniform Complaint Procedure Form.”

6) Code of conduct for parents / guardians

- i) The role of the parent in the education of a student is vital. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school and in life.
- ii) There is a value system – established in the home, nurtured in the school – which young people are developing. Their involvement in classroom and other activities contributes to that development. Trustworthiness, Citizenship, Caring, Fairness and Respect are lifetime values taught through extra curricular activities. These are the principles of good sportsmanship and character. With them, the spirit of competition thrives; fueled by honest rivalry, courteous relations and graceful acceptance of the results.
- iii) As a parent of a student at our school, your goals should include:
 - (a) Realize that extra curricular activities are part of the educational experience and the benefits of involvement go beyond the final score of a game;
 - (b) Encourage our students to perform their best, just as we would urge them on with their class work;
 - (c) Participate in positive cheers that encourage our student athletes and discourage any cheers that would redirect that focus – including those that taunt and intimidate opponents, their fans and officials;
 - (d) Learn, understand and respect the rules of the game, the officials who administer them and their decisions;
 - (e) Respect the task our coaches/advisors face as teachers and support them as they strive to educate our youth and your children;
 - (f) Respect our opponents as students and acknowledge them for striving to do their best; treat them with courtesy and
 - (g) Develop a sense of dignity under all circumstances.

- iv) You can have a major influence on your student's attitude about academics and athletics. The leadership role you take will help influence your child and our community for years to come.

7) Academic Eligibility For Extra Curricular Activities

- i) The participant must be a full time student at their high school or middle school.
- ii) Academic – Students should be passing at least 4 classes, and maintain an overall GPA of 2.0, based on the most recent quarter or semester. (Freshmen have a 9 week/1st Quarter Probationary period.) If the student has a 2.0 GPA but has an “F”, he/she is ineligible beginning the Monday after grades are published. That student becomes eligible as soon as he/she returns a grade clearance form to the Athletic Director, signed by the teacher, signifying that the student is earning a passing grade.
- iii) Citizenship – Students may receive no more than one “U” (subject to vice-principal's discretion).

The following pertains specifically to Athletics:

All athletes will abide by the CIF rules. (eligibility, residency, participation, etc.) Visit the website: www.cifsjs.org for more information.

8) Residential Eligibility

- i) The CIF requires that students who participate on a school team must be living with parents or legal guardians who reside within the school's attendance boundaries.

9) Academic Eligibility

- i) The participant must be a full time student at their high school or middle school.
- ii) Academic – Students should be passing at least 4 classes, and maintain an overall GPA of 2.0, based on the most recent quarter or semester. (Freshmen have a 9 week/1st Quarter Probationary period.) If the student has a 2.0 GPA but has an “F”, he/she is ineligible beginning the Monday after grades are published. That student becomes eligible as soon as he/she returns a grade clearance form to the Athletic Director, signed by the teacher, signifying that the student is earning a passing grade.
- iii) Citizenship – Students may receive no more than one “U” (subject to vice-principal's discretion).
- iv) High School athletes planning to attend Division I colleges must be sure they have fulfilled the NCAA Clearinghouse Requirements. See your counselor for details.

10) Athletic Clearance

- i) No student will be allowed to practice or participate until the following have been completed and turned in to your coach:
 - (a) EVERY form is complete and verified by the athletic director (see list)
 - (b) Debts Cleared (School and Athletic)
 - (c) Return of Athletic Equipment: When athletic equipment is checked out, athletes are responsible for it. If not turned in at the end of the season, you will be held responsible. Athletes will not be cleared for a new sport until all

debts are cleared with the student accounts office including the return of equipment from other sports.

11) Equipment

- i) Students are responsible for the security of their equipment and uniforms. In some cases, particularly with game uniforms, the replacement fee may be higher than the original purchase price because special processing and printing may be required to duplicate the uniform.
- ii) Students are expected to turn in the same piece(s) of equipment checked out to them. They will be fined if they do not return the same pieces of equipment /uniforms that were issued to them.
- iii) Equipment should be returned in the same condition as it was received. Equipment and uniforms should be cleaned and washed before being returned. Students are expected to make arrangements to have torn or ripped clothing repaired prior to turning it in to the coach.

12) Earning an Athletic Block Letter / Participation Certificate and Attending Banquet/s

- i) A student/athlete must meet the following requirements:
 - (a) Complete the entire season, including post season if applicable, in good standing.
 - (b) All equipment returned.
 - (c) All debts cleared with Student Accounts.
 - (d) Types of awards are determined at each individual site.

