

RED BLUFF JOINT UNION HIGH SCHOOL DISTRICT

RED BLUFF HIGH SCHOOL ATHLETIC HANDBOOK FOR STUDENT-ATHLETES & PARENTS

DISTRICT MISSION FOR ATHLETICS

The Red Bluff Joint Union High School District (RBJUHSD) is committed to building a unified and competitive Athletic Program as we strive for excellence in all personal, academic, and athletic endeavors. The opportunity to participate in RBJUHSD Athletics is encouraged for all students, and the privilege to participate should provide positive experiences through the display of school and team spirit, as well as sportsmanship. Our student athletes, coaches, and administration do this by encouraging each other and displaying integrity, grit, and unity in all phases of life. While the Red Bluff Joint Union High School District takes great pride in winning, it does not condone "winning at any cost" and discourages any and all pressures that might tend to neglect good sportsmanship and good mental health.

INTRODUCTION

The Red Bluff Joint Union High School District's Athletic Handbook is a reference guide for student-athletes and parents, concerning the policies that govern interscholastic athletics.

The Head Coach of an athletic team reports to the Athletic Director and is primarily responsible for the compliance of their squad members with the rules, regulations, and policies governing athletics. The Athletic Director will administer these rules and regulations as they relate to inter-squad and inter-coach relationships.

There is an inherent risk in playing and participating in all athletic competitions, and the district cannot ensure that students will not be injured, despite the staff's commitment to provide for every participant's health and welfare ([BP 6145.2](#)).

Interscholastic athletics is a voluntary extra-curricular program. Students are not obligated to participate, and participation is not required for graduation. Thus, competition in high school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the high school athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules.

SPORTSMANSHIP

As members of the RBJUHSD athletic program, students, coaches, and parents are expected to demonstrate proper respect for each other, opponents, opposing coaches, teachers, officials, spectators, and the community. Student-athletes and coaches are expected to exhibit the highest level of conduct, both on and off the playing fields, as they are at all times representatives of their team, school, and community.

COMMITMENT

All team members are valuable, and each team needs to know that it can count on its members to be there. Often this means sacrificing social life, family trips, and other events that come into conflict with training and competition schedules. Learning how to make choices is one of the most valuable life lessons an athlete takes from a good athletic program. All players are expected to attend all practices and competitions.

ATHLETIC STAFF and COACHES

RBJUHSD strives to hire experienced coaches who are committed to educating student-athletes in individual skills, teamwork, good sportsmanship, and fair play. Our preference is always to recruit coaches from our faculty and staff. For those coaches hired from outside the school, every effort is made to integrate them into the entire school community. The same behavior expected of a teacher in the classroom is expected of all coaches during practices and games.

Coaches manage their teams under the supervision of the Athletic Director. Varsity coaches have general oversight of the JV and Frosh/Soph programs for their sport. The Athletic Director reports to the Assistant Principal/Athletic Administrator in charge of Athletics, and ultimately to the Principal. The Athletic Director provides overall leadership and coordination of the various sports and facilitates programs that provide student-athletes with worthwhile learning experiences.

Sports Offered

FALL SPORTS	WINTER SPORTS	SPRING SPORTS
Cross Country — Boys & Girls	Basketball—Boys	Baseball—Boys
Football	Basketball—Girls	Stunt
Golf—Girls	Soccer—Boys	Golf—Boys
Tennis—Girls	Soccer—Girls	Softball—Girls
Volleyball—Girls	Wrestling—Boys	Track & Field
Swim-Boys & Girls	Wrestling—Girls	Tennis—Boys
Field Hockey-Girls		Track & Field

TRAINING and ELIGIBILITY REQUIREMENTS

Athlete Training

RBHS must provide athletes with information to support the health and safety of participants. Courses may be provided during team training or an annual athletics meeting. The Athletic Department should communicate available resources and information to families via newsletters, enrollment documents, or Student/ParentSquare communication at least annually. Participants will enroll in grade-level-associated courses designed by the U.S. Center for SafeSport or CIF. These short 15-minute courses focus on developmentally scaffolded topics that may include bullying and hazing prevention. A hazing prevention for students course is recommended by CIF. All Participants must complete the following courses:

- [Hazing Prevention for Students](#)

