

Athletics Handbook



TABLE OF CONTENTS

I. Introduction	3
II. Sports Offered at Samueli Academy	3
III. Student First, Athlete Second	3
IV. Academic Eligibility Requirements	4
V. Pre-participation Requirements	5
VI. Athletic Department Policies	5
a. General	5
b. Team Selection	5
c. Tryouts	5
d. Multi-Sport Athletes	5
e. Multiple Sports-Same Season	6
f. Team Managers	6
VII. Samueli Academy Athlete Code of Conduct	6
VIII. CIF Southern Section Code of Ethics	8
IX. Hazing	9
X. Bullying	9
XI. Consequences for Unethical Behavior	9
XII. Reasons for Non-Participation	10
XIII. Locker Room Conduct	10
XIV. Training and Practice Sessions	11
XV. Weight Training	11
XVI. Heat and Hydration	11
XVII. Anabolic Steroids	12
XVIII. Opioid Information Sheet	12
XIX. Assumption of Risk Covid-19	13
XX. Injuries	15
a. Student Athlete Injuries	15
b. Concussions and Head Injuries	16
c. Sudden Cardiac Arrest Prevention	16
XXI. Equipment	16
XXII. Dress	16
XXIII. Transportation	17
XXIV. Code of Conduct for Parents/Guardians	17
XXV. Procedures to Address a Concern	19
XXVI. Agreement Signature Sheet	21

INTRODUCTION

This *Athletics Handbook* is a reference guide for coaches, student-athletes, and parents/guardians concerning the policies governing interscholastic athletics at Samueli Academy.

Participation in Samueli Academy’s athletic program is voluntary and open to all students at Samueli Academy. However, participation in athletics is a privilege and not a right. With this privilege, student-athletes are expected to conform to the high standards of the athletic program, and the opportunity to participate may be revoked if a student-athlete fails or refuses to comply with the spirit of the rules, policies, and procedures.

Sound reasoning, good judgment and adherence to the school’s core values (Trust, Respect, and Responsibility) will be the standard by which situations outside the stated rules and regulations are determined and evaluated.

Samueli Academy athletic programs are governed by federal and state law, Samueli Academy Board policies and procedures, as well as California Interscholastic Federation (“CIF”) - Southern Section By-Laws.

Sports Offered at Samueli Academy

FALL	WINTER	SPRING
Cross Country (B/G) Golf (G) Volleyball (G)	Basketball (B/G) Soccer (B/G)	Golf (B) Softball (G) Track and Field (B/G) Volleyball (B)

Samueli Academy also offers a Cheer team, which participates in year-round activities.

For the 2021-22 school year, Samueli Academy will compete as a member of Western Athletic Conference (“WAC”) in the Southern Section of the California Interscholastic Federation (“CIF”) (www.cifss.org).

STUDENT FIRST, ATHLETE SECOND

The Athletic Department philosophy is aligned with the academic mission of the school, to produce lifelong learners and leaders. We are committed to developing the student-athlete and understand that the most important task is to prepare our students to be contributing members of our society, as citizens who exhibit *trust*, *respect*, and *responsibility* in all they do.

While our society places great emphasis on athletics and sports, the intention of the Athletic Department is to have all student-athletes understand how participation serves as a supplement to their academic development more generally. Our athletes are to be students

first, and successful participation in athletics can only exist if there is successful participation in the classroom.

Student-athletes are expected to:

- Graduate with a high school diploma.
- Seek support from their teachers, advisors, peers, or other tutoring resources available on (or off) campus, before they are academically ineligible.
- Be a responsible member of each class, by punctually attending class, taking notes, cooperating with classroom rules, doing their homework, preparing properly for class and participating in classroom activities.
- Meet with their counselor to set up a four-year plan that will prepare them for the overall high school experience, as well as position themselves to continue their development beyond graduation.
- Uphold academic integrity and honesty at all times.
- Emphasize that they are here for **academics first**.
- ***At no time will practice or games be used as an excuse for not meeting classroom obligations.***

ACADEMIC ELIGIBILITY REQUIREMENTS

The intent of this policy is to help all student-athletes maintain the academic rigor offered them as a student at Samueli Academy, and we look forward to seeing our athletes flourish both on and off the field.

