

## 2023-24 Garces Memorial Athletic Clearance Packet Instructions

Student name \_\_\_\_\_

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**There are three ways to complete this form. Please choose the method that works best.**

- Print it, fill it out, and turn it in to the front desk at Garces Memorial.
- If you have an Apple device, email it to yourself then use the “Mark-Up” feature to complete the form and email it to the Garces Memorial Athletic Department at [athletics@mygarces.org](mailto:athletics@mygarces.org)
- Use your students’ iPad and send the document to the Notability app to complete, then send to the Garces Memorial Athletic Department at [athletics@mygarces.org](mailto:athletics@mygarces.org)

**If using this option, when the document is complete in Notability, use the send button, then the “other apps” option (not the email option), choose “PDF” format, then the “Share Note” option, then choose the blue email option.**

**Sports student is interested in playing in 2023-24 (list all possible options)**

**List here:** \_\_\_\_\_

## Garces Memorial Athletic Clearance Packet

This clearance packet must be completed online at [www.garces.org](http://www.garces.org). Go to the Athletics page and click on the Athletic Clearance Packet link. When you click on the link, you will be directed to “DocuSign” forms that will ask for information on the student-athlete and parent or guardian who will be signing in the packet (only one parent or guardian will complete the packet per student-athlete).

The student-athlete will sign and provide all information requested in the packet; then, it will be emailed automatically to the parent or guardian whose information is provided for their signatures. Once submitted by the student-athlete and parent or guardian, the completed packet is automatically emailed to the Athletic Department at [athletics@mygarces.org](mailto:athletics@mygarces.org).

All DocuSign forms must be completed and signed by the student-athlete and by a parent or guardian. Use your legal name (no nicknames), for insurance purposes. Athletes CANNOT practice until their Athletic Clearance Packet is completed and submitted via DocuSign.

Along with the clearance packet, incoming freshmen student-athletes must complete an athletic physical and pre-medical history with signatures from a certified physician.

Special note: students must also comply with the standards in the Garces Memorial Hand Book and with all CIF Rules and Regulations.

Packet Includes:

1. Code of Conduct – Student-Athlete
2. Code of Conduct – Parent
3. CIF Ethics in Sports
4. CIF Steroids Policy
5. Risk Acknowledgement
6. Transportation/Hold Harmless agreement
7. Emergency Information and Authorization to Consent to Treatment of a Minor
8. CIF Concussion Information Form
9. Sudden Cardiac Arrest Form

### **CIF 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 Character”). 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 accordance with the following:

#### **Trustworthiness**

- **Definition** – to be worthy of trust in all I do.
- **Integrity** – to 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.
- **Honestly** – to live and compete honorably; not to 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** – to be loyal to my school and my team; putting the team above personal glory.

## Respect

- **Definition** – to treat all people with respect at all times and require the same treatment from others.
- **Class** – to live and play with class; to be a good sport; to be gracious in victory and accept defeat with dignity; to give fallen opponents help; compliment extraordinary performance, show sincere respect in pre-and post-game rituals.
- **Disrespectful Conduct** – not to 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 deemed inappropriate that demean individuals or the sport.
- **Respect of Officials** – to 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** – to be a student first and commit to getting the best education I can. To be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remembering that many universities will not recruit student-athletes who are not committed to their education, having the ability to succeed academically or the character to represent their institution honorably.
- **Role Modeling** – remembering that 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. I pledge to consistently exhibit good character and conduct myself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the school administration.
- **Self Control** – to exercise self-control; not to fight or show excessive displays of anger or frustration; and have the strength to overcome the temptation to retaliate.
- **Healthy Lifestyle** – to safeguard my health; and not 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** – to protect the integrity of the game; not to gamble and to play the game according to the rules.

## Fairness

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

## Caring

- **Concern for others** – to demonstrate concern for others; to never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.
- **Teammates** – to 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** – to maintain a thorough knowledge of and abide by all applicable game and competition rules.
- **Spirit of Rules** – to 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.

I have read and understand the requirements of this Code of Conduct. I understand that I'm expected to perform according to this code and I understand that there may be sanctions or penalties if I do not.

Student-Athlete printed name \_\_\_\_\_

Student-Athlete signature \_\_\_\_\_ Date \_\_\_\_\_

## Code of Conduct for Parents

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.

There is a value system – established in the home, nurtured in the school – that is, young people are developing. Their involvement in the classroom and other activities contributes to that development.