Parent Training

The District encourages all parents to take useful steps to promote the health and safety of participants who elect to play sports. The U.S. Center for SafeSport has designed a free course for parents of youth athletes entitled “Parents’ Guide to Misconduct in Sport.” This course focuses on recognizing, responding to, and preventing abuse and misconduct in their child’s sport setting. CIF also provides parents with informational videos on sudden cardiac arrest and concussions, and return to play. Parents will come away equipped with information and tactics to minimize the risks of harm to their children through these resources. Athletic Departments should communicate resources to families annually via newsletters, parent meetings, ParentSquare communication, and/or through the provision of this policy.

- [A Parents' Guide to Sudden Cardiac Arrest](#)
- [Concussions and Return to Play](#)

Requirements and Training Table

	Requirements and Training
Student Athletes (Available on Aeries)	<ul style="list-style-type: none"> • Online Registration <ul style="list-style-type: none"> ○ Clearance Forms ○ Proof of Physical • Code of Conduct • Hazing Prevention Course Recommended: <ul style="list-style-type: none"> • CIF Student Health and Wellness
Parents/Guardians of Student Athletes (Provided on Aeries)	<ul style="list-style-type: none"> • Parent/Guardian Permission for Participation • Code of Conduct Recommended: <ul style="list-style-type: none"> • A Parent's Guide to Sudden Cardiac Arrest • Concussions and Return to Play • CIF Student Health and Wellness

Optional Health and Wellness Resources

The District encourages Adult Authorities, Participants, families, and the community to continue to learn about ways to support health and safety in athletics. CIF offers resources and voluntary courses focused on health and wellness. The U.S. Center for Safe Sport offers voluntary courses at safesporttrained.org for a range of topics and audiences. In addition, USA Gymnastics provides educational webinars that can be expanded to support safety in a variety of sports. Unless specified for required training, these are optional and are provided for information.

Optional CIF Health and Wellness Resources and Courses:

- Mental Health Toolkit for High School Student-Athletes: [PDF](#)
- Student Mental Health and Suicide Prevention: [NFHS Course](#)
- Understanding Anxiety-Related Conditions: [PDF](#)
- Understanding and Addressing Depression and the Student-Athlete: [PDF](#)
- Understanding and Responding to Suicide Risk: [PDF](#)

Academic Eligibility

Student-athletes must be currently enrolled in and passing 20 semester or trimester units. Additionally, student-athletes must maintain a minimum GPA of 2.0 in all enrolled courses on a 4.0 scale for the most recent grading period. Only official grading periods can be used for eligibility. There are no interim grade checks during a grading period.

No student-athlete whose nineteenth birthday is attained before June 14th shall participate or practice on any team in the following school year.

Residential Eligibility

CIF Bylaw 206: You must reside within the district boundaries, meaning your primary residence is within the district boundaries.

All transfer and foreign exchange students must complete a CIF transfer form to be eligible to participate. This applies to transfers of any kind (family move, inter-district transfer, living with relatives, etc.). If you have previously attended another high school, please see the Athletic Director.

Health Eligibility

Athletes must complete and submit all paperwork and an updated sports physical that will last ***through the school year.***

STUDENT-ATHLETE EXPECTATIONS

Tryouts

Coaches and the school site will send information regarding the season of sport tryouts to all interested students via ParentSquare. The Athletic Director and the school will send communication to parents and post it on the website. All athletes who meet eligibility requirements may try out for a team. Multi-sport athletes must finish the current sport's season before trying out for a new team. Student-athletes can communicate with the coach of the new team that the student-athlete intends to try out for, once the current season and sport they are currently participating in ends. Athletes coming from another sport are given the same tryout once their season ends.

Practice

Coaches will have regular practice schedules depending on the availability of field, pool, or gym space. The maximum number of hours athletes can participate in sports is 18 hours per week per CIF rules. Early morning practices may be held. Coaches may set practice times during vacations depending on the season. All players are expected to attend all practices and competitions.

Parental Access to Practice

Parents and guardians have access to practice and training sessions in alignment with the [Visitors/Outsiders Policy](#) for observation and visitation. Visitation during school hours must be arranged with the coach and/or the principal or designee 24 hours before the request. The length of the observation shall be determined by the principal or designee. The principal or designee may reduce the time of the observation or terminate the observation if he/she reasonably concludes that the visitor's presence or acts are disrupting the school, students, or employees.