1. Every Monday, when a student-athlete's team(s) are in season, student-athletes must complete a Weekly Progress Report for Athletes, which will be signed by all their teachers.
2. Student-athletes with:
 - a. All A, B, or C grades will be "eligible" to participate for the given week.
 - b. Any D grades will NOT be able to participate, if two or more teachers recommend that the student-athlete not be eligible (to focus on course content or missing assignments)
 - c. Any F grades will NOT be eligible to compete for the given week, until their grade is raised.
3. Ineligible athletes, for the given week:
 - a. Will not be released early from the school day for athletic events
 - b. May regain eligibility by raising their grade(s) and/or with teacher approval.
4. All CIF eligibility rules apply as well.
 - a. At a minimum, student-athletes must maintain above a 2.0 Grade Point Average ("GPA"), with no more than one F, at each grading period (quarters and semesters)

Chronically ineligible students may be let go from their respective teams, at the discretion of the coach.

PRE-PARTICIPATION REQUIREMENTS

When going out for a sport, the following requirements must be met before participating in each new season:

- Have a pre-participation physical exam performed by a medical professional
- Submit a completed Sports Packet through athleticclearance.com
- Provide proof of health insurance or seek assistance from the Front Office
- Student and parent/guardian must sign COVID-19 waiver
- Submit all required documents listed above to the Athletics Office

ATHLETIC DEPARTMENT POLICIES

GENERAL

- Each coach will create a contract with their team to create team expectations.
- Athletes must notify their Head Coach, if they will be absent from school.
- If an athlete has attended school, he/she may not miss practice unless approved by the Head Coach.
- An athlete must attend 2/3 of the school day (1/2 if only two scheduled classes) in order to practice or play in an athletic contest. An exception may be granted if the Athletic Director is informed prior to the absence.
- Athletes may request to miss a practice or game in order to participate in another academic or extracurricular school activity, but Athletes must also recognize that missed practices or games may result in reduced playing time in future contests.

NOTE: Winter and spring sport athletic activities may be scheduled during vacation periods, when the school is not regularly in session.

TEAM SELECTION

In accordance with Samueli Academy's philosophy of athletics and its desire to see as many students as possible participate in the athletic program while at Samueli Academy, the Charter School encourages coaches to keep as many students as they can without sacrificing the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective team size for any particular program.

TRYOUTS

Coaches will hold a pre-season meeting for all interested athletes, explaining the Tryout schedule and any pre-season conditioning sessions. Potential athletes will be given a minimum of three days to try out for each team. Athletes coming from another sport are given the same tryout period (three days) once their season ends.

MULTI-SPORT ATHLETES

Multi-sport athletes must complete their current season and any post-season games before trying out or practicing for the next sport season. It is expected that all members of the

coaching staff will support the entire athletic program and support athletes who must complete the prior season before starting the next season. This policy will be enforced by the Athletic Director to protect the team that is in season and the athlete from overuse injuries.

MULTIPLE SPORTS-SAME SEASON

Athletes may compete in more than one sport in the same season (e.g., girls golf & cross country), but only with the consent of both coaches.

TEAM MANAGERS

Athletes may join a sports team as a Team Manager. The Team manager position will follow the same expectations of any other student on the team, but will be assisting the coach in team needs instead of participating in practices or games.

Samueli Academy ATHLETE CODE OF CONDUCT

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 Samueli Academy's core principles: **TRUST**, **RESPECT**, and **RESPONSIBILITY**.

I understand that, in order to participate in high school athletics, I must act in accord with the following:

TRUST

- 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 is unpopular or personally costly.
- Honesty — Live and compete honorably; do not 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 — Avoid engaging 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; do not 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. Suspension or termination of the participation privilege is within the sole discretion of the school administration.
- Self-Control — Exercise self-control; do not fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
- Healthy Lifestyle — Safeguard my health; do 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 — Protect the integrity of the game; don't gamble. Play the game according to the rules.

CIF Southern Section

Academics / Integrity / Athletics

10932 Pine Street Los Alamitos California 90720

Telephone: 562-493-9500 Fax: 562-493-6266

CODE OF ETHICS - ATHLETES

Athletics is an integral part of the school's total educational program. All school activities, curricular and extracurricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

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 (Article 503.I).

By signing below, both the participating student athlete and the parents, legal guardian/caregiver 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. Under CIF Bylaw 202, there could be penalties for false or fraudulent information. We also understand that Samueli Academy policy regarding the use of illegal drugs will be enforced for any violations of these rules.

