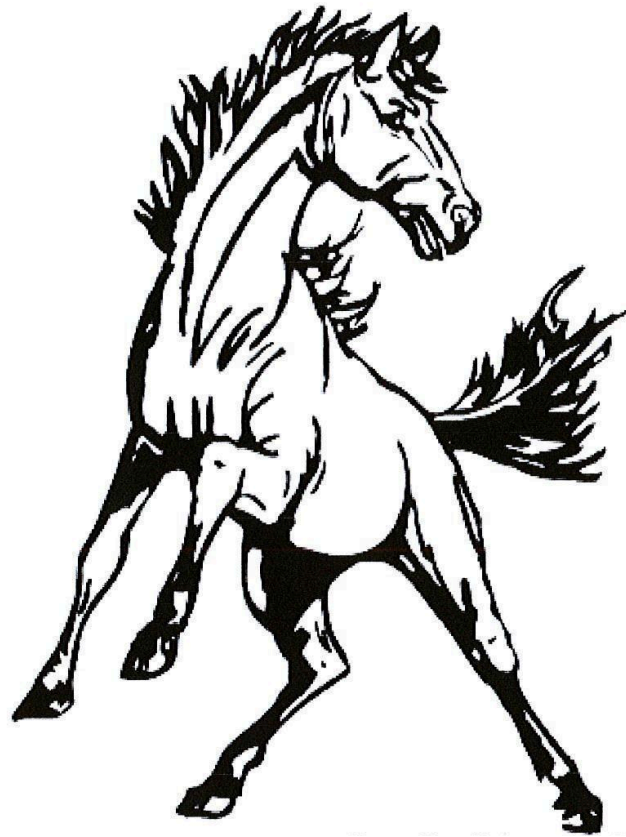


DOS PALOS HIGH SCHOOL
DOS PALOS ORO LOMA JOINT UNIFIED SCHOOL DISTRICT



Athletics/Coaches'
Handbook 2024-2025

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FAMILY ID

Students are to create an account and register on Family ID before participating in any practices. Family ID is a secure registration platform that provides you with an easy, user-friendly way to register for our athletic programs, and helps us to be more administratively efficient and environmentally responsible. When parents register through FamilyID, the system keeps track of their information in students' profiles and keeps their family's private information in one safe and secure place. Coaches will no longer have to collect paperwork, as everything will be uploaded and online. Head Coaches will be able to login to Family ID and make sure their athletes are registered for their sport and have quick access to: Medical Information, Emergency Contacts. Athletic Contract, CIF Agreements and all school related agreements. Once a season of sport is over, coaches will lose access to their players' profiles. See the link below on how to register for Family ID <https://vimeo.com/367125498>

CIF Ball Adoptions Effective Fall 2022- Summer 2027

The following ball adoptions are in effect starting the fall of 2022 and go until the summer of 2027. These adoptions were made after reviewing the input from schools via a ball survey and discussions with the Executive Committee:

- Football – Wilson WTF1003B GST or Wilson WTF1103 GST Prime Football
- Volleyball – Mikasa VFC 1000 Volleyball
- Basketball – Wilson WTB0900/WTB0901 EVO NXT Game Basketball
- Soccer – Wilson WS10009 NCAA Vivido Match Soccer Ball
- Baseball – Wilson WTA1010BHS1SST Baseball
- Softball – Dudley CFP

These balls will be the “Official Ball” for the Central Section Championships and should be used in playoff competition beginning in the fall of 2022.



Bronco Pride Points 2024- 2025

Criteria: Coaches may require their own criteria per sports team.

7th Period- Sports and Movement Science

Purpose: Establish year-round athletic programs through immense strength and conditioning training to elevate our athletes' performance capabilities.

All varsity 2 sport athletes must be enrolled in this course unless there is a discrepancy with a class schedule (which should be approved by administration, athletic director and coach). If student athletes are not participating to their full potential all year they are subject to disciplinary action and possible removal from their current sports team.

Coaches Duties and Responsibilities

BASIC COACHING PRINCIPLES

The employment of well-trained coaches with high ideals is one of the surest ways to prevent the development of bad practices in athletics. A coach brings to their athletes knowledge of skills of the sport they teach. Their attitudes and actions are important in that they are positive, inspiring, and consistent in their coaching ability and following policy.

The potential for the growth and development of a student's human potential only exists if the adults who are in charge of these experiences are aware or and intentional about this significant purpose. For sports to be about more than just winning, losing, and performance, we must clearly define their educational PURPOSE.

Coaches must foster good relationships with all stakeholders (Parents, Community, District Administration, Staff Members, Student-Athletes, Officials, members of the CIF Executive Board, and League Schools).

HEAD COACHES

Once coaching assignments have been approved by the Board of Education and all requirements have been completed (Athletic and HR), the Head Coach of each sport is responsible for the unity of the **entire program**. The Head Coach will delegate to all assistant coaches any special assignments, rules, discipline policies, expectations of coaches and student-athletes, etc. In order to avoid CIF conflicts, all coaches (Head, Assistant, and Volunteer) must inform the Site Principal and/or designee of their participation of any athletic federal programs or private lessons offered during their season of sport.

OTHER RESPONSIBILITIES FOR ALL COACHES:

- Ensure the safety of all athletes. That means supervising **at all times** until the athlete is released to their parent/guardian. That means actively walking through the locker room and being visible at all times.
- Reporting injuries and filling out appropriate forms within 72 hours.
- Provide a supervision calendar for the locker room to the Athletic Director prior to the first day of practice.
- Have thorough knowledge of the rules and regulations set by CIF and the league pertaining to the specific sport.
- Making sure that all athletes have cleared all requirements to participate (Grades, Physicals, Athletic Contract, CIF Forms, Family ID).
- Monitor the behavior and conduct of the coaching staff.
- Set good examples for athletes to follow.

- Ensure coaching staff has completed the proper paperwork and clearance before any contact with athletes.
- Ensure Family ID is accessible for emergency situations.
- Keep a record of all Team Issued Equipment/Uniforms.
- Keep Max Preps accounts updated and accurate.
- All trips must be approved by the athletic director and principal. ~~Out of state travel will not be permitted for any athletic sports team.~~ Overnight trips and Out of State travel must be board approved as soon as possible, minimum 60 days prior to the event.
- Fill out any necessary Facilities Requests through **Event Manager** for Offseason Events.
- Fill out any lunch request for athletes at least 10 days prior to the event.
- Provide transportation needs 2 weeks prior (at least) to the event. Or as soon as possible.
- Must be at least 25 years old, have a DMV printout, and TB clearance to drive a district vehicle.
- Must go through and complete utility cart training to operate any golf/utility cart.