Conflicts With Other School Commitments

Athletes are expected to work with their coaches when conflicts arise due to other school commitments. **Athletes must recognize that missed practices or games may result in reduced playing time in future competitions.**

Conflicts With Outside-of-School Commitments

No accommodations will be made when conflicts arise due to commitments from outside of school organizations (i.e., club sports, music lessons, etc.).

Club Sports

Eligibility: [CIF Bylaw 600](#) states that as a high school student-athlete competing on a high school sports team, you are not allowed to compete in the same sport for any "outside" team, including but not limited to club sports and organized recreational team competitions.

Many athletes and coaches may also be involved with club sports. RBJUHSD teams are independent from all club sports. Participation in an outside club sports team is not a valid excuse for missing school team practices or competitions.

School Attendance

It is expected that athletes will attend class on school days in order to participate in practice or competitions.

Non-School or Outside Competition Rule

According to CIF rules, a student-athlete on a high school team becomes ineligible if the student-athlete competes in a competition on an "outside" team in the same sport during the student-athlete's high school season of sport. Individual sport athletes like swimming, wrestling, cross-country, golf, gym, tennis, and track and field may compete in the same sport, but *must* enter the outside competition in "unattached status."

Transportation

All team members are expected to ride with the team to and from competitions. Only staff and volunteers with proper paperwork filed with the school may drive school

vehicles. At the end of an event, a parent must sign out a student-athlete if they are driving their student-athlete home.

Transportation Sanctioned by the District for Athletics

For all In-Program travel authorized or funded by the District, transportation must be in accordance with the District's [School-Sponsored Trip Policy](#), with the following additional requirements:

- Parents of Student Athletes may give written consent on an annual basis for athletic travel sponsored by the District that is good for one calendar year.
- The Athletic Director shall request buses for athletic events at the beginning of each season. Requests will be transmitted to the Director of Transportation using the District Trip Request program at least two weeks before the first trip.
- If school buses are not available for a particular athletic trip, the Director of Transportation may arrange transportation with an authorized private carrier upon approval from the Superintendent.
- With administrative (or designee) approval, a student may return home from an athletic event with a parent or guardian. The parent or guardian must sign the official release list or present the sponsoring staff member with a written release, dated and signed by the parent or guardian, before leaving the event.

Uniforms & Equipment

Athletes are issued uniforms and equipment for each team. All equipment and uniforms must be returned to the head coach within 7 days of the last game. A student will be charged for the replacement cost of uniforms. Athletes should be appropriately attired if out of the athletic area of campus.

Guidelines for Moving Up Underclassmen

As an athletic department, we believe some circumstances merit moving up underclassmen. In team sports, a coach may elect to move an underclassman (grades 9 and 10) to a higher-level team (e.g., freshman team to Junior Varsity (JV), freshman or sophomore to varsity). The coach is required to notify the parent/guardian and the Athletic Director of this decision.

Quitting a Sport

Commitment is a critical aspect of athletics. Therefore, students who choose to quit a sport may face consequences that could include the loss of the privilege to participate in any other current sport or future sport. However, if the Athletic Administrator determines that participation in a specific sport would be appropriate, the student may be allowed to participate. Athletes who quit, and the coach of the student who quits a sport, are both requested to notify the Athletic Administrator.

Awards

All team members who finish the season in good standing and meet established criteria receive:

1. a certificate of participation.
2. an emblem for each sport.

After each season, an athlete may request a "Block RB letter" from the Student Store. Athletes are provided a one-time Block RB letter per level (Freshman, Frosh/Soph, Varsity).

Personal Property

All athletes, coaches, parents, and fans are responsible for the safekeeping of their own personal property at all times. The Red Bluff Joint Union High School District is not responsible or financially liable for any personal property that is lost, stolen, or damaged during participation in any event, including any time between athletic events. This includes any location on campus (gym, fields, classrooms, lockers, etc.), during practice and games (meets, matches, etc.), and en route to and from events, in Red Bluff or out of town.