13) Coaches Office Hours

- i) Our continuing effort to establish and maintain clear lines of communication between the Athletic Department Staff and the parents/guardians of our student/athletes, the coaching staff will set up a specific time and day to meet about concern/s that arise. ***Please do not attempt to confront a coach before or after a contest or practice.*** Those can be emotional times for both the parents and the coaches. Meetings of that nature, and at those times, do not promote resolution. The following guidelines will help to ensure the concept of a productive and positive experience:
 - (a) Parents can use this time to ask questions and obtain information.
 - (b) Coach will discuss what the student/athlete needs to work on or improve
 - (c) Coach will only talk to a parent/guardian about his/her own child.
 - (d) **Playing Time will not be discussed!**
 - (e) If satisfaction is not obtained, the parent/guardian should then contact the varsity level coach or the athletic director.
 - (f) Parents who verbally abuse a coach may be liable for harassment/slander/defamation of character.
- ii) It is the intent of the Athletic Department to provide an avenue for meaningful dialogue and communication between coaches and parents. Working together we can and will accomplish great things.

California Interscholastic Federation Code of Conduct for Interscholastic 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

1. *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

2. *Respect* — treat all people with respect all the time and require the same of other student-athletes.
3. *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.
4. *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.
5. *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

6. *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.
7. *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. Suspension or termination of the participation privilege is within the sole discretion of the school administration.
8. *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.
9. *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.
10. *Integrity of the Game* — protect the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS

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

CARING

12. *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.
13. *Teammates* — help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

14. *Play by the Rules* — maintain a thorough knowledge of and abide by all applicable game and competition rules.
15. *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.

Checklist of required forms:

- Acknowledgement of Athletic/Extra Curricular Handbook
 - Parent signature
 - Student signature
- Agreement for Team/Extra Curricular Participation (2 pages)
 - A separate form is required for each sport/club
 - Contains current medical insurance information
 - Parent signature
 - Student Signature
- Athletic Physical Form – New Form for 2009-10
 - One per year with all sports listed
 - Parent completes upper portion and signs
 - Part II completed by MD only (no chiropractor or physical therapist)
- District Transportation Fee
 - \$75 per sport
 - Please include student's name on check
- Steroid Agreement
 - Parent signature
 - Athlete signature
- Emergency Card (carried by coach at all practices and events)
 - Parent signature
 - Grade clearance

Driving Forms – use as needed

- Personal Auto Use Form – if parent will be transporting a student
 - Must include copy of driver's license
 - Must include declarations page of insurance policy that indicates coverage levels
 - Must be updated as policy expires
- Athletic Transportation Release – if parent would like another driver to transport their student
 - Allows parent to drive their child home after off-campus event
 - Used to permit other drivers to transport your child
- Alternate Transportation Form – if students will be traveling to events in vehicles other than District owned vehicles
 - Parent Signature
 - Supervising Employee
- Student Personal Automobile Use Form – if students will be driving themselves (NO other students in car) to events
 - Parent signature
 - Athlete signature

Acknowledgment of Athletic/Extra Curricular Handbook Form

Name _____ Student # _____

Birth date _____ Age _____ Grade _____

Parent's / Guardian's Name _____ Home Phone # _____

Home Address _____ City _____ Zip _____

Daytime Phones: Father _____ Mother _____ Cell _____

Consent Statements – Please read carefully and sign below.

- ❖ I hereby give my consent for the above-named student to participate in athletics/extra curricular activities.
- ❖ I hereby give my consent for the above-named student to have his/her picture and/or statistics published. This may include print/electronic media.
- ❖ I hereby authorize the FCUSD or a representative to transport and supervise the above-named student on any trip.
- ❖ I hereby give my consent, in case this student is injured or becomes ill, for the school and/or its representative to secure medical aid, ambulance transportation, and for the medical agency to render treatment.
- ❖ I hereby give my consent to the team physician, emergency doctor, nurse, athletic trainer, teacher and/or coach to apply first aid treatment until the family doctor can be contacted.
- ❖ I, as a student athlete, have read and will adhere to the Code of Conduct for Interscholastic Student Athletes.
- ❖ I, as a parent/guardian, have read and will adhere to the Code of Conduct for parents/guardians.

WE HAVE READ AND UNDERSTAND ALL OF THE RESPONSIBILITIES AS OUTLINED IN BOTH THE STUDENT/PARENT HANDBOOK AND ANY ADDITIONAL GUIDELINES (If applicable) ATTACHED BY THE COACH OR TEACHER.