COACHES RESPONSIBILITY TO SCHOOL

1. The function of the coach is to educate students through participation.
2. Coaches must support the administration in all policies, rules, and regulations. Any difference of opinion should be discussed behind closed doors, not publicly; this includes social media.
3. The coach must hold players accountable for academic success and never exert influence towards any faculty member regarding athletes grades.
4. Foster an Education-based athletic teams - Education-based athletics programs can provide students with growth that will sustain them well-beyond physical skill development and the knowledge of a game; Growth that leads to the transformation of the students inner life and connects them to caring adults in their learning community.
5. Coaches will take a proactive approach and assume responsibility to ensure all student athletes are eligible to compete in events where the district is represented.

COACHES RESPONSIBILITY TO PUBLIC RELATIONS

1. Do not stress player injuries, disciplinary measures, academic difficulties, eligibility problems, and similar personal items with the Press or Community.
2. Coaches are responsible for writing 2 newspaper articles per season, relevant to their sport, and sending them to local newspapers for student recognition (Dos Palos Sun, Merced Sunstar, Fresno Bee).
3. Coaches must also govern their usage appropriately when it comes to social media.
Remember: You represent the district, your sport, and your athletes. Refrain from bashing and negative talk. This could jeopardize your position as a coach.
4. Coaches are role models and must conduct themselves accordingly on and off the field to set a good example for student athletes.

Coaches Game Demeanor

1. Before games, Coaches should meet and exchange friendly greetings.
2. Demonstrate good character and hospitality.
3. Maintain poise and self-control at all times. Never “Show-boat” or make a scene.
4. Represent the Athletic Department positively with an appropriate professional appearance.
5. Refrain from obscene language at all times.
6. Do not allow parents or visitors in the team dressing or changing room.
7. Respect and treat all officials in a courteous manner.

COACH EVALUATIONS

The Athletic Director and Administration will be responsible for the evaluation of all Head Coaches. The Head Coach will evaluate the team’s Assistant Coaches at the end of each season. All evaluations must be completed 14 calendar days after the last game of the season. All evaluations will be submitted to the District’s Human Resource department. See appendix ___ for a copy of the Coaches Evaluation tool.

SHARING OF ATHLETES

All coaches should make every effort to encourage student athletes to participate in other sports. The success of any sport depends on having all available talent. **Under no circumstances will coaches encourage a student/athlete to concentrate on any particular sport. We encourage multi-sport athletes.**

- Students will be allowed to participate in two seasons of sport during the same season. Students will need to determine their primary sport. Students and coaches will need to communicate practice and event schedules by adhering to the 18 hour a week CIF Bylaw 503. Students must participate in at least 50% of secondary sports contests. Any disagreements in scheduling will be brought to the athletic director for review. **Discouraging students can be subject to removal from coaching.**
- If an athlete is participating in a current season of sport, they will not be allowed to participate in an off-season sporting event; e.g. an athlete playing boys tennis, cannot leave tennis early to participate in off-season basketball until the tennis season has ended.
- **Freshmen Athletes:** If a freshman is on a Varsity team, they need to play at least 50% of the time or will need to move back down to the JV team. Post season play does not apply.
- **Signing out Athletes:** Only a District Approved Emergency Contact may sign out a student at the conclusion of a sporting event. If an athlete wants to ride home with another adult (over 21), the parent must sign the release of liability form and have it turned into the AD the day before the event.

- An athlete must use **district transportation** to every athletic/school event. In case of an event that impedes this, transportation to the event must be cleared by the district prior.
- **Playoffs: In order to enter playoffs, DPHS requires that a team have a minimum .500 season record overall OR finish 2nd place or better in league. In order to participate in outside competitions a team must first have participated in CIF sanctioned competitions. (Exceptions subject to approval by Athletic Director and/or Site Principal).**

Code of Ethical Conduct

(Regulation 4127: Temporary Athletic Team Coaches)

Employees providing supervisory or instructional services in interscholastic athletic activities shall: (5 CCR 5596)

1. Show respect for players, officials, and other coaches
2. Respect the integrity and judgment of game officials
3. Establish and model fair play, sportsmanship, and proper conduct
4. Establish player safety and welfare as the highest priority
5. Provide proper supervision of students at all times
6. Use discretion when providing constructive criticism and when reprimanding players
7. Maintain consistency in requiring all players to adhere to the established rules and standards of the game
8. Properly instruct players in the safe use of equipment
9. Avoid exerting undue influence on a student's decision to enroll in an athletic program at any public or private postsecondary educational institution
10. Avoid exerting undue influence on students to take lighter academic course(s) in order to be eligible to participate in athletics
11. Avoid suggesting, providing, or encouraging any athlete to use nonprescription drugs, anabolic steroids, or any substance to increase physical development or performance that is not approved by the U.S. Food and Drug Administration, U.S. Surgeon General, or the American Medical Association
12. Avoid recruitment of athletes from other schools
13. Follow the rules of behavior and the procedures for crowd control as established by the district and the league in which the district participates

Dos Palos Oro Loma Joint Unified School District

CERTIFIED COACHES' EVALUATION

School	Sport	Title/Level	Service Record	Certification Expiration Dates	
			1st Year	Fund. Of Coaching	
			2nd Year	CPR/First Aid	
			3rd Year	Concussion	
			Over 4 Yrs.	Sudden Cardiac	

Name:

Appraisal Period:

<p>1. Safety:</p> <p>The athletes are supervised 100% of the time on and off of district property while participating in the activity. The Coach provides a safe environment for students with a no tolerance to bullying, hazing, sexual harassment and discrimination.</p> <p>EXPECTATION MET: YES NO</p>	<p>7. Non-Discrimination/Sexual Harassment:</p> <p>The coach has demonstrated knowledge and skill in dealing with racial and gender discrimination</p> <p>EXPECTATION MET: YES NO</p>
<p>2. Role Model:</p> <p>The coach models for his/her athletes and colleagues fair play, sportsmanship, and appropriate conduct. The coach does not need to be reminded to not use profanity towards or around athletes.</p> <p>EXPECTATION MET: YES NO</p>	<p>8. Athletic Code of Conduct:</p> <p>The coach effectively encourages athletes to follow the athletic code of conduct by respecting officials, faculty, athletes, fans and other coaches. The team will have less than two athletes who violated the CIF Statewide Ejection policy.</p> <p>EXPECTATION MET: YES NO</p>
<p>3. Clerical Responsibilities:</p>	<p>9. Pre-Season Meeting:</p>