PARENT INFORMATION

Parent Information Night

At the start of each season of sport, the Athletic Director and Assistant Principal will hold an information session for parents to review the policies of the team, including philosophy, sportsmanship, and expectations. Attendance is required every season the student-athlete plays. The dates for the meetings will be communicated through the Athletic Director and the head coaches.

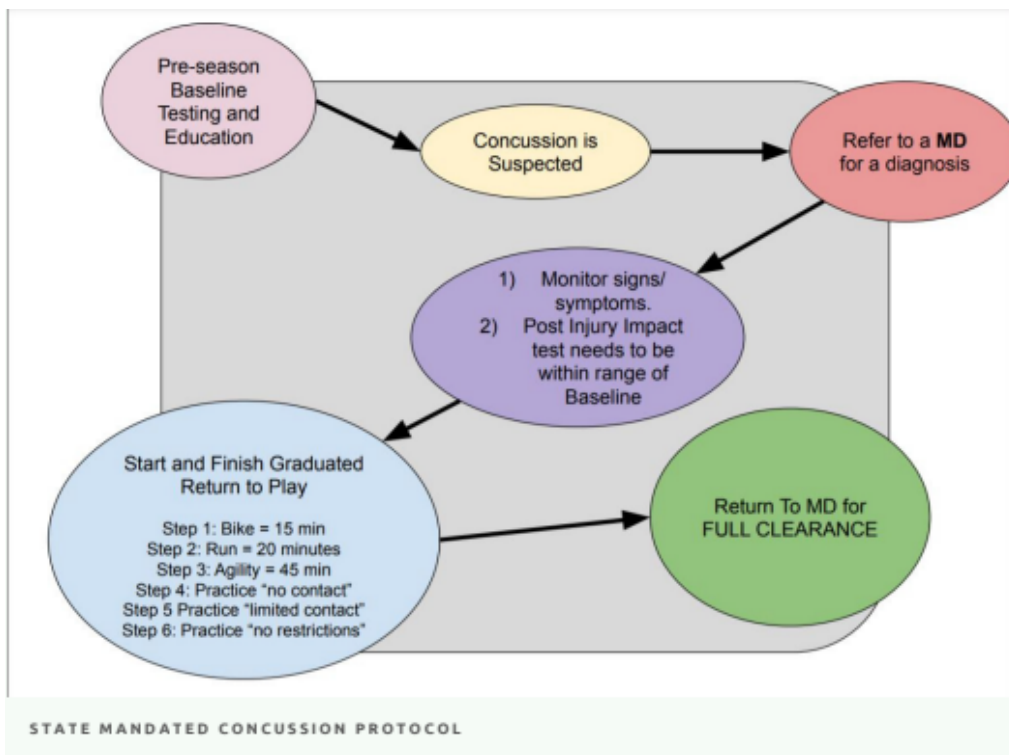
Electronic Communications and Social Media

Electronic communication between an Athletics Staff or Volunteer and a Student Athlete includes but is not limited to phone calls, video calls and training sessions, texts, and social media platforms (e.g., Facebook, Twitter, Instagram, WhatsApp, Snapchat, etc.), fitness applications, emails, gaming platforms, and direct messaging. All electronic communication between an Athletics Staff or Volunteer and a Student Athlete must be open and transparent. All District electronic communication with Student Athletes must take place via District email, StudentSquare/ParentSquare, or the coaches app for athletics.

1. All electronic communication must be professional in nature.
2. Only platforms that allow for open and transparent communication may be used to communicate with Student Athletes.
3. Communication platforms must be able to record or maintain the message.

4. Electronic communications to an entire team or any number of Student Athletes on the team must include at least one other Athletics Staff or Volunteer or the Student Athletes' parents/guardians.
5. A parent or guardian may request in writing that a Student Athlete not be contacted through electronic communications. Requests that a Student Athlete not be contacted electronically must be honored.
6. Any private or public direct communication between Adults and Student Athletes involving the following is prohibited and must be reported immediately: drug or alcohol use; sexual content; or explicit content.