HAZING

Events have made it necessary to clarify and articulate the policies regarding hazing. As defined by the California Education Code, hazing means “a method of initiation or preinitiation into a pupil organization or body, whether or not the organization or body is officially recognized by an educational institution, that is likely to cause, serious bodily injury or personal degradation or disgrace resulting in physical or mental harm, to a former, current, or prospective pupil.” But the term “hazing” does not include athletic events or school-sanctioned events. The violation of this section is misdemeanor, punishable by a fine of not less than one hundred (\$100), nor more than five thousand (\$5,000) dollars, or imprisonment in the county jail for not more than one year or both.

In addition, the person against whom the hazing is directed may commence a civil action for injury or damages. The action may be brought against any participants in the hazing, or any organization to which the student is seeking membership whose agents, directors, trustees, managers, or officers authorized, requested, commanded, participated in, or ratified the hazing.

Please be aware that there are legal ramifications if students engage in activities that can be considered hazing.

To guide student-athletes in activities involving a school club or team, parents/guardians are encouraged to use these guidelines:

- Check with the coach, teacher or advisor of the activity to ensure that the activity has his or her approval.
- Check with the coach, teacher or advisor for written guidelines to govern the activity.
- Get written verification that adults are involved in the activity.
- Do not assume that if a group of students from the team is organizing an event that the school is actually sponsoring it. Students who organize events in the name of any school group without authorization will be subject to disciplinary action by the school.
- Do not allow your child to travel to any school-related or school-sponsored event for which students are driving one another. Only parents whose insurance has been documented with the school are permitted to drive students.

BULLYING

Players may face school consequences, including suspension, for:

- committing sexual harassment
- bullying or cyber bullying another person
- causing, threatening to cause, or participating in an act of hate violence
- engaging in harassment, threats or intimidation
- making terrorist threats against school officials or property

School administrators may suspend or recommend for expulsion students who engage in bullying of students. If the bullying behavior significantly disrupts the school environment the school shall intervene even if the bullying originated outside of the school environment.

CONSEQUENCES FOR UNETHICAL BEHAVIOR

Allegations of breaking the Code of Conduct, CIF Southern Section Code of Ethics, or other behavioral expectations should be reported to the Head Coach, Athletic Director (“AD”), or the Head of School.

- The Head Coach is responsible for reviewing the alleged infraction, and then report the results of the review to the Athletic Director, in written report. The report must be filed with the AD, and list pertinent facts, the action(s) taken, or penalties recommended by the Head Coach.
- The penalty is to be progressive. Examples include, but are not limited to, probation, ineligibility to practice, ineligibility to start in contests, sitting out games, suspension, or dismissal from the team.
- Students may be required to participate in assistance programs, to address behavioral problems. The sanction for any violation shall be subject to the review and approval of the Athletic Director.
- Discipline by the Athletic Director does not supersede that imposed by a school administrator.
- The Head Coach must immediately notify the parents of any infractions, as well as possible penalties.
- Players, coaches, parents and/or fans may be ejected from a contest for inappropriate behavior.
- For persistent violations for the Code of Conduct, parents and or fans may be asked by the coach or AD not to attend future contests.

REASONS FOR NON-PARTICIPATION

The following is a list of reasons why a student-athlete may not be allowed to participate in a practice or game: (This list is not exhaustive)

- Any situation which would imperil the safety of the student-athlete, such as an injury
- An attitude that is detrimental to the overall team spirit/morale, by either the athlete or their parents.
- Any violations to team or school policy.
- Academic ineligibility.

Playing time is based on practice, attitude, ability to produce, and adherence to team rules, including a positive attitude. It is appropriate for a student-athlete to ask the coach why he/she is not playing, and what he/she should do to improve.

Dismissal from team if not complying any of the above listed guidelines, is the final option for repeat offenders. Violations will be dealt with in a progressive manner. Continued refusal to abide by team policy may result in the student athlete being suspended from or dismissed from the team. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

LOCKER ROOM CONDUCT

Student security and safety in the locker room facilities are the priority of the coaching staff.

Each student-athlete is expected to assist in keeping the area clean, safe, and secure.

- Possessions must be locked and secured at all times. Student-athletes' lockers or combinations with anyone.
- Horseplay is absolutely not allowed. Injuries and/or bad feelings may result from rough housing.
- Student-athletes must clean their locker and locker area daily.
- Treat the facility with respect.
- Report anyone that damages walls, bathrooms, lockers, or other related areas.
- Profanity, vulgarity and abusive or harassing language will not be tolerated at any time. Use words that do not denigrate anyone.

TRAINING AND PRACTICE SESSIONS

In order to have an efficient and productive training session, student-athletes shall observe the following guidelines:

- Come to practice ready to train, be on time, stay focused, socialize outside of practice.
- Warm up and proper technique are important.
- No friends, parents, or significant others are allowed at training practice sessions.