<p>The coach demonstrates the ability to complete clerical responsibilities such as submitting scores weekly, submit two team highlights/pictures to the newspaper per year, update Max Preps within 48 hours after game day.</p> <p>EXPECTATION MET:</p> <p>YES NO</p>	<p>The coach has conducted an effective pre-season meeting with parents or legal guardians of his/her athletes following: Athletics Code of Ethics, Academic Requirements, Consent Form and CIF Code of Ethics</p> <p>EXPECTATION MET:</p> <p>YES NO</p>
<p>4. Respect:</p> <p>The coach effectively encourages athletes to respect officials, faculty, athletes, fans and other coaches. There are less than two athletes who violated the CIF Statewide Ejection policy.</p> <p>EXPECTATION MET:</p> <p>YES NO</p>	<p>10. Rules, Regulations and Laws:</p> <p>The coach demonstrates knowledge of District, League, Section and State rules and regulations and works within their boundaries.</p> <p>EXPECTATION MET:</p> <p>YES NO</p>
<p>5. Care of Equipment and Facilities:</p> <p>The coach effectively cares for district equipment and inventories equipment. Athlete uniforms are turned into the coach within 72 hours of the last game. District facilities and vehicles are left clean and effectively cared for.</p> <p>EXPECTATION MET:</p> <p>YES NO</p>	<p>11. Relationships:</p> <p>The coach demonstrates the skills to communicate and work through issues with athletic director, co-workers, athletes and parents</p> <p>EXPECTATION MET:</p> <p>YES NO</p>
<p>6. Athlete Preparation</p> <p>The coach demonstrates the ability to prepare athletes for competition. This includes being present for a minimum of 90% of practices, offering a minimum of 400 off-season Pride Point opportunities, and actively participate and promoting the Pride Point Program.</p> <p>EXPECTATION MET:</p> <p>YES NO</p>	

Commendations:

Recommendations:

Coach Comments:

The Athletic Director has explained the basis of this report to me and I understand its implications.

Signature of Coach: _____ **Date:** _____

Signature of Athletic Director: _____ **Date** _____

Signature of Principal: _____ **Date:** _____

If necessary, please use a separate sheet of paper and attach to this form.

Please check box that applies:

Coach Met Expectations

Coach Did Not Meet Expectations (2 or more "no" were documented) Coach is on probationary status next season coached. Improvement plan in place.

Coach failed to meet the improvement plan established. Coach is being released.

Coach did not meet expectations and is being released until Superintendent approval for rehire.

Evaluator Comments:

DPHS Athlete's Personal Code

Athletics shall be governed by the CIF Book of Rules and Regulations and the Constitutions of the appropriate League (coaches should receive new rule books before every season)

The following are general responsibilities of the athlete:

ATHLETIC CONTRACT

All Athletes will abide by the School Athletic Contract. Coaches will have their own athletic contract per sport. You as an athlete are representing yourself, your team, the school, your parents, and our community. Proper conduct is expected at all times, on and off the playing field, during school and non-school activities. Any behavior that is inappropriate or detrimental, can cause the athlete to be suspended from participation and/or removed from the team (Enforced by Coaches, Athletic Director, and Administration).

APPEARANCE

As a member of an Athletic team, you want to be proud of your appearance. Team members are expected to dress and present themselves in a professional manner. A dress code on the day of the contest may be required by the coach. Athletes must wear school colors as part of their uniform.

COMMITMENT

An athlete must be willing to dedicate themselves to being a scholar athlete. This means making a commitment to attend all practices, contests, and team meetings. When you're not there, someone is working to take your spot!

CIF BY-LAW 203. AGE REQUIREMENT

A student whose 19th birthday is on or before June 14th of the next school year, shall not participate or practice on any team in that upcoming school year.

ATTENDANCE POLICY

A student-athlete must attend 4 periods out of 7 in the school day to be deemed eligible for practice or competition on that day. Exceptions may be made for an Excused Absence with a Doctor's Note.

Sickness will not be excused; If you are too sick to come to school, you are too sick to participate in athletics.

PATCHES/AWARDS/BANQUETS

Banquet:

Upon completion of seasons, each team will have a sports banquet honoring our student athletes. Families are more than welcome to attend. However, depending on the meal that is served, parents may be responsible for purchasing dinner tickets.

Team Awards:

JV coaches will be allotted 3 team awards- Choosing these awards should be discussed with the coaching staff. If a coach would like more than 3 awards, they will need to purchase them with their team account funds.

Varsity Coaches will be allotted 4 team awards- Choosing these awards should be discussed with the coaching staff. If a coach would like more than 4 awards, they will need to purchase them with their team account funds.

West Sierra League Awards:

If a player earns First Team All League Honors they will receive a League Certificate and a First Team All League Patch. Only Varsity players can earn All League Honors. Varsity Coaches are responsible for attending the “All League Meeting.”

If a player earns a Special League Award they will automatically be selected as a First Team All League Recipient- Examples:

- Most Valuable Player
- Best Offensive Player
- Underclassman of the year

If a player earns Second Team All League Honors they will receive an All League Certificate

Patches:

After a student completes his/hers first sport Jv or Varsity they will receive a Block DP Patch

- Students will only receive one patch throughout their 4 years
- All Athletes will receive a sport emblem after completion of their sport. Students who quit or were removed from the team will not receive an emblem
- Gold Emblems are for JV and Blue Emblems are for Varsity athletes

League Patch:

If a Varsity sports team wins a CIF League Championship, the sports team will be responsible for purchasing their 5” Chenille Patch. Athletics will purchase their League Plaques. If a JV team wins a league championship, athletics will purchase their patch, as jv sports do not receive league plaques.