Trustworthiness, citizenship, caring, fairness and respect are lifetime values taught through athletics. 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.

Through the pursuit of excellence in sports and faith in God, Garces aims to build respect, integrity, compassion, and courage of faith. Our parents play an integral role in providing the necessary leadership and direction in helping our student-athletes understand the Mission of Garces Memorial.

As a parent of a student-athlete: at Garces Memorial High School, your goals should include:

- To encourage and promote the spiritual development of our student-athletes;
- Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game;
- Encourage our students to perform their best, just as we would urge them on with their classwork;
- 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 the officials;
- Learn, understand, and respect the rules of the game, the officials who administer them and their decisions;
- Respect the task that our coaches face as teachers; and support them as they strive to educate our youth;
- Respect our opponents as student-athletes, and acknowledge them for striving to do their best; and
- Develop a sense of dignity and civility under all circumstances.

Please understand that you have a major influence on your student-athlete's spiritual development, academic success and athletic achievement. The leadership role you take will help influence your child for years to come.

Garces Memorial High School looks forward to serving you in the year ahead, and appreciates your continued support.

Parent/Guardian printed name \_\_\_\_\_

Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

# **California Interscholastic Federation - Central Section**

Central Section Commissioner  
P.O. Box 427, Kingsburg, CA 93631  
Phone (559) 781-7586

## **ETHICS IN SPORTS**

### **I. Policy Statement**

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

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

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

### **II. Code of Ethics**

- A. To emphasize the proper ideas of sportsmanship, ethical conduct and fair play.
- B. To eliminate all possibilities which tend to destroy the best values of the game.
- C. To stress the values derived from playing the game fairly.
- D. To show cordial courtesy to visiting teams and officials.
- E. To establish a happy relationship between visitors and hosts.
- F. To respect the integrity and judgment of sports officials.
- G. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.



- H. To encourage leadership, use of initiative and good judgment by the players on a team.
- I. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
- J. To remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, official, fan, or nation.

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

*Student Signature* \_\_\_\_\_

*Parent Signature* \_\_\_\_\_

*Student printed name* \_\_\_\_\_

*Parent printed name* \_\_\_\_\_

### **III. Violations and Minimum Penalties**

**ACT PENALTIES** 1. First ejection of player or coach from a contest or SCRIMMAGE for unsportsmanlike conduct.

Ineligible for the next CIF contest (league, non-league, tournament, invitational, playoff, etc. scrimmage excluded). The next contest could be the second game of a doubleheader or even the next season of sport. Athletes competing in concurrent sports would be ineligible for both sports.

2. Second ejection of a player or coach from a contest during the same season of sport for unsportsmanlike conduct.

Ineligibility for next two CIF contests as above will carry over the next season of sport.

3. Third ejection of a player or coach from a contest during the same season of sport for unsportsmanlike conduct

Ineligibility for all CIF contests for one calendar year (365 days). Any appeal must go through the CIF Eligibility Committee.

4. Any players that leave the “bench” area to begin a confrontation or leave these areas during an altercation. Ejection from the contest for those players designated by officials. The contest may be terminated by the officials.

One or both teams may forfeit the contest.

5. When players leave the bench area to begin a confrontation or leave the bench area during an altercation and in the opinion of the officials, the situation is out of control.

Contest stopped, ejection from the contest for those players designated by the officials. The team(s) that left the bench area must forfeit contest, record a loss, and the team(s) and players will be put on probationary status for the balance of the season. A second similar infraction during the season of sport will result in cessation of the sport for the team(s) and/or players. If the act occurs at the end of the season, the probationary period will extend to the next year’s season of sport. Any appeal would have to be made to the CIF Executive Board.

6. Illegal participation in next contest by player ejected in previous contest.

Ineligibility for remainder of season for player. Forfeiture of contest.

7. Illegal placement of ejected player or illegal participation by coach ejected in previous contest.

Constitution and sport governing rules and procedures for a coach who knowingly violates CIF or Section Rules.

8. Any acts of a more serious nature by individuals or teams or situations not specifically covered by this policy or the Constitution or Governing Rules.

Area Commissioner may determine and implement penalties for individuals and teams not otherwise specified by CIF Central Section Constitution and Bylaws.

9. If act occurs in CIF Section Finals and both teams are charged with a forfeit.

After deliberation by the CIF and a double forfeit is in order, there will be no champion.