Electronics -- No personal electronic audio devices may be worn or used during training sessions. If a coach wishes to play music, then he or she shall control the content and level of broadcast. Cell phones are not allowed during any part of practices. This invites distraction, and or the possibility of theft.

Food – No food is allowed during practice, unless otherwise cleared by your coach.

WEIGHT TRAINING

A coach must be present and supervise the student-athletes as they train.

- The coach is not to get in a workout. His/her job is to supervise for safety, technique.
- Only coaches are allowed to modify assigned workouts.
- If a student-athlete is injured during a workout, the Head Coach and school Administration must be notified. A form shall then be filled out and recorded by the Athletic Director.
- If a piece of equipment breaks, notify the Head Coach immediately in order to prevent any injuries occurring due to the mechanical failure of equipment. Samueli Academy shall replace or repair damaged equipment if practicable.
- Student-athletes shall always have a spotter when using weights. The spotter shall focus only on the lifter, and nothing else.
- Before performing an exercise, student-athletes shall ensure the area is safe to lift, and that no one is in danger.
- A student-athlete shall never attempt to lift a weight that is beyond his or her physical ability. If technique is compromised due to the amount of weight the student-athlete is attempting to lift, he or she shall immediately stop. The student-athlete, teammates and coaches are in danger. If a student-athlete is in danger of losing a free weight, they shall drop it in a safe manner to the ground. A student-athlete shall not attempt to save a weight; doing so may result in injury.
- When a lifting session is over, the whole team must help in re-racking weights and bars, as well as other equipment such as belts. Leave the weight room safe and ready for the next team lifting. This includes picking up trash and wiping equipment such as leather pads.

HEAT and HYDRATION

In Southern California there are periods of hot weather each year; weather that has the potential to negatively impact the performance and overall health of athletes that participate in sports that practice outdoors. The Athletic Director monitors the National Weather Service website which posts a daily heat advisory. When this index necessitates, the Athletic Director will communicate to coaches required changes or alterations in their daily practice plans or schedules. Athletes are responsible for keeping themselves hydrated on a daily basis, and the consumption of water shall be prioritized over sports drinks, especially before activity. The consumption of sports drinks shall be limited to during and after strenuous activity, and the consumption of soda should be avoided entirely.

Water fountains are located throughout the campus, and coaches are required to offer water breaks to athletes frequently throughout practices. When traveling off campus for competitions, athletes are encouraged to bring a personal water bottle to maintain hydration. If players do not have water bottles available, coaches will travel with water for the team.

ANABOLIC STEROIDS

Samueli Academy does not approve the use of steroids of any kind. *“The health risks associated with steroid use are severe. Anabolic steroid use has been implicated in early heart disease, including sudden death, the increase of bad cholesterol profiles (increased LDL, lower HDL), an increase in tendon injuries, liver tumors, testicular atrophy, gynecomastia (abnormal enlargement of breasts in males), male pattern baldness, severe acne, premature closure of growth plates in adolescents, emotional disturbances and other significant health risks.”* (STERIODS THREATEN HEALTH OF ATHLETES AND INTEGRITY OF SPORTS PERFORMANCE, American College of Sports Medicine, 2003).

It should also be noted that:

- Samueli Academy prohibits the use of androgenic and anabolic steroids, unless prescribed by an AMA fully licensed physician to treat a medical condition.
- CIF By-Law 202.B states that the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information to the CIF.
- Student-athletes shall consult with their doctor, coach and athletic trainer, and parents, before starting any program designed to increase weight and strength by ingestion of any supplement.

OPIOID INFORMATION SHEET

The Charter School annually provides each athlete with an Opioid Factsheet for Patients published by the Centers for Disease Control and Prevention. The athlete and, if the athlete is 17 years of age or younger, the athlete’s parent or guardian shall sign a document acknowledging receipt of the Opioid Factsheet for Patients and return that document to the Charter School before the athlete initiates practice or competition. The fact sheet is available at:

<https://www.cdc.gov/drugoverdose/pdf/AHA-Patient-Opioid-Factsheet-a.pdf>

ASSUMPTION OF RISK COVID-19 WAIVER

Activity (may list more than one): _____

Season or Date(s) of Activity: _____

Participant Name: _____

Participant is (check as applicable): [] a minor (under age 18) [] an adult (18 years or older)

Note: If Participant is a minor, this form must be completed and signed by the Participant's parent or Caretaker.