Valley Patch:

If a sports team wins a Valley Championship. Athletics will Purchase their Valley Patch as well as their League Plaque

Scholar Athlete:

If a student receives a 4.0 for both semesters they will receive one scholar athlete patch to be distributed by the Athletic Director at the end of the school year.

→ Students can earn up to 4 Scholar Athlete Patches (9th, 10th, 11th, 12th grade)

→ Students must receive a 4.0 both semesters in order to receive their patch

Plaques:

Only Varsity teams receive a League Plaque or a Valley Championship Plaque. These are purchased for the entire team by Athletics.

3 Sport Athletes:

3 sport athletes should be recognized for their hard work and we are going to do exactly that! Athletes will receive a t-shirt, a certificate and a patch for completing 3 sports in 1 year during their 3rd sport banquet.

COACHING REQUIREMENTS and CHECKLIST

It is expected that all coaches complete these district requirements

You must show proof that the following requirements have been met prior to student contact.

- Completed Application and HR form must be on file at District.
- You must have a Live Scan clearance from the Department of Justice (DOJ) and the FBI.
- A current TB test must be on file at District.
- Mandated Reporting Training
- Online or In-Person Safety Training must be completed prior to start of work.

You must also complete each of the certifications showing competency in the following areas:

Per BP/AR 4127: The Superintendent or designee may waive competency requirements for persons enrolled in appropriate training courses leading to acquisition of the competency, provided such persons serve under the direct supervision of a fully qualified coach until the competencies are met. (5 CCR 5593)

1. A General Coaching Education Course The most commonly utilized courses are:

- The Fundamentals of Coaching course through the NFHS Learn
- CIF Coaching Principles course offered online through Human Kinetics-Coach Education Center
- A school and/or school district approved coaching education course that meets the standards of the CIF bylaws

2. A Concussion Course (Good for 2 years, to be renewed with CPR/FA) The most commonly utilized courses are:

- Concussion in Sports offered through NFHS Learn
- ConcussionWise Course offered through Human Kinetics-Coach Education Center
- A school and/or school district approved concussion course that meets the standards of the CIF bylaws

3. Sudden Cardiac Arrest Training (Good for 2 years, to be renewed with CPR/FA) The most commonly utilized courses are:

- Sudden Cardiac Arrest Course offered through NFHS Learn
- CardiacWise Course offered through Human Kinetics-Coach Education Center
- A school and/or school district approved sudden cardiac arrest course that meets the standards of the CIF bylaws

4. Heat Acclimatization Course (Good for 2 years, to be renewed with CPR/FA) The most commonly utilized courses are:

- Heat Illness Prevention Course offered through NFHS Learn
- HeatWise Course offered through Human Kinetics-Coach Education Center
- A school and/or school district approved heat acclimatization course that meets the standards of the CIF bylaws

5. First Aid and CPR Certification Please consult with your school and/or school district for acceptable types of certification

RECOMMENDED TRAININGS THAT SATISFY DOS PALOS ORO LOMA JUSD CERTIFICATIONS

The CIF recommends you consult your local section office and school and/or school district you currently work for or plan to work for before selecting or taking any certification courses as the school and/or school district may have more specific and/or additional requirements (fingerprinting, TB tests, etc.)

CPR/First Aid Adult/Infant Certification (Free Course held at High School) Every 2 Years

- a. If FREE course is not taken through the district, Coach is responsible for the cost of CPR Training
- b. Purely Online Programs with no Physical Test will NOT BE ACCEPTED

NFHS Fundamentals of Coaching Training (Cost: \$50) One Time Completion

- a. Search “NFHS Coaching Fundamentals”
- b. Link: <https://nfhslearn.com/courses/61113/fundamentals-of-coaching>
- c. Take the Course and print and return the Certificate of Completion to Irene Lelandais or e-mail to ilelandais@dpol.net
- d. You are responsible for the initial payment for this course, HOWEVER on completion save and submit your receipt to be reimbursed by the Athletics Department.
 - i. MUST HAVE RECEIPT FOR REIMBURSEMENT

NFHS Concussion in Sports Training (Free Course) Every 2 Years with CPR

- a. Search “NFHS Concussion in Sports”
- b. Link: <https://nfhslearn.com/courses/61151/concussion-in-sports>
- c. Take the Course and print and return the Certificate of Completion to Irene Lelandais or e-mail to ilelandais@dpol.net

NFHS Sudden Cardiac Arrest Training (Free Course) Every 2 Years with CPR

- a. Search “NFHS Sudden Cardiac Arrest”
- b. Link: <https://nfhslearn.com/courses/61032/sudden-cardiac-arrest>
- c. Take the Course and print and return the Certificate of Completion to Irene Lelandais or e-mail to ilelandais@dpol.net

NFHS Heat Illness Prevention Training (Free Course) Every 2 Years with CPR

- a. Search “NFHS Heat Illness Prevention”
- b. Link: <https://nfhslearn.com/courses/61140/heat-illness-prevention>
- c. Take the Course and print and return the Certificate of Completion to Irene Lelandais or e-mail to ilelandais@dpol.net