Accident/Injury



Coaches will have access to their student-athletes' medical information at all practices and competitions. Coaches are trained in basic first aid and CPR and other required health and safety training. It is the responsibility of the athlete to report ALL injuries to their coach. The coach and/or athlete will then communicate the injury to the Head Athletic Trainer. All sport related injuries must be reported to the athletic trainer and the school nurse. A student may not return to competition without clearance by the trainer, which may also include written permission from a physician. Athletic Trainers must follow state-mandated concussion protocol. The graphic below briefly explains the steps in the state's concussion protocol.

CODE OF CONDUCT

Alcohol and Drugs

Because possession and use of alcohol or drugs by youth is against the law, it is our intent to prevent any student from being in an environment which greatly increases the risk of danger and negative behaviors. Every participant and his/her parent/guardian will be apprised of the Athletic Code of Conduct at the beginning of each sports season.

- Student athletes are expected to never use, possess, sell or be in the presence of and location of alcohol or drugs as defined in Education Code 48900 at any time. These expectations will apply from the first day of the school year or the

start of the extra-curricular activity (including pre-season meetings, practices, camps, and school-sponsored activities) whichever comes first. This includes the activities scheduled prior to the start of the school year, through the end of the sport season and/or the end of the school year, whichever is longer in duration.

- Additionally, athletes may not host or remain present at events, activities, or locations where illegal distribution of alcohol, drugs, or other controlled substances are present and/or being used.
- If a student attends a party/gathering where alcohol or drugs are being consumed and/or illegally dispensed, the student must leave the party/gathering immediately – and take as many teammates as possible.
- The student must report his/her attendance to a coach or school administrator before the end of the next school day.
- **BAN ON USE OF ANDROGENIC/ANABOLIC STEROIDS:** Student athletes and their parents, legal guardians/caregivers 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. Student athletes and their parents, legal guardians/caregivers also recognize that under CIF bylaw 200.D, there could be penalties for false or fraudulent information. Student athletes and their parents, legal guardians/caregivers also understand that District policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Self-Referral by Students

1. Students may take advantage of a self-referral procedure to seek information, guidance, counseling and/or assessment in regard to his/her use of alcohol and/or drugs. First time voluntary referrals DO NOT carry any punitive consequences.
2. Students are allowed one (1) voluntary referral during their high school participation.
3. Self-referrals can be made by the student or by his/her immediate family.
4. Self-referral cannot be used as a method to avoid consequences once a rule of the RBJUHSD Code of Conduct is violated and a student has been identified as having violated that rule.
5. Students must make self-referrals to an advisor, coach, athletic director, teacher, administrator, or guidance counselor.
6. Self-referrals will lead to referral to an approved assessing agency and completion of any assigned programs.
7. Those referrals to an assessing agency will remain confidential; however, proper release of information forms must be on file with the school nurse.

Bullying and Harassment Policy

Red Bluff High School District believes that all students have a right to a safe and healthy school environment. The district, schools, and community have an obligation to promote mutual respect, tolerance, and acceptance. Students will not engage in cyberbullying, participate in sending or creating inappropriate cyber images or be seen in an inappropriate cyber image. Red Bluff High School District will not tolerate behavior that infringes on the safety of any student. A student shall not intimidate or harass another student through words or actions. Such behavior includes: direct physical contact, such as hitting or shoving; verbal assaults, such as teasing or name-calling; and social isolation or manipulation. This includes cyber-bullying, threatening or harassing another student through any social networking site or electronic media device (i.e, texting, sexting, cyber imaging). Red Bluff High School District expects students and/or staff to immediately report incidents of bullying to the principal or designee.

Hazing

Events have made it necessary to clarify and articulate the policies regarding HAZING. As defined by the California Education Code, HAZING includes any method of initiation or pre-initiation into a student organization or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation resulting in physical or mental harm, to any student or other person attending any school, but the term “hazing” does not include customary athletic events or other similar contests or competitions. Additionally, the following refers to California Education Code Section 32051: No student, or other person in attendance at any public, private, parochial or military school, community college, or other educational institution, shall conspire to engage in hazing, participating in hazing, or commit any act that causes or is likely to cause bodily damage, physical harm, or personal degradation or disgrace.

Social Media

Red Bluff High School and the Athletic Department recognize and support the student-athletes’ rights to freedom of speech, expression, and association, including the use of social networks.