10. An ejected coach must leave the site of the contest. The coach may have no contact with his/her team from that point on. If there is no certificated replacement for the coach, the contest is halted and the game is forfeited. The coach must also sit out the next contest and cannot attend the contest or have any contact with the team during the contest. The coach may be allowed to participate in practices on days other than the day of the contest.

11. An ejected player may stay on the bench for the remainder of the contest for supervision reasons. Further disruption by ejected players may force them to be removed from the site. This could lead to a forfeit. Players ejected must sit out the next contest, but may sit on the bench in street clothes.

**APPEALS PROCEDURE – First and Second Ejection** All appeals MUST come from the school Principal or his/her designee. Only misidentification and misapplication of a rule may be appealed. NO JUDGMENT DECISIONS by officials may be appealed.

**PHYSICAL ASSAULT** CIF State Constitution, Article 5, Section 522. Any student who physically assaults the person of a game or event official shall be banned from interscholastic athletics for the remainder of the student's eligibility. A game or event official is defined as a referee, umpire or any other official assigned to interpret or enforce rules competition at an event. A student may, after a lapse of 18 calendar months from the date of the incident, apply for reinstatement of eligibility to the State CIF Commissioner.

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

## **CIF Mandatory Steroids Policy**

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Bylaw 524)

By signing below, both the participating student-athlete and the parents, legal guardian hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We also recognize that under CIF Bylaw 200.D, there could be penalties for false or fraudulent information. We also understand that Garces Memorial High School (See Parent/student Handbook) policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Printed Name of Student-Athlete

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Signature of Student-Athlete

\_\_\_\_\_ Date \_\_\_\_\_

## **Risk Acknowledgement and Consent to Participate Form**

Student/Athlete's Name \_\_\_\_\_

DOB \_\_\_\_\_

My child wishes to participate in Athletics/Sports for the Garces Memorial High School sports program during the school year.

I am aware that participation in any sport can be dangerous to my child's health. I am also aware that participating in any sport also involves MANY RISKS OF INJURY. I understand that the dangers and risks of participation in any sport include a full range of injuries, from the very minor to the severe, and in rare cases, the loss of life.

I realize the protective equipment and padding used in the sport, the safety rules and procedures, the coaching instruction received and the sports medicine care provided to athletes will not guarantee safety or prevent all possible injuries.

**I agree to accept these risks as a condition of my child's participation in the sports program.** Because of the dangers and risks of participating in sports, I recognize the importance of my child following the coaches' instruction regarding playing techniques, training and team rules.

In consideration of Garces Memorial High School and the Diocese of Fresno permitting my child to try out for a sports team and engaging in all participation activities relating to that team, as well as traveling, I agree to hold the Diocese of Fresno, it's employees, agents, representatives, medical personnel, managers, coaches, trainers, staff and volunteers, collectively and individually, harmless from any and all liability and claims to legal action of any kind which may arise in connection with my child's participation in any activities of Garces Memorial High School and/or the Diocese of Fresno athletic team(s), except for negligence.

The terms of this agreement shall serve as a release and assumption of the risks of the athletics/sports to my heirs, estate, executor, administrator, assignees and for all members of my family.

**DO NOT SIGN THIS FORM IF YOU HAVE ANY QUESTIONS OR CONCERNS**

I HAVE READ THIS ENTIRE FORM AND I ACKNOWLEDGE ALL OF THE ABOVE INFORMATION

Student-Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

## **Diocese of Fresno Transportation Hold Harmless Agreement**

Garces Memorial High School does not provide transportation for our student-athletes to the majority of local away athletic events. It is the responsibility of the parent/guardian to provide for the transportation of their son/daughter to off-campus events.

I, Mr./Mrs.(or Guardian) of \_\_\_\_\_,  
agree to protect, indemnify, save and hold harmless, the Roman Catholic Bishop of Fresno, a corporation sole and Garces Memorial High School against and from any and all loss, cost, damage or expense, arising out of or from any accident or other occurrence that might occur during transportation to games/events, and/or other athletic activities.

I hereby give my permission for \_\_\_\_\_ to leave school at the time of dismissal for his/her team's athletic contest, understanding he/she will not be using school provided transportation and will not be under school supervision until his/her arrival at the event site. Dismissal times are posted weekly on the school's web site on the "Athletic" web page.