Parent's/Guardian's Signature

Date

Student's Signature

Date



AGREEMENT FOR TEAM/EXTRA CURRICULAR PARTICIPATION

[Including Waivers and Releases of Potential Claims and Statement of Other Obligations]

All sections of this Agreement must be completed, with the signed original delivered to the School Office, before a Student will be allowed to participate in any manner in the Team Activities defined below.

A separate Agreement is required for each Team in which the Student may participate.

Name of Student	Address:
Grade:	DOB:
School:	Telephone:
Team:	

In Consideration for the Student’s ability to participate in the Team [including any Sport, Cheerleading, Dance, Club, or Marching Band], including try outs for the Team, participation in Team practices or training sessions, receiving coaching, training, and direction, participating in Team events, shows, performances, and competitions, and traveling to and from any of the foregoing activities (“Team Activities”), the Student and the Parent or Legal Guardian (“Adult”) signing this Agreement agree as follows:

1. It is a privilege, not a right, to participate in extra-curricular activities, including Team Activities. The privilege may be revoked at any time, for any reason, that does not violate Federal, State or District laws, policies or procedures. There is no guaranty that the Student will make the Team, remain on the Team, or actively participate in Team events, shows, performances, or competitions. Such matters shall remain exclusively within the judgment and discretion of the District and its employees.

2. The Student and the Adult understand the nature of the Team, including the inherent or potential risks of Team Activities. The Student is in sufficiently good health and physical condition to participate in Team Activities, and voluntarily wishes to participate in Team Activities. Before participating in a Team Activity, a medical clearance shall be submitted (valid for one calendar year), signed by a medical doctor (nurse practitioners, chiropractors or other non-California licensed medical doctors are not acceptable), stating that the Student has been physically examined and is deemed to be in sufficiently good health and fitness so that the Student may fully participate in Team Activities.

3. The Student shall comply with the instruction and directions of Team Activity teachers, coaches, supervisors, chaperones, and instructors. During the Student’s participation in Team Activities, as well as academic and/or other school activities, the Student shall comply with all applicable Codes of Conduct. The Student shall also generally conduct himself/herself at all times in keeping with the highest moral and ethical standards so as to reflect positively on himself/herself, the Team and the District. Failure to meet these obligations may, in the discretion of the District, result in immediate removal from Team Activities and a prohibition against any future involvement in Team Activities or other extra-curricular activities. Should the violation of these obligations also result in bodily injury or property damage during a Team Activity, the Adult will (a) pay to restore or replace any property damaged as a result of the Student’s violation, (b) pay any damages caused to bodily injury to an individual, and (c) defend, protect and hold the District harmless from such property damage or bodily injury claims.

4. Team Activities contain potential risks of harm or injury, including harm or injury that may lead to permanent and serious physical injury to the Student, including paralysis, brain injury, or death (“Injuries”) Injuries might arise from the Student’s actions or inactions, the actions or inactions of another Student or participant in a Team Activity, or the actual or alleged failure by District employees, agents or volunteers to adequately coach, train, instruct, or supervise Team Activities. Injuries might also arise from an actual or alleged failure to properly maintain, use, repair, or replace physical facilities or equipment available for Team Activities. Injuries might also arise from undiagnosed, improperly diagnosed, untreated, improperly treated, or untimely treated actual or potential Injuries, whether or not caused by the Student’s participation in Team Activities. All such risks are deemed to be inherent to the Student’s participation in Team Activities. By this Agreement, the Student and Adult are deemed to fully assume all such risks and, in consideration for the right of the Student to participate in Team Activities, understand and agree that to the fullest extent allowed by law they are waiving and releasing any potential future claim they might otherwise have been able to assert against the District, or any Board Member, employee, agent or volunteer of the District (“Released Parties”) by or on behalf of the Student or any parent, administrator, executor, trustee, guardian, assignee or family member, and further understand that transportation to or activities at another location are “field trips” or “excursions” for which there is complete immunity pursuant to Education Code § 35330.

5. If the Student believes that an unsafe condition or circumstance exists, or otherwise feels or believes that continued participation in Team Activities might present a risk of Injury, the Student will immediately discontinue further participation in Team Activities, notify School personnel of the Student’s belief, and notify a parent or guardian of the Student’s belief. Any parent or guardian of the Student shall, thereafter, not allow the Student to participate in Team Activities until the unsafe condition or circumstance is remedied, with any question or concern regarding the alleged existence of the unsafe condition or circumstance addressed to their satisfaction.