Stipend Schedule 2024-2025

DOS PALOS HIGH SCHOOL
Stipend Schedule
2022 - 2023

800		1000													
Column A		Column B		Column C		Column D		Column E		Column F		Column G		Column H	
\$800		\$1,000		\$1,200		\$2,000		\$2,800		\$3,800		\$4,500		\$6,325	
Desc.	Qty	Desc.	Qty	Desc.	Qty	Desc.	Qty	Desc.	Qty	Desc.	Qty	Desc.	Qty	Desc.	Qty
Club Advisors	15	High School Weights	4	Class Advisor	8	AVID Director	1	ASB Leadership	2	Boys Track Head Coach	1	V Football Head Coach	1	Athletic Director	1
		Department Chair	14	Webmaster	1	Accelerated Math Coordinator	1	Carl Perkins	1	Boys Swim Head Coach	1	Band Direc	1	(Includes 1 prep period)	
		Physical Ed. Testing	1			AP Coordinator	1	Cheer Assistant Coach	1	Girls Swim Head Coach	1	Grant Writer	1		
		Teacher Tech. Liaison	1			AP Teacher	7	Color Guard	2	Girls Track Head Coach	1				
		Variable Supervision	4			Technology Support	2	JV Baseball Head Coach	1	JV Football Head Coach	1				
						WASC Coord	1	JV Boys Basketball Head Coach	1	V Baseball Head Coach	1				
						Flag Advisor	1	JV Cheer Head Coach	1	V Boys Basketball Head Coach	1				
						Year Book	1	JV Football Assistant Coach	5	V Boys Soccer Head Coach	1				
						Letter Advisor	1	JV Girls Basketball Head Coach	1	V Cheer Head Coach	1				
						Pom Advisor	1	JV Boys Soccer Head Coach	1	V Football Assistant Coach	5				
						*Sub Calling Stipend	1	JV Girls Soccer Head Coach	1	V Girls Basketball Head Coach	1				
								JV Softball Head Coach	1	V Girls Soccer Head Coach	1				
								JV Volleyball Head Coach	1	V Girls Tennis Head Coach	1				
								JV Wrestling Head Coach	1	V Golf Head Coach	1				
								Percussion	2	V Softball Head Coach	1				
								Track Assistant Coach	1	V Tennis Head Coach	1				
								V Baseball Assistant Coach	1	V Volleyball Head Coach	1				
								V Boys Basketball Assistant Coach	1	V Wrestling Head Coach	1				
								V Softball Assistant Coach	1						
								V Volleyball Assistant Coach	1						
								V Boys Soccer Assistant Coach	1						
								V Girls Soccer Assistant Coach	1						
								V Wrestling Assistant Coach	1						
								V Girls Basketball Assistant Coach	1						
TTL	15		24		9		18		31		22		3		1

* Sub calling will be moved to column B -\$1,000 in 2020-21*

Dos Palos High School Athletic Contract 2024-2025

I realize that it is a privilege to participate in athletic activities. Accordingly, I hereby agree to obey the following regulations set up by the California Interscholastic Federation (CIF), Dos Palos Oro Loma Joint Unified School District and Dos Palos High School. These rules and regulations shall govern any and all Athletes that represent Dos Palos High School in any kind of interscholastic competition. They are designed to promote the ideals of sportsmanship, teamwork, citizenship, responsibility, pride, and student success in representing Dos Palos High School and its community.

1. To be eligible for any team, the student must meet CIF, DPOLJUSD and Dos Palos High School eligibility requirements. DPOLJUSD requires a Grade Point Average (GPA) of 2.00 and no more than 2 F's. The student athlete must maintain credits towards graduation. Eligibility will be checked each quarter.
 - A. If a student has over a 2.0 but has three F grades, that student will be placed on probation or become ineligible if probationary periods have been exhausted. Similarly, if a student has two F grades or less but has below a 2.0, that student will be placed on probation or become ineligible if probationary periods have been exhausted.
 - B. Students who are academically ineligible on the first day of a season of sport, can try out and practice, but will not be allowed to play in games. The student may become eligible at the next quarter grading period. Students will not be allowed any field/court access, they will solely be allowed to condition and practice to prepare for the season if they are to become eligible at the quarter.
 - C. All students who are academically ineligible participating in a sport may be required to attend a one hour study table session. If a student refuses a study table session, participation in next week's practice may be altered.
 - D. DPHS students will be allowed three probation periods throughout their four years in high school. For example, the first time a student receives lower than a 2.0 or has three F's on any quarter grading period, that student will be given a quarter of probation to get their grades up. If the following quarter they still have below a 2.0 or 3 F's, they are now ineligible. After the three probation periods are exhausted, students will no longer be allowed a quarter to bring their grades up and will go directly on the ineligible list.
 - E. Grades will be calculated for eligibility at each quarter
 - F. A student may only use their probation period three times during their time at DPHS.
 - G. If a student gets placed on probation a fourth time, that student will become automatically ineligible and no longer offered a probation period to bring their grades up.
 - H. If a student is ineligible, they can become eligible when their GPA is above 2.0 and they have no more than two F's at the next quarter grading cycle
2. All Athletes must pass a physical examination and have a copy uploaded on Family ID. All athletes interested in playing a sport must register with Family ID before attending any practices. The Athlete and parents are responsible for completing all the requirements and uploading insurance cards and sport physicals.
3. PRIDE POINTS
 - A. Students are encouraged to earn pride points at the coaches discretion
4. An Athlete may change from one sport to another (at the end of the current sports regular season) only if he/she has permission from both coaches, the Athletic Director, and the Principal. This means the Athlete is not allowed to quit a sport from one season to go out early for another sport the next season.
5. Should an Athlete be removed from a team by their parents, be dismissed by the coach or quit a team the

Athlete will not be allowed to attend any further practices or games as a participant related to that sports program. If the Athlete quits a sport without authorization or is dismissed by the coach, they will not be eligible for the next season of sport and the sport they quit the following year (unless approved by a committee of the Counselor, the Athletic Director, and the Principal).

- A. If an athlete quits or gets removed from a total of 3 sports throughout their 4 high school years they will be banned from participating on future athletic teams (the Athletic Director will monitor this).
6. An Athlete **MUST** be in school a minimum of 4/7 (more than 50%) classes in order to participate in a game or practice held on that day. A legal admit must be presented if the Athlete misses any part of school on a game or practice day in order to be considered for participation. If an Athlete shows up more than 15 minutes late to any period it will not count towards the 4/7 classes.
7. An Athlete **MUST** attend practices in order to play in the games. It is up to the coach and the individual sports program to determine the discipline for missed practices (i.e. loss of starting spot, loss of playing time, missing full games, etc.).
8. An Athlete **MUST** ride on the transportation provided by the school in order to participate in a game being held on that day. If the Athlete chooses to waive the district transportation a waiver form must be submitted to the athletic director 24 hours prior to the event. Athletes may ride home with **EMERGENCY CONTACTS ONLY** if being checked out directly after a game, with no prior paperwork submitted.
9. Show respect for teammates, opponents, officials and coaches.
10. Participation in a non-school sponsored team, such as city league, shall make the Athlete ineligible for a school team of that same sport if the participation is during the season. (not applicable during school closure)
11. The Athlete is personally responsible for all school athletic equipment checked out, and will return the equipment in good condition and on time.
 - A. Athletes will not receive any post season awards when placed on fines list.
12. A student athlete will immediately become ineligible and could lose all playing privileges for that season of sport for any of the following reasons:
 - A. Quitting a sport without a justifiable reason or consent of the coach. (See #3 and #4)
 - B. A suspension or legal conviction for 1) Assault or battery of any school employee 2) Brandishing a Knife 3) Causing serious physical injury to another person 4) Possession, selling, or furnishing a firearm. 5) Possession of an explosive 6) Robbery or extortion 7) Selling a controlled substance 8) Sexual assault of sexual battery 8) Hate violence
 - C. Bullying, harassment or hazing of any kind is not permitted. Any student-athlete who participates in such activity will be subject to disciplinary action, which could include possible suspension or removal from his/her team.
 - D. Fighting or coming off the bench or sideline during any altercation on the playing area.
 - i. Removal from an Athletics team for any reason (quitting, coach removal, etc.) means the Athlete is ineligible to start the next season of sport until the current regular sport season is over (Playoffs not included)
 - ii. All sport suspensions and removals from the team will need to include the proper channels. A conference between the 1). Head Coach and Athlete 2). Head Coach, Parents, Athletic Director 3). Head Coach, Athlete, Parent, Principal
13. Suspension Policy
 - a. All students who receive an out of school suspension will be placed on non-privilege
 - b. **Definition of Non-Privilege:** A student will enter Non-Privilege status the day they are informed by administration for violation of the Discipline Policy and/or accumulating (3) or more unexcused absences in a class period. During this Non-Privilege period, a student will not be permitted to participate in or attend any school sponsored activities. This includes weekends if an event falls within the Non-Privilege period. Students participating in extracurricular