Introduction and Purpose: The activity (or activities) described above ("Activity") will occur at a time when there exists a public health emergency arising from the spread of the coronavirus that causes COVID-19 ("Coronavirus"), which has resulted in a global pandemic. Thus, there presently is a significant risk of community spread of the Coronavirus associated with the Activity. Participation in the Activity is not mandatory. Whether to participate in the Activity is a decision to be made by the student who desires to participate ("Participant") and/or his or her parent or guardian ("Parent/Guardian"). However, the Samuelli Academy requires that each Participant (or, if the Participant is a minor, his or her Parent/Guardian) complete and sign this certification, waiver, and release ("Waiver") as a condition to, and in consideration of the District allowing, participation in the Activity.

Coronavirus Exposure: By signing this Waiver, you hereby certify to Samuelli Academy that neither the Participant nor any of (i) your or the Participant's parents/guardians, siblings, or family members or (ii) anyone else living in the Participant's household (collectively, "Participant's Family"), at any time within the 14 days immediately prior to you signing this Waiver, have: (i) had close contact with or provided care for any person diagnosed with or suspected to have COVID-19; or (ii) experienced any of the following symptoms: fever, cough, shortness of breath, difficulty breathing, chills, muscle pain, sore throat, new loss of taste or smell. If you cannot certify to all of the foregoing, do not sign this Waiver — instead notify the athletic director and school site administration, whom, to the extent possible, will authorize participation in the Activity at such time as you are able to represent and warrant that all of the foregoing are true. By signing this Waiver, you also hereby represent and warrant to Samuelli Academy that if, at any time prior to or during the Activity, any of the things described in the foregoing clauses (i) or (ii) occur, you will promptly notify the athletic director and school site administration and you will stay away (or, if you are the Parent/Guardian, will keep the Participant and all of Participant's Family away) from the Activity.

Acknowledgement of Risk: By signing this Waiver, you hereby acknowledge that there are certain risks inherent in participation in the Activity generally, and that additional risks are associated with the Activity because it will occur during the COVID-19 pandemic. The specific risks may include, among other things, significant injury, permanent disability, or death, and social and/or economic losses. Such risks might result from, among other things, the actions, inactions, negligence, or willful misconduct of Participants or others, transportation to or from the Activity, the manner in which the Activity is conducted, the condition of the premises at which the Activity occurs, or the condition of any equipment used in connection with the Activity. Although Samuelli Academy has taken precautions to reduce the spread of the Coronavirus, the risk that a Participant will be infected with the Coronavirus or will spread the Coronavirus to others cannot be fully eliminated. By signing this Waiver, you hereby acknowledge and agree that, you have been fully informed of the risks and dangers associated with the Activity, and you nonetheless voluntarily consent to participation in the Activity by the Participant.

Assumption of Risk: By signing this Waiver, you hereby, knowingly and without reservation or limitation: (i) accept and assume all risks associated with the Activity, including, without limitation, any and all risks, costs, expenses, and other liabilities that may be associated with any infection, injury, disability, or death resulting from any exposure or suspected exposure to the Coronavirus in connection with the Activity; and (ii) accept and assume such risks on behalf of, and with the intent to bind, yourself, the Participant (if you are the Parent/Guardian of the Participant), all of the Participant's Family, and the heirs, successors, assigns, executors, administrators, and legal representatives of you and all of them (collectively, the "Waiving Parties").

Waiver and Release: By signing this Waiver, you hereby, on behalf of yourself and all other Waiving Parties, waive and release the District with respect to any and all claims, demands, actions, costs, damages, judgments, responsibilities, and other liabilities of whatever nature as may be associated with or arise from any and all injury, disability, and/or death resulting from participation in the Activity, including, without limitation, any and all liabilities that arise from any infection by, or exposure or suspected exposure to, the Coronavirus in connection with the Activity. In connection with such waiver and release, you also hereby waive the benefits and protections of Section 1542 of the California Civil Code, which provides that:

A general release does not extend to claims which the creditor or releasing party does not know or suspect to exist in his or her favor at the time of executing the release and that, if known by him or her, would have materially affected his or her settlement with the debtor or released party.