6. Emergency medical information regarding the Student is on file with the District and is current. The Adult agrees to provide updated medical information during the course of the Student's participation in Team Activities. If an injury or medical emergency occurs during Team Activities, District employees, agents or volunteers have my express permission to administrator or to authorize the administration of urgent or emergency care, including the transportation of the Student to an urgent care or emergency care provider. In such circumstances, notice to me and/or the Emergency Contact of the injury or medical emergency may be delayed. Therefore, any urgent or emergency care provider has my express authority to conduct diagnostic or anesthetic procedures, and/or to provide medical care or treatment (including surgery), as they may deem reasonable or necessary under all existing circumstances. All costs and expenses associated with such care are solely my responsibility.

7. California Education Code Section 32221 requires each member of a Team to have insurance protection for medical and hospital expenses resulting from bodily injuries in one of the following amounts: (a) a group or individual medical plan with accident benefits of at least \$200 for each occurrence and major medical coverage of at least \$10,000, with no more than \$100 deductible and no less than 80% payable for each occurrence; (b) group or individual medical plans which are certified by the Insurance Commissioner to be equivalent to the required coverage of at least \$1,500; or (c) at least \$1,500 for all such medical and hospital expenses. You may meet this obligation in one of two ways:

a. Provide your own private medical and hospital expense insurance coverage. If this option is selected, please provide _____ (Name of Insurance Company), _____ (Policy number), _____ (list coverage dates or "continuous"). Under this option, by signing below, the Adult is certifying that the Student is presently covered under the listed Policy, the Student will remain covered under the Policy during the length of the Team season, and the provided insurance coverage complies with Section 32221.

b. Purchase insurance meeting the requirements of Section 32221, for the period during which the Student is participating on the Team, through a coverage provider made available through the District [please contact the District to gain additional information regarding this program]. If you are financially unable to pay for such insurance, a payment waiver can be submitted [forms seeking this waiver are also available from the District]. If the waiver is submitted, it remains the obligation of the Student and Adult to ensure that such coverage is actually purchased; with the District assuming no liability or obligation arising from any actual or alleged failure timely to assist or obtain such coverage for the Student.

8. Employees, agents or volunteers of the District, members of the press or media, or other persons who may attend or participate in Team Activities, may photograph, videotape, or take statements from the Student. Such photographs, videotapes, recordings, or written statements may be published or reproduced in a manner showing the Student's name, face, likeness, voice, thoughts, beliefs, or appearance to third parties, including, without limitation, webcasts, television, motion pictures, films, newspapers, yearbooks, and magazines. Such published or reproduced items, whether or not for a profit, may be used for security, training, advertising, news, publicity, promotional, informational, or any other lawful purpose. I hereby authorize and consent to any such publications or reproductions, without compensation, and without reservation or limitation.

9. This Agreement shall be governed by the laws of the State of California. This Agreement is to be broadly construed to enforce the purposes and agreements set forth above, and shall not be construed against the Released Parties solely on the basis that this Agreement was drafted by the District. If any part of this Agreement is deemed invalid or ineffective, all other provisions shall remain in force. No oral modification of this Agreement, or alleged change or modification of its terms by subsequent conduct or oral statements, is allowed. This Agreement contains the sole and exclusive understanding of the parties, with no other representation relied upon by the Adult or Student in determining whether to execute this Agreement or in agreeing to participate in Team Activities.

BY SIGNING BELOW: (1) I AM GIVING UP SUBSTANTIAL ACTUAL OR POTENTIAL RIGHTS IN ORDER TO ALLOW THE STUDENT TO PARTICIPATE IN TEAM ACTIVITIES; (2) I HAVE SIGNED THIS AGREEMENT WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE, AND WITH FULL APPRECIATION OF THE RISKS INHERENT IN TEAM ACTIVITIES; (3) I HAVE NO QUESTION REGARDING THE SCOPE OR INTENT OF THIS AGREEMENT; (5) I, AS A PARENT OR LEGAL GUARDIAN, HAVE THE RIGHT AND AUTHORITY TO ENTER INTO THIS AGREEMENT, AND TO BIND MYSELF, THE STUDENT, AND ANY AND ANY OTHER FAMILY MEMBER, PERSONAL REPRESENTATIVE, ASSIGN, HEIR, TRUSTEE, OR GUARDIAN TO THE TERMS OF THIS AGREEMENT; (6) I HAVE EXPLAINED THIS AGREEMENT TO THE STUDENT, WHO UNDERSTANDS HIS/HER OBLIGATIONS.