activities may continue to practice, but cannot compete in any competitions or events

- i. 1-2 day suspension will result in 5 consecutive school days non-privilege
- ii. 3-4 day suspension will result in 10 consecutive school days non-privilege
- iii. 5 day suspension will result in 15 consecutive school days non-privilege

13. Alcohol/Drug/Tobacco

- a. Any student under the influence or in possession of alcohol/drug/tobacco will be placed in the Intervention Classroom for a period of three school days. The student will also be placed on Non-Privilege status that corresponds with suspension dates.
- b. Any student under the influence *and* in possession of alcohol/drug/tobacco will be placed in the Intervention Classroom for a period of five school days. The student will also be placed on Non-Privilege status for a term that corresponds with suspension dates
- c. While in the Intervention classroom, students must complete a district approved online module associated with the specific violation. Also, students will be responsible to complete their class assignments during their time in intervention. If a student fails to complete the online module and class assignments, they will need to complete these requirements outside of the school day or will be placed in the Intervention classroom until both are complete.

14. Be proud to be a Bronco, win with dignity and lose with pride

Each coach may have their own athletic contract. However, team contracts can not supersede the district's policy. Our school contract provides basic rules and regulations for Athletes at Dos Palos High School. Every situation cannot be included in this contract therefore, all rules and regulations are subject to review by a committee including the Counselor, Athletic Director, and Site Principal.

I, (print name-student) _____, have read, understand, and agree to follow the Dos Palos High School Athletic Contract.

Student Signature

Date

Parent Signature

Date

Student Information Waiver

Dear Parent/Guardian:

Your signature below acknowledges that information about your athletes grades, discipline, eligibility may be shared with their coaching staff. This information will only be shared with DPOLJUSD approved and certified coaches associated with the sport your athlete plays. Information will be kept confidential, however, access to grades, disciplinary issues, and eligibility will help coaches better serve your student athlete.

*This document must be signed via Family ID by the parent or guardian

Thank you,

Dos Palos Athletics

CIF BYLAWS

506. PRACTICE ALLOWANCE

For the benefit of the physical and mental health of our student-athletes, all practices (as defined herein) under the auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also Bylaw 504.M.):

- A. All teams will be allowed no more than 18 hours of practice time per week and no more than four (4) hours in any single day.
- (1) **Multiple Practice Sessions**
 - a. Double day practices shall not be held on consecutive days.
 - b. Must include a minimum of three (3) hours rest between practices.
 - (2) **Golf Only**
 - a. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds. [Counts as four (4) hours]
- B. Any competition day would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.
- C. **Definition of Practice**
- (1) Any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport; AND/OR
 - (2) Any school team or individual activity that includes skill drills, game situation drills, inter-squad scrimmages or games, weight training, chalk talks, film review, meetings outside of school time (excluding parent meetings) that are implicitly/explicitly required by the coach; AND/OR
 - (3) Any other coach-directed or supervised school team or individual activity or instruction for a specific sport (private, small group or positional instruction, etc.) AND/OR
 - (4) Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the high school athletic program, team or school; AND
 - (5) Outside organization activity (club, etc.), shall not be used to circumvent these Bylaws.
- D. Other mandatory activities (including, but not limited to study hall, tutorial sessions, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in C.(1)-(5) above.
- E. This Bylaw shall not supersede any School/District/Section policies that may be more restrictive.
- F. **Penalties**
Following the determination of a violation of CIF Bylaw 506, a loss of practice day(s) and/or other sanctions, for each practice session infraction, shall be imposed by the Section as deemed appropriate to the level, extent, and duration of the infraction(s).

NOTE: For purposes of this Bylaw, the season of sport begins with each team's first day of practice.

Frequently Asked Questions - (FAQs will continue to be revised as needed and appropriate to assist schools in understanding the implementation of the Bylaw. Schools seeking additional clarification should contact their local CIF Section office.)

Q: Our football coach conducts a one (1) hour before school weightlifting activity in the weight room for football players. Does this count in the three (3) hours per school day practice limitation?

A: Before school activities that are NOT part of the curricular day are subject to the practice limitations. If the activity is organized and/or directed and/or supervised by any of the football coaching staff and only open to football players then YES, it is considered to be practice and counted in the daily limit.

Q: Our football coach conducts a one (1) hour before school "Zero Period" weightlifting activity in the weight room for football players. Does this count in the daily practice limitation?

A: If "Zero Period" IS considered part of the curricular day then it does not count against the practice duration limitations.

Q: We have a one (1) hour (a) before school; (b) zero period; general weight lifting activity in the weight room, advertised to all the athletes in the school who wish to participate. The football coach supervises this activity. While it is advertised to everyone in the school, it is primarily utilized by the football players. Does this count as practice activity in the daily practice duration limitation?