In this context, however, each student-athlete must remember that playing and competing for Red Bluff High School is a privilege. As a student-athlete, you represent Red Bluff High School and you are expected to portray yourself, your team, and the school in a positive manner at all times.

Below you will find our social networking guidelines which provide the following guidelines for social networking site usage:

1. Avoid sharing private information. Be careful of how much and what kind of

identifying information you post on social networks. It's unwise to make available information such as date of birth, social security number, address, phone numbers, class schedules, bank account information or details about your daily routine. All of these can facilitate identity theft or stalking. Remember that once posted, the information becomes the property of the website.

2. Consider your career. Be aware that potential current and future employers and college admissions offices can access information you post on social networking sites. Realize that any information you post provides an image of you to prospective employers or schools. The posting is considered public information. Protect yourself by maintaining a self-image you can be proud of years from now.
3. Watch out for 'phishing'. Be careful in responding to unsolicited emails asking for passwords or PIN numbers, also known as "phishing". Reputable businesses do not ask for this information online.
4. Understand your rights. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited and not without consequence. Social networking sites are not a place where you can say and do whatever you want without repercussions.
5. Protect your photos. Remember that photos put on social networks become the property of the site. You may delete the photo from your profile, but it still stays on their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.
6. Similar to comments made in person, the Red Bluff High School Department of Athletics will not tolerate disrespectful comments and behavior online, such as:
 - a. Derogatory language or remarks that may harm my teammates or coaches; other Red Bluff High School student athletes, teachers, or coaches; and student-athletes, coaches, or representatives of other schools, including comments that may disrespect my opponents.
 - b. Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
 - c. Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
 - d. Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.

One of the biggest lessons athletes should learn is that anything you post online enters the public record. High school students should carefully consider their profiles and ask themselves how they would look to a future college admissions officer or potential employer.

Suspendable Offenses

All student-athletes are expected to follow the rules and regulations for the district and RBHS. If a student-athlete violates school rules that leads to a suspension or other disciplinary action, they may be subject to the code of conduct consequences below.

Violations will initiate an investigation by the Athletic Director and/or Athletic Administrator. Once the violation is verified by a school or district employee and/or a law enforcement officer, the disciplinary consequences described below will be given. The attitude and behavior of the student/athlete and whether or not they are forthcoming and honest during the investigation of an incident are some of the factors that will/may be taken into account if and when consequences are given. These consequences are cumulative over an athlete's entire enrolled time at Red Bluff High School.

Code of Conduct Consequences

First Offense: Automatic suspension from participation in no less than 20% of competitive scheduled contests from the first date of disciplinary action. The student may be required to attend mandatory drug/alcohol counseling no more than twice per week prior to regaining eligibility to compete. The student is required to attend all meetings, sessions and practices and must participate in every group/team activity, but may not compete or perform.

****If the offense occurs at the end of the season, the penalty carries over to the next season sport until the full disciplinary consequence is fulfilled.**

Second Offense: Automatic suspension from participation in no less than 50% of competitive scheduled contests from the first date of disciplinary action.

Third and Fourth Offense: Automatic suspension from participation in competitive scheduled contests for no fewer than 12 calendar months. The student will be placed on probation following the 12 month suspension and a subsequent (fourth) violation while on probation will result in the student being denied further participation for the remainder of his/her enrollment at RBHS.

- **Students that provide a place or location for committing an illegal act will automatically move to the Second Step above.**
- **Students who self report their own code infraction will have the opportunity to receive a lesser penalty and/or reduced suspension.**

CIF Code of Ethics

It is the duty of all concerned with High School Athletics to:

- Be courteous at all times (with school officials, opponents, game officials, and fans).
- Exercise self-control.
- Be familiar with all rules of the contest.
- Show respect to players, officials, and other coaches.
- Refrain from the use of foul and abusive language (including trash talking).
- Respect the integrity and judgment of game officials.
- Refrain from use of illegal and non-prescription 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 the American Medical Association.
- Win with character, lose with dignity.