Printed Name of Parent/Guardian	Signature	Date

As the Student, I understand and agree to all of obligations placed on me by this Agreement.

Printed Name of Student

Signature

Date



Folsom Cordova Unified School District - SPORTS PHYSICAL EXAMINATION FORM



PART 1 (TO BE COMPLETED BY STUDENT AND PARENT(S OR GUARDIAN)

Form with fields for LAST NAME, FIRST NAME, GRADE, BIRTHDATE, FALL SPORT, WINTER SPORT, SPRING SPORT, and STUDENT ID NUMBER.

HEALTH HISTORY (Must be completed prior to the examination)

Health history questionnaire with 29 numbered items. Each item has 'Yes' and 'No' checkboxes. Items include chronic illness, hospitalizations, allergies, heart conditions, injuries, and history of tetanus.

Explain all "YES" answers here along with any other fact or circumstance that should be disclosed to the examining physician (use reverse of form if needed):

PARENT/GUARDIAN'S AUTHORIZATION: I authorize a physician to perform a Sports Physical Evaluation on the student. The information set forth above is complete and accurate and I know of no reason why the student cannot fully and safely participate in the listed sports.

Form with fields for PRINT NAME OF PARENT OR GUARDIAN, SIGNATURE OF PARENT OR GUARDIAN, ADDRESS, WORK PHONE, HOME PHONE, DATE, REGULAR PHYSICIAN'S NAME, and OFFICE PHONE.

PART II (TO BE COMPLETED BY THE EXAMINING PHYSICIAN)

Physical examination table with columns for NORMAL and ABNORMAL (Describe). Rows include Eyes/Ears/Nose/Throat, Skin, Heart, Abdomen, Genital/hernia (males), Musculoskeletal (Neck/Spine, Shoulders/Back, Arms/Hands/Fingers, Hips/Thighs, Knees/Legs, Feet/Ankles), and Neurologic Screening Exam (NSE). Includes a Recommendation section with checkboxes for participation levels.

Comments:

Form with fields for PRINT NAME OF PHYSICIAN (M.D. Only), PHYSICIAN'S SIGNATURE, and DATE.

**FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT
AGREEMENT FOR STUDENT ATHLETE AND PARENT/GUARDIAN
REGARDING USE OF STEROIDS**

Student Athlete (print name)

Directions: As a condition of membership in the California Interscholastic Federation (CIF), the Governing Board of the Folsom Cordova Unified School District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids. CIF Bylaw 524 requires that all participating students and their parent/guardians sign this agreement.

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

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

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

Signature of Student Athlete

Date

Signature of Parent/Guardian

Date



PERSONAL AUTOMOBILE USE FORM

[One Form Required for Each Driver to be Approved]



Thank you for volunteering your time, and your automobile, to help transport our Students to off-site events or activities. In order to protect the health and safety of our Students, our District requires that anyone (employee or volunteer) using their personal automobile to transport Students to and from sanctioned activities must receive prior approval. Before we can issue such approval, certain information must be obtained at least fifteen (15) days before you transport our Students. You must also agree to abide by certain rules regarding the operation of the vehicle as set forth below.

REQUIRED INFORMATION

Name of Driver:	
Calif. Driver's License No. & Exp. Date:	
Vehicle(s) Year/Make/Model:	
Vehicle(s) License Plate No.:	
Insurance Carrier:	
Policy Number and Expiration Date:	
Liability Coverage Limits:	
(Required Insurance Levels: Property Damage \$25,000; Bodily Injury \$100,000/\$300,000; Uninsured Motorist \$25,000/\$50,000)	

We also require a photocopy of (a) your Driver's license, and (b) your Insurance Policy Declarations Page. Should your Driver's License or Insurance Policy expire during the school year, updated photocopies showing their renewal are required before you will again be eligible to transport Students. By signing below, you are also authorizing the District to (a) obtain a copy of your Driver Record History and status of your Driver's License, (b) conduct a criminal background check, and (c) contact your insurance company to confirm your insurance status. Also, **please also be advised**, that pursuant to Insurance Code Section 11580.9(d), in the case of an accident, **your insurance will provide the primary coverage for any resulting bodily injury or property damage**. The District's automobile liability coverage will apply, if at all, only after your insurance coverage is exhausted through the payment of covered claims. The District does not cover, nor is the District responsible for, comprehensive, uninsured motorists, or collision coverage for your vehicle.