A: (a) Before school is not part of the curricular day so activities during this time are subject to practice duration

limitations. However, if the activity is a non-sport specific strength program, open to all athletes, it would be considered general conditioning and would not count as part of the practice duration limitations. As long as the school has done their best to advertise and make it open to everyone, and it is not a non-football hostile environment, or is not located in an area where female or other sport athletes do not have access (i.e. access only through the boys locker room), regardless of who attends or who is supervising, the activity would not be considered practice and would not, therefore, count in the daily practice limitation. (b) If Zero period IS considered part of the curricular day then it does not count against the practice duration limitations.

Q: A (a) Volleyball or Football; (b) Cross Country; Coach tells their team members “just go for an hour run” as a team (or as individuals) and then meet back in the gym to begin practice. Does that hour of just running count towards the practice duration limitation for that day?

A: Yes. This activity done as a team or as an individual and has been implicitly/explicitly required by the coach; directed and/or organized and/or supervised by the coach would count towards the daily practice duration limitations.

Q: A Basketball coach tells their team members that they are required to run a minimum number of miles each week on their own for conditioning. Does this count towards the practice duration limitations for any given day?

A: Yes, this would be considered an activity under C.(2) and (4) above because it was required and or implied by the coach for his/her basketball team members to participate. If it was not implicitly or explicitly required by the Coach it would not count towards practice duration limitations.

Q: The Water Polo Coach establishes a swimming conditioning session (a) before practice each day (b) in the morning before school; (c) during “Zero Period”; Does this count towards the practice duration limitations for that day?

A: (a) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitations. (b) Yes, swimming conditioning is directly related to water polo skill development, so this would count towards the daily practice duration limitation. (c) If “Zero Period” is considered part of the curricular day it does not count against the practice duration limitations.

Q: A student plays volleyball in the fall and basketball in the winter. During the overlap time of those two (2) seasons is a student allowed to practice for four hours per day for volleyball and then another four (4) hours per day for basketball, for a total of eight (8) hours of practice on any given day?

A: No. During any season overlap period for any student-athlete, that student-athlete is still limited to a total practice time for both sports not to exceed the daily practice duration limitation [four (4) hours max per day and only 18 hours per week].

Q: A student plays baseball and tennis in the same season of sport. If they have competitions on the same day for both sports how would those hours be counted?

A: The total number of hours would be three (3) regardless of the total time of both contests (see Bylaw 506.B.)

Coaches Memo

All Coaching Staff

- Confirm All Contests - Time, Place, Date
- Official's Assignments - Check with Athletic Director
- Facilities and Equipment Ready (**at least 2 weeks prior to first contest**)
 - ◆ You are responsible for making the AD aware of any necessities
- **Rosters - Keep them current and updated (Mrs. Lelandais will share a template with you)**
- Remember to do an inventory before and after your season of sport. A fines list must be turned into Athletic Director 7 days after your season ends.

Don't hand out keys or loan them to anyone. If you have someone interested in doing stats/coaching, please refer them to the Athletic Director, so they go through the proper channels for being certified and cleared to work with our athletes.

MUST HAVE ADULT SUPERVISION IN THE LOCKER ROOM WITH YOUR TEAM AT ALL TIMES. IT IS NOT THE RESPONSIBILITY OF THE P.E. TEACHER.

Lock all doors and gates behind you.

DO NOT LEAVE ANY ATHLETE UNATTENDED - Coaches should be the first to arrive and the last to leave!

Return all School Vehicles clean, drive the speed limit (55 MPH in Vans), and make sure all students have their seat buckled. MAKE SURE DOORS ARE LOCKED WHEN RETURNING VANS/CARS.

REPORT HOME GAMES TO

Westside Express -

- David Borboa - davidborboa@yahoo.com,
- Gene Lieb- glieb@thewestsideexpress.com

Merced Sun Star - sjansen@mercedsun-star.com

MAKE SURE TO KEEP MAX PREPS SCHEDULES AND SCORES UPDATED. CIF LOOKS INTO THIS REGULARLY. TEAMS WILL NOT BE ACCEPTED TO PLAYOFFS IF MAX PREPS ACCOUNTS ARE NOT UPDATED

Informed Consent Football May be Hazardous
Dos Palos Joint Unified School District
DPHS

There have been many improvements made in protective equipment to reduce injuries in the game of football. Over the years, there have been rule changes, changes in coaching techniques, and advances in sports medicine, all for the purpose of decreasing injuries. It is of the utmost importance for you, the player, to know the rules and play within the guidelines of those rules for your own safety.

It is important for you to know that injuries do occur in football and that some of these injuries can be a catastrophic (meaning permanent) injury leading to total paralysis, and even death. It is possible for this to happen to you and it is important for you to fully understand this before participating in the sport. You as a player can help make the game safer by not intentionally using techniques which are illegal and which can cause serious injury.

HELMET WARNING

Do not use your helmet to butt, ram, or spear an opposing player. This is in violation of the football rules and such use can result in severe head or neck injury, paralysis, or death to you and possible injury to your opponent. No helmet can prevent head or neck injuries that a player might sustain while participating in football.

I HAVE READ THE ABOVE STATEMENT AND FULLY UNDERSTAND THE IMPLICATIONS (Students and Parents signed this Via Family ID)

Sign _____ (Athlete)

Sign _____ (Parent)

Informed Consent Sports May be Hazardous
Dos Palos Joint Unified School District
DPHS

There have been many improvements made in coaching techniques and the National Rules of Federation reviews each sports rules annually to make appropriate changes for the athlete's safety. Advances in sports medicine in recent years, also contribute to the safety of athletes. It is of the utmost importance that you, the athlete, know the rules and play within the guidelines of those rules for your own safety.

It is important for you to know that injuries do occur and that some of these injuries can be a catastrophic (meaning permanent) injury leading to total paralysis, and even death. It is possible for this to happen to you and it is important for you to fully understand this before participating in the sport. You as a player can help make the game safer by not intentionally using techniques which are illegal and which can cause serious injury.

ANY ATHLETE WITH AN INJURY THAT REQUIRES MEDICAL ATTENTION, MUST BRING A SIGNED RELEASE FORM FROM THE DOCTOR IN ORDER TO CONTINUE TO PARTICIPATE IN ANY PHYSICAL ACTIVITY (PRACTICE AND GAMES).