### **DO NOT SIGN THIS FORM IF YOU HAVE ANY QUESTIONS OR CONCERNS**

I HAVE READ THIS ENTIRE FORM AND I ACKNOWLEDGE ALL OF THE ABOVE INFORMATION

Student-Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

## **EMERGENCY INFORMATION & AUTHORIZATION TO CONSENT TO TREATMENT OF A MINOR**

I, the undersigned parent/guardian of a minor, \_\_\_\_\_ do hereby authorize an administrator of Garces Memorial High School as agent(s) for the undersigned to consent to any x-ray, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any physician or surgeon licensed under the provisions of the Medical Practice Act on the medical staff of any accredited hospital, whether such diagnosis or treatment is rendered at the office of the said physician or at the hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being quired, but is given to provide authority and power on the part of our aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which the aforementioned physician in the exercise of his/her best judgment may deem advisable.

In addition, I (we) grant permission to the athletic trainer at Garces Memorial High School to evaluate, and /or refer said minor to physicians or physical therapists as needed. This permission includes first-aid/emergency care, application of preventative and therapeutic taping and wrapping, protective padding and bracing, therapeutic modalities, therapeutic exercises, etc.

This authorization is given pursuant to the provisions of Section 25.8 of the Civil Code of California and shall remain effective for one (1) year from the date of signature.

Parent/Legal Guardian's Printed Name \_\_\_\_\_ Date \_\_\_\_\_

Parent/Legal Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

# EMERGENCY INFORMATION

Student's Name \_\_\_\_\_

Birth Date \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Father's Day Phone \_\_\_\_\_

Cell \_\_\_\_\_

Mother's Day Phone \_\_\_\_\_

Cell \_\_\_\_\_

Family Physician \_\_\_\_\_

Phone \_\_\_\_\_

Known Allergies \_\_\_\_\_

Present Medications \_\_\_\_\_

Present Medical Problems \_\_\_\_\_

**If parents cannot be reached, notify:**

Name \_\_\_\_\_ Relation \_\_\_\_\_

Phone \_\_\_\_\_

Name \_\_\_\_\_ Relation \_\_\_\_\_

Phone \_\_\_\_\_



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

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.”

**and**

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”. **A STUDENT DIAGNOSED WITH A CONCUSSION CANNOT RETURN TO ACTIVITY FOR A MINIMUM OF SEVEN (7) DAYS AS DETERMINED BY THE DOCTOR.**

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

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete

Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Parent or Legal**

Guardian/Parent Printed Name \_\_\_\_\_

Guardian/Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

## Keep Their Heart in the Game

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

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

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

**Who is at risk for sudden cardiac arrest?** SCA is more likely to occur during exercise or physical activity, so student-athletes are at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult. This may be because they are embarrassed,

they do not want to jeopardize their play- ing time, they mistakenly think they're out of shape and need to train harder, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA. What should you do if your student-athlete is experiencing any of these symptoms? **We need to let** student-athletes know that if they experience any SCA-related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a primary care physician. If the athlete has any of the SCA risk factors, these should also be discussed with a doctor to determine if further testing is needed. Wait for your doctor's feedback before returning to play, and alert your coach, trainer and school nurse about any diagnosed conditions.

## The Cardiac Chain of Survival

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

### **Early Recognition of Sudden Cardiac Arrest**

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

### **Early Access to 9-1-1**

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

### **Early CPR**

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

### **Early Defibrillation**

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

### **Early Advanced Care**

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

*Cardiac Chain of Survival Courtesy of Parent Heart Watch*

# Recognize the Warning Signs & Risk Factors of Sudden Cardiac Arrest

(SCA)

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

## Potential Indicators That SCA May Occur

Fainting or seizure, especially during or right after exercise

Fainting repeatedly or with excitement or startle

Excessive shortness of breath during exercise

Racing or fluttering heart palpitations or irregular heartbeat

Repeated dizziness or lightheadedness Chest pain or discomfort with exercise

Excessive, unexpected fatigue during or after exercise

## What is CIF doing to help protect student-athletes?

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

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

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STUDENT-ATHLETE SIGNATURE      PRINT STUDENT-ATHLETE'S NAME      DATE

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PARENT/GUARDIAN SIGNATURE      PRINT PARENT/GUARDIAN'S NAME      DAT

For more information about Sudden Cardiac Arrest visit

[California Interscholastic Federation Eric Paredes Save A Life Foundation](http://www.cifstate.org)  
[CardiacWise \(20-minute training video\)](http://www.cifstate.org) <http://www.cifstate.org> <http://www.epsavealife.org>  
<http://www.sportsafetyinternational.org>