Compliance with COVID-19 Policies and Procedures: By signing this Waiver, you hereby:

- (i) Acknowledge that you have received, reviewed, and understand the information provided by Samueli Academy regarding applicable requirements for social distancing, the use of face coverings, and/or other measures intended to prevent the spread of the Coronavirus (“Student Need to knows”);
- (ii) Agree (if you are the Parent/Guardian) that, prior to the commencement of the Activity, you will fully explain the Coronavirus Requirements to the Participant;
- (iii) Agree that you (or, if you are the Parent/Guardian, that the Participant and all of the Participant’s Family) shall, in connection with the Activity, fully comply with all Student Need to knows, and that you shall bear any and all risk of any deviation from the Student Need to knows by you (or, if you are the Parent/Guardian, by you, the Participant, and/or other members of the Participant’s family); and
- (iv) Acknowledge that if you do not (or, if you are the Parent/Guardian, the Participant does not) fully comply with all Student Need to knows Samueli Academy, upon discovering such lack of compliance, will not permit you (or, if you are the Parent/Guardian, will not permit the Participant) to participate (or further participate) in the Activity and will ask that you (or, if you are the Parent/Guardian, will ask that the Participant) leave the Activity.

Executed on _____, 2021, in _____, California

Signature: _____

Printed Name: _____

Person who signed above is (check as applicable): [] the Participant [] the Participant’s Parent/Guardian

INJURIES

All sports carry the inherent risk of injury, even serious injury or death. It is our goal as a community to take necessary precautions, to safeguard against such injuries both in practice and game situations. Despite the best efforts of the community and coaching staff, injuries to student-athletes may occur. This policy statement is meant to function as a guide in the treatment of injured athletes, not as a policy that suggests that athletic injuries can be eliminated in their entirety.

The goal of all athletic endeavors is for athletes to be able to compete. Occasionally this goal will best be accomplished when athletes discontinue practicing and/or playing while they recover from injury. It is always the responsibility of the athlete to openly communicate injuries with their coaching staff and the Athletic Department. Student-athletes must be honest with their coaches, their parents, and themselves about the extent of their injuries. Every Samueli Academy team is provided with a head coach who is First Aid and CPR certified, however coaches are not doctors and should not be expected to diagnose injuries nor prescribe treatment for them. All coaches will travel with basic First Aid supplies for off-campus competitions.

Parents and athletes must keep the coaching staff and the Athletic Department informed of injuries that are sustained in practice and/or games. When it is necessary for an athlete and his/her family to consult a physician for the treatment of an injury, the athlete should find out how long he/she will be unable to participate and what, if any, activities can be done during the rehabilitation period. Before an athlete is permitted to return to his or her sport activity, a written clearance by his/her physician must be brought to the Athletic Director. The Athletic Director will then decide whether or not it is prudent for the athlete to return to play.

Athletes occasionally suffer from more serious injuries --injuries that immediately prevent them from training or competing. The following are considered serious in nature and, if suspected require the immediate cessation of athletic activity and may necessitate a 911 call.

- Neck & Spine injuries
- Head injuries
- Injuries to vital organs
- Broken bones
- Ligament injuries to major joints (elbow, shoulder, knee, ankle, etc.)
- Dislocation of joint(s)
- Heat Related Illness
- Loss of Consciousness

For any serious injury (or suspected serious injury) that requires immediate cessation of physical activity, the coaching staff will immediately contact the athlete's parents and the Athletic Director. The parents of the seriously injured student athlete must seek medical treatment and eventual physician and Athletic Director clearance for their child before the athlete may return to team activities.

STUDENT ATHLETE INJURIES

Report **ALL** injuries to the Head Coach, and if need be, the Athletic Director immediately. After each contest, coaches will email the Athletic Director a report of all injuries during the contest. They will file an Accident Report. While this is not a substitute for medical advice, student-athletes and parents should be familiar with "RICE" procedures (Rest, Ice, Compression, and Elevation). Oftentimes this can ease the discomfort of some minor injuries. The most important thing is to report all injuries to a

medical professional, who will make the objective decision of what should be done next. At no time will the coaching staff have a decision on playing time, if a medical professional recommends rest.

CONCUSSIONS and HEAD INJURIES

A concussion is a brain injury that can be caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. Because the Samueli Academy has elected to offer an athletic program, we must immediately remove from a school-sponsored athletic activity for the remainder of the day an athlete who is suspected of sustaining a concussion or head injury during that activity. The athlete may not return to that activity until the athlete is evaluated by, and receives written clearance from, a licensed health care provider. If the licensed health care provider determines the athlete has a concussion or head injury, the athlete shall also complete a graduated return-to-play protocol of no less than 7 days in duration under the supervision of a licensed health care provider. On a yearly basis, a concussion and head injury information sheet must be signed and returned by the athlete and the athlete's parent or guardian before the athlete initiates practice or competition. This requirement does not apply to an athlete engaging in an athletic activity during the regular school day or as part of a physical education course. Please sign and return the Concussion Information Sheet attached as Appendix A.