I HAVE READ THE ABOVE STATEMENT AND FULLY UNDERSTAND THE IMPLICATIONS (Students and Parents signed this Via Family ID)

Sign _____ (Athlete)

Sign _____ (Parent)

Jersey Retirement Criteria

The retirement of an athletic jersey for current and former student athletes for extraordinary athletic performance, will need to be reviewed by the administration, coach, and athletic director for approval.

The following criteria to be considered for jersey retirement
(*minimum 4 out of the 6 in school and 6 out of the 8 out of school criteria*):

1. Attain first team recognition and/or MVP of the league. (*minimum 3 years*)
2. Attain recognition at state and/or national levels
3. Hold a school record, stats leader in the region, state, and/or national levels
4. Scholarship to a Division 3 School or above
5. Valley Champion
6. Exhibit good sportsmanship/citizenship/satisfactory scholastic achievement with a 3.25 Cumulative GPA
7. Attain recognition for outstanding accomplishments at the collegiate level
8. Other special circumstances may be considered, e.g. playing at the professional level.

CIF Forms

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- Release Form for Legal Guardians**
- Release of Liability**
- Accident Report**
- Sudden Cardiac Arrest (SCA)**
- Opioid Fact Sheet* Students and parents signed this Via Family ID**
- Concussion *Students and parents signed this Via Family ID**
- Suspected Child Abuse/Reporting requirement**
- Sexual Harassment**
- Drug and Alcohol Free Workplace**
- Coaches Handbook Contract Signature**

Emergency Contact

Information

EMERGENCY: Phone: 911

POLICE: Phone: 209-392-2176

FIRE: Phone: 209-392-2081

CPS: Phone: 209-385-3104

ETHICS IN SPORTS

I. Policy Statement

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

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

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

II. Code of Ethics

- a. To emphasize the proper ideas of sportsmanship, ethical conduct and fair play.
- b. To eliminate all possibilities which tend to destroy the best values of the game.
- c. To stress the values derived from playing the game fairly.
- d. To show cordial courtesy to visiting teams and officials.
- e. To establish a happy relationship between visitors and hosts.
- f. To respect the integrity and judgment of sports officials.
- g. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- h. To encourage leadership, use of initiative and good judgment by the players on a team.
- i. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
- j. To remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, official, fan, or nation.

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

_____	_____	_____
- Student Signature	Printed Name	Date
_____	_____	_____
- Parent Signature	School	
_____	_____	_____
- Coach's Signature	Athletic Directors Signature	

(Students and Parents signed this Via Family ID)

Bylaw 503.M.

Statewide Sportsmanship and Ejection Policy

Player:

A player who is ejected from a contest (for reasons other than fighting or leaving the bench area during a fight) shall be ineligible to participate in the remainder of that contest (event) and his or her team's future contest (s) as outlined below:

1. First Ejection: Player is ineligible to participate in the team's next contest. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's next contest. If the ejection occurs in the last game of the season, the player would be ineligible for the team's first contest the following season. If the player is a senior, he or she would be ineligible for the first contest of their next season of sport. **Note: There is no appeal process for single game ejections.**
2. Second Ejection: Player is ineligible to participate in the team's next three (3) contests. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's next three (3) contests. If the season concludes prior to the player serving the three (3) contests suspension, he or she would be ineligible for the number of contests remaining on the suspension for the team's following season. If the player is a senior, he or she would be ineligible for the number of contests remaining on the suspension for their next season of sport.
3. Third Ejection: Player is ineligible to participate for the remainder of that season. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's remaining contest that season. If there are six (6) or fewer contests remaining in the season, the player would be ineligible for up to six (6) contests for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter. If the player is a senior, he or she would be ineligible for up to six (6) contests for the next season of sport as determined by the CIF Section Commissioner with jurisdiction in the matter.

A player who is ejected from a contest for fighting or leaving the bench area during a fight* shall be ineligible to participate in the remainder of that contest and his or her team's future contests as outlined below:

1. First Ejection: Player (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct) is ineligible to participate in the team's next three (3) to six (6) contests as determined by the CIF Section Commissioner with jurisdiction in the matter. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the duration of the suspension. If the season concludes prior to the player serving the full suspension, he or she would be ineligible for the number of contests remaining on the suspension for the team's following season. If the player is a senior, he or she would be ineligible for the number of contests remaining on the suspension for their next season of sport. *NFHS Rules indicate automatic one game suspension for leaving the bench.
2. Second Ejection: Player is ineligible to participate for the remainder of that season. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's remaining contests that season. If there are six (6) or fewer contests remaining in the season, the player would be ineligible for up to six (6) contests for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter. If the player is a senior, he or she would be ineligible for up to six (6) contests for their next season of sport as determined by the CIF Section Commissioner with jurisdiction in the matter.

Before a player may return to participate in a contest following a multiple game suspension for any of the above infractions, the school principal must inform the CIF Section Commissioner with jurisdiction in the matter that they have met with the student-athlete, his or her parent/guardian/caregiver and coach to discuss future behavioral expectations.

Coach:

A coach who is ejected from a contest (for reasons other than fighting) shall be disqualified from participating in the remainder of that contest and his or her team's future contest (s) as outlined below:

1. First Ejection: Coach is disqualified from participating in the team's next contest. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for the team's next contest. If the ejection occurs in the last game of the season, the coach would be ineligible for the team's first contest the following season.
2. Second Ejection: Coach is disqualified from participating in the team's next three (3) to six (6) contests as determined by the CIF Section Commissioner with jurisdiction in the matter. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for the team's next three (3) to six (6) contests. If the ejection occurs in the last game of the season, the coach would be ineligible for the team's first three (3) to six (6) contests the following season.
3. Third Ejection: Coach is disqualified from participating in the remaining contests of that season. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for the remaining contests of that season. If there are six (6) or fewer contests remaining in the season, the coach would be disqualified from participating for up to six (6) contest for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter.

A coach who is ejected from a contest for (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct) shall be disqualified from participating in the remainder of that contest and his or her team's future contests as outlined below:

1. Ejection for (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct): Coach is disqualified from participating for the remainder of that season. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for all of the team's remaining contests that season. If there are fewer than six (6) contest remaining in the season, the coach would be disqualified from participating for up to six (6) contests for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter.

Before a coach may return to participate in a contest following a multiple contest disqualification, for any of the above infractions, the school principal must inform the CIF Section Commissioner with jurisdiction in the matter that they have met with the coach to discuss future behavioral expectations.