CIF Violations and Minimum Penalties (CIF Regulations)

ACTION	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 game season of sport for unsportsmanlike conduct.	Ineligible for next two CIF contests as above will carry over to 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.	In eligibility for all-CIF contests for one calendar year. 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 a altercation	Ejection from the contest for those players designated by officials that contest may be determined by the

	officials. One or both teams may forfeit the contest
5. When players leave the bench area to begin a competition or leave the bench area during an altercation and in the opinion of the officials the situation is out of control.	Ejection from the contest for those players designated by the officials that left the bench area. Teams must forfeit the contest and record a loss. Team and players will be placed on probationary status for the balance of the season. If similar infraction happens during the season of sport, it will result in secession of the season of sport for the teams and/or players. If the action occurs at the end of the season, the probationary period will extend to the next year's season of sport. Any appeal will have to be made to the CIF executive board.
6. Illegal participation in the next contest by player ejected in previous contest	Ineligibility for the remainder of the season for player. Forfeit of contest.
7. Illegal placement of an ejecting player or illegal participation by a coach ejected in a previous contest.	Constitution and Sport governing rules and producers 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 rule.	Area commissioners may determine and Implement penalties for individuals and teams not otherwise specified by CIF central section Constitution and bylaws.
9. If access occurs in CIF section finals and both teams are charged with a forfeit.	After deliberation by the CIF and a double forfeit is an 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 or her team from that point on. If there is no replacement for the coach, the contest is halted and the game is forfeited. The coach must also sit out the next 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 but sit out the next context, but may sit on the bench in street clothes.

CIF Appeals Procedures - First and Second Ejection

All appeals must come from the school principal or his or her designee. Only miss identification and miss application of a rule may be applied. 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 CIF commissioner.

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

DUE PROCESS REVIEW

Students suspended from athletic activities will be notified by the principal/designee of the suspension and the basis thereof as soon as practical after the school becomes aware of the basis for the suspension. After an investigation by school administration, the student and family will be notified in writing of the final consequences assigned by the school.

If the student or his or her parent/guardian is not satisfied with the school's decision, they may have the decision reviewed by the superintendent / designee by making a request within five (5) school days of receiving the notification of the decision. Only the following factors will be considered during the appeal conference:

1. Did the school present evidence that a Code violation took place?
2. Did the student-athlete and parent/guardian have an opportunity to present their version of events to school Administration?
3. Did the investigating administrator have the basis to reasonably determine that a Code violation took place?

If the student or his or her parent/guardian is not satisfied with the decision of the superintendent/designee, they may appear before the school board at a regular meeting (closed or open as requested by the parent).

During the appeal process as noted above, the suspension from athletic activities remains in effect pending the outcome of the appeal.

CONFLICT RESOLUTION AND REPORTING CONCERNS

Conflict Resolution

When conflicts or issues arise it is important that they be addressed immediately, and as directly as possible, so that they can be promptly resolved. It is important for student-athletes and parents to recognize that coaching strategy, player/team selection, and playing time are not appropriate subjects for complaint. In addition, parents should follow any instructions from the coach about the best way and time to approach the coach with questions or concerns.

1. **First Step:** Student Athlete contacts Coach – The student athlete should present the conflict/issue to the coach as soon as possible. It is always best for students to become their own advocates. It is expected that the majority of concerns will be resolved at this first meeting.
2. **Second Step:** Parent contacts Coach – If needed, a parent may contact the coach directly – but not immediately before, during, or immediately after a practice or game. A parent should email or call the coach to set up an appropriate time to discuss the issue.
3. **Third Step:** Contacting the Athletic Director – If a satisfactory solution is not reached through direct contact with the coach, the student and/or parent should contact the Athletic Director. The coach should be informed that this contact is going to be made. If needed, a meeting may be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution. The AD will respond to student-athletes and parents in a timely manner as to the disposition of their concerns.
4. **Fourth Step:** Contacting the Assistant Principal (AP) of Athletics – If there is still not a satisfactory resolution, the student or parent may contact the AP of Athletics. The Athletic Director should be informed that this contact is going to be made. While there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perceptions and experiences can lead to more productive relationships and clearer understandings in the future.

Student-Athlete and Parent Forms

Parents will be asked to sign the following statements in Aeries before students begin their season of sport.

Parental Consent

I hereby give my Consent for my son/daughter to participate in the athletic programs of RBJUHS, to go with a representative of the School on any athletic trip, and to have him/her treated in case he/she is injured, understand that a physical examination must

be done by a qualified physician before my son/daughter takes part in interscholastic sports, and that a physical examination, along with this medical history will become part of his/her continuing medical record for the current school year. The examination is a parental responsibility.