For more information on concussions, please see the Centers for Disease Control and Prevention website's concussion page at <http://www.cdc.gov/headsup/>

SUDDEN CARDIAC ARREST PREVENTION AND AUTOMATED EXTERNAL DEFIBRILLATORS

Samueli Academy is invested in the health of its athletes, especially their heart health. Sudden cardiac arrest ("SCA") is when the heart stops beating, suddenly and unexpectedly. Please sign and return the Fact Sheet attached as Appendix B.

EQUIPMENT

All equipment issued to student-athletes belongs to Samueli Academy. Student-athletes shall treat it with respect. Student-athletes are responsible for any equipment that is lost, damaged, or stolen. Student-athletes shall secure all equipment at all times. This includes fundraising materials or money.

DRESS

It is expected that student-athletes are dressed appropriately for practice and games. In game situations everyone is dressed in uniform fashion, representing the team concept, and not individuality.

At practice, the Head Coach determines what the practice attire will be. This policy is to be respected while the student-athlete is on the team. Students shall dress only in areas designated by the Head Coach, and not in public.

Appropriate attire may include shorts, sweat pants, warm up pants, spandex pants, or any gear deemed appropriate by the Head Coach. Clothing that contains offensive or degrading graphics or words, are not allowed. Athletic shoes and socks are mandatory. Flip flops or any other non-athletic shoes are not allowed. No open toes shoes, sandals, dress shoes or deck shoes are allowed.

These only inhibit proper participation and can be a danger to the student-athlete. If parents or student-athletes have any questions regarding appropriate attire including shoes, parents and students are encouraged to check with the Head Coach prior to making any purchases.

In areas deemed necessary for the protection of student-athletes, including but not limited to the weight room and turf field, all shirts must cover the shoulders in an effort to prevent the spread of bacteria and infections, including Methicillin-resistant Staphylococcus aureus ("MRSA"). Student-athletes shall use a towel to wipe away an area he or she has just occupied and left sweaty. Everyone shall be fully clothed while in the facility. When arriving from practice, the appropriate clothing guideline must be followed.

TRANSPORTATION

Games

- All team members are expected to ride with the team to and from all contests, unless other arrangements have been made by the Head Coach and approved by the Athletic Director and Athletic Administrator.
- With prior permission from the Head Coach parents may drive their student-athlete to and from a contest.
 - Parents may not drive other student-athletes to or from contests without a liability waiver signed by the parent of the other student-athlete and permission from the Head Coach, Athletic Director and Athletic Administrator.
- Busses or school vans are arranged for contests by the Head Coach and the Athletic Director.
 - Only school employees with current and proper paperwork filed and approved, may drive Samuelli Academy vans.
- Student-athletes may not drive their own vehicles to or from any contest in which they are participating.
- Student-athletes shall not eat food in the school vans.
- With the exception of parents, as described above, no other individual may drive student-athletes to athletic events for the purposes of participation in said event.

Off-site Practices

- Athletes must exit through designated gates.
- Student-athletes may not drive their own vehicles to a practice in which they are participating.
- With prior permission from the Head Coach, parents may drive their child and other teammates directly home after a practice.

Notwithstanding the previous paragraphs, in rare instances, parent drivers may be used to transport student-athletes to and from contests. These instances must be approved by the Head Coach, the Athletic Director, and the administration. Parents must fill out the proper paperwork with the Athletics Office and be approved by Samuelli Academy Risk Management prior to transporting student-athletes.

PARENTS

Parents are vital to the success of the Samuelli Academy athletic program. The partnership between coaches and parents is a key dynamic to the overall growth experience of the student-athlete. When a child becomes involved in the Samuelli Academy athletic program, the parent(s) have a right to understand the expectations that are placed on the child. The most important part of this is a clear communication between the student-athlete, coach and parent.

CODE OF CONDUCT FOR PARENTS/GUARDIANS

Athletics competition between interscholastic age children should be fun and should be a significant part of a the child's education. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and Samueli Academy's core values: Trust, Respect, and Responsibility.

The highest potential of sports is achieved when all involved consciously uphold these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role in their child's athletic experience, and their good-faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child's sports experience.

TRUST

- Trustworthiness — Be worthy of trust in all you do.
- Integrity — Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what is right even when it is unpopular or personally costly.
- Honesty — Live honorably. Do not lie, cheat, steal or engage in any other dishonest conduct.
- Reliability — Fulfill commitments. Do what you say you will do.
- Loyalty — Be loyal to the school and team; put the interest of the team above your child's personal glory.