VEHICLE SAFETY AND TRANSPORTATION PROCEDURES AND REQUIREMENTS

For the safety of our Students, in signing below, you are also agreeing to the following rules and requirements:

1. I will not operate an automobile while impaired, whether due to alcohol, drugs (prescription or nonprescription), lack of sleep, or distraction of any kind. I will at all times comply with California law regarding proper operation of the Vehicle, including compliance with all speed limits and posted signs and placards.
2. I will not transport Students in a Vehicle I have reason to believe may be mechanically unsafe or that may become unsafe due to weather or other natural conditions. I will not transport Students unless I have a working seatbelt for each Student, with seatbelts to be used at all times by myself and all transported Students. The Vehicle(s) may be inspected by District representatives.
3. I am over the age of 21 and will be the sole driver of the Vehicle for any given activity, event, or competition. I will not let anyone other than myself and authorized Students ride in the Vehicle. However, I may seek written permission from the District to allow another child of mine to ride in the Vehicle to a specific activity, event, or competition **if** the destination involves an activity, event or competition generally available to the public or, at my expense and with District permission, I can purchase admittance for such other child.

Owner Printed Name

Owner Signature

Date

Driver Printed Name

Driver Signature

Date

Approved by Site Administrator: _____

Received by: _____

Date : _____

Date: _____

School Year _____

Athletic/Extra Curricular Transportation Release

Folsom Cordova Unified School District

Secondary Schools

This is notification that I will take my child home from off-campus events in lieu of District bus transportation.

I consent to my child being allowed to go home with the following driver(s) at the conclusion of off-campus events in lieu of District bus transportation.

ALL DRIVERS MUST HAVE COPIES OF CURRENT DRIVER'S LICENSE AND INSURANCE INFORMATION ON FILE WITH THE ATHLETIC DEPARTMENT OR SCHOOL.

Name(s) of driver(s):

Name (Please Print) * Insurance * Driver's License Number

Name (Please Print) * Insurance * Driver's License Number

Date: _____

Student's Name (*please print*): _____

Parent/Guardian Name (*please print*): _____

Signature of Parent/Guardian: _____



ALTERNATE TRANSPORTATION FORM

Students are required to travel on school buses or other District-designated methods of transportation to and from all District-sponsored activities, including, but not limited to, practices, games, meetings, competitions, conferences and other District-sponsored events (“Events”). Under special circumstances, with prior approval, Students may be transported to and from Events (a) by a parent/legal guardian or other designated adult, or (2) by himself/herself. Under no circumstances may a Student be transported in a vehicle driven by another student or anyone under 21 years of age.

Before the District grants a request for alternate transportation, this Alternate Transportation Form must be submitted to the School Office after it has been signed by the Student, the Student’s parent/ legal guardian, and the District employee supervising the Event. Before the Alternate Transportation Form will be accepted and approved by the School Office, the individual who will transport the Student must also complete and file with the School Office an acceptable (a) Personal Automobile Use Form (for parents/ guardians/designated adults) or (b) Student Personal Automobile Use Form (if the Student intends to drive himself/herself to Events).

If the required Forms are not submitted to and accepted by the School Office 48-hours before an Event, the Student must be transported to the Event through normal District-sponsored methods. A Student not complying with these provisions will not be allowed to attend or participate in the Event.

Name of Student:	
Event(s): Each approved Event or series of Events must be listed:	
Date(s):	
Reason for Request:	
Name of Designated Driver(s): Student and/or Designated Adult(s)	

I/we agree that the designated drivers and vehicles to be used are not covered under the District’s automobile liability coverage, that the Student, his/her parent(s)/legal guardian(s), and/or the driver of the vehicle are solely responsible for any resulting damage or injury to others. I/we also agree that the Student and anyone else in the vehicle assume their own risks of harm, injury or death arising from this alternate transportation. The Student, his/her parent(s)/legal guardian(s), and/or the vehicle driver agree to hold the District and its officers, employees and volunteers free from any liability, agreeing also to defend and indemnify them against any resulting claim.

_____	_____	_____
Printed Name of Student	Signature	Date
_____	_____	_____
Printed Name of Parent/Guardian	Signature	Date
_____	_____	_____
Printed Name of Supervising Employee	Signature	Date

Date Received by District:	Received/Approved by:
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