Insurance Verification

California Education Code S32220-24 and S35330-31 require insurance coverage in the amount of at least \$1,500 of scheduled medical and hospitalization expenses resulting from accidental bodily injury to members of any athletic team injured while participating in or practicing for interscholastic events or while being transported to and/or from said athletic events, Codes S32220-31 and S35330-31 as described above. I understand the school does not carry any insurance for these state requirements and I/We, therefore, waive any claim on the Red Bluff Joint Union High School District or the school student body or any individual associated with schools.

Student Participation In Field Trip - Parent/Guardian Approval

My student has my permission to participate in athletic field trips sponsored by the Red Bluff Joint Union High School District, including side trips Connected therewith. It is my understanding that the field trips are made pursuant to the provisions of Education Code S35330 and S35350 and that such sections provide that all persons making the field trip shall be deemed to have waived all claims against the Red Bluff Joint Union High School District, the Tehama County Superintendent of Schools or the State of California for injury, illness or death occurring during or by reason of these field trips. It is my further understanding that pupils will be under school supervision during these trips and transportation is being furnished by or as authorized by the Red Bluff Joint Union High School District, including transportation by private vehicle and Volunteer driver.

RBJUHSD Authorization For Emergency Treatment of Minor Student School/Class or Sport

In the event reasonable attempts to contact me/us (parents/guardians) are unsuccessful, or until a parent/guardian Can directly respond to the treatment facility or physician, I, the undersigned parent/guardian, grant full authorization for (1) the administration of any medical treatment deemed to be necessary by a medical physician or dentist; (2) the transfer of my child to any medical physician or dentist for diagnosis or treatment; and (3) the transfer of my child to any licensed hospital or emergency clinic reasonably accessible. It is understood that this authorization is given in advance for any specific diagnosis, treatment, or hospital care required but is given to provide authority and power on the part of school authorities and medical/ dental providers to give reasonable care. I also hereby agree to release and hold harmless any medical or dental provider from any and all liability except for liability arising from the

sole negligence of the medical provider administering emergency medical treatment authorized by this document.

Concussion

A concussion is a brain injury and all brain injuries are serious. They are 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. They range from mild to severe and can disrupt the way the brain normally works. 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. In other words, even a “ding” or bump on the head can be serious. You can’t see a concussion and most sports concussion occurs without the loss of consciousness. Signs and symptoms of concussions may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- Pressure in the head
- Nausea or vomiting
- Neck Pain
- Balance Problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in Sleep patterns
- Amnesia
- Don't feel right
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant Facial expressions
- Confused about assignments
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Adapted from the CDC and the 3rd International Conference on Concussion in Sport - Document created 5/20/2010

Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns too 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 your athlete especially vulnerable to greater injury. There is an increased risk of significant damages 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 athletes will often under report symptoms of injuries. And concussions are not 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.”

You should also inform your child's coach if you think that your child may have a concussion. Remember it's 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/>

[Parent/Student CIF Heat Illness Information Sheet](#)

Retribution/Retaliation

Retribution/Retaliation is prohibited in the California Education Code. Students 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 Directors and coaches are committed to ensuring that after a student or parent raises an issue or concern, there shall be no "retribution" in any form within the athletic department at either High School.

Reporting Concerns to the District

Any matter subject to the District's exclusive Jurisdiction must be reported directly to the District, in a timely manner. Matters other than misconduct may also be reported to the District. Adult Authorities who receive reports of concern from Participants must ensure that an administrator is contacted with the information.

Reports may be made to the District as follows:

- In-person to a site or District Office administrator.
- Via email to a site or District Office administrator.
- By telephone to a site or District Office administrator.

Reports to the District should include:

- All information known to the party, including the names of witnesses, names of potential witnesses, third parties and persons affected by the misconduct or abuse; and
- Identifying information of any person potentially affected by the misconduct or abuse.

CONTACTS

District Website: <https://www.rbhsd.org>

Red Bluff High School - Principal's Office: (530) 529-8710

Red Bluff Joint Union High School District - Superintendent's Office: (530) 529-8700