RESPECT

- Respect — Treat all people with respect at all times and require the same of your student-athletes.
- Class — Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity; compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
- Disrespectful Conduct — Do not 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 for Officials — Treat game officials with respect. Do not complain about or argue about calls or decisions during or after an athletic event.

RESPONSIBILITY

- Importance of Education — Support the concept of "being a student first." Commit your child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student-athletes who do not have a serious commitment to their education. Be the lead contact for college and university coaches in the recruiting process.
- Role-Modeling — Remember, participation in sports is a privilege, not a right. Parents/guardians too should represent the school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.
- Self-Control — Exercise self-control. Do not fight or show excessive displays of anger or frustration.
- Healthy Lifestyle — Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco and drugs and some over-the-counter nutritional supplements, as well as of unhealthy techniques to gain, lose or maintain weight.

- Integrity of the Game — Protect the integrity of the game. Do not gamble or associate with gamblers.
- Sexual Conduct – Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden. Report suspected misconduct to the Executive Director and the police.

COMMUNICATION

Communication is a vital component to Samueli Academy's overall academic approach, so it is important to maintain effective and appropriate communication avenues between all involved in athletics.

Expectations from Coaches to Parents

- Philosophy of the coach.
- Expectations of the coach for each student and the team.
- Locations and times of practices and games.
- Team requirements in and out of season (e.g. fundraising, lifting, conditioning, contests, etc.)
- Procedure to follow if a child is injured.
- Discipline that results from a lack of participation or cooperation of any child.
- That availability of the coach to speak with parents if they have a concern.

Expectations from Parents to Coaches

- Concerns are to be expressed at the appropriate time, in an office setting.
- Notification of any schedule conflict which may involve an absence from practices or a contest, well in advance.
- Support of the program, and of all those involved in it.

PROCEDURES TO ADDRESS A CONCERN

1. Samueli Academy Athletic Department supports the student-athlete in first, meeting with the Head Coach of their sport to address the concern.
2. If the issue is not resolved after the student athlete has met with the coach, the student-athlete's parents should then contact the Head Coach directly at school via email. All head coaches have a Samueli Academy email address. Leave your name, number a short message and the best time to call. The coach will contact you within 48 hours.
 - a. Do not attempt to personally contact a coach in person, 1 hour before a practice, 3 hours before a game, during a game or practice, and at least 1 hour after a practice and 2 hours after a game. A coach's time during the aforementioned times is to prepare for and supervise each event.
 - b. **The 24-Hour Rule.** Samueli Academy respectfully requests that during the 24 hours surrounding a practice/game that student-athletes and parents wait to contact or discuss any issue of concern with a coach. The period of time after a game is an emotional time for student athletes, parents, and coaches, and is therefore less conducive to solving problems rationally.

3. If the issue is not resolved after the student-athlete and the parent have contacted the Head Coach, the parent should contact the Athletic Director. The AD will investigate the concern and provide feedback as soon as practicable, usually within 48 hours. A meeting between the student-athlete, parent, Head Coach, and AD may be conducted to discuss the situation, and to reach an appropriate plan of action.
4. If the issue is not resolved after the student-athlete and the parent have contacted the Head Coach and the Athletic Director, the parent should contact the administrator in charge of athletics. The administrator will investigate the concern and will provide feedback and a plan of action to all concerned parties as soon as practicable, usually within 48 hours.

RETRIBUTION

Retribution is prohibited by Athletic Department policy. Student and parents must be confident that the voicing of an opinion or concern, using the proper forum and method, is not only free from penalty or retribution, but also is strongly encouraged. The Athletic Director and all coaches are committed to insuring that after a student or parent raises an issue or concern, there shall be no 'retribution' in any form within the Athletic Department at Samuelli Academy.

AGREEMENT SIGNATURE SHEET

Thank you very much for taking the time to read the Samueli Academy Athletics Handbook in good faith. Your support and contribution to Samueli Academy athletics is very much appreciated. We look forward to an exciting year of amazing experiences for our student-athletes, parents, coaches, and the rest of our school community.

“My signature below indicated that I have reviewed, understand, and agree to all parts of the Samueli Academy Athletics Handbook.”

Printed Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

Printed Student-Athlete Name: _____

Student-Athlete Signature: _____ Date: _____

Sport(s): _____

Please remove or print this page and submit it to the Athletics Office with your sports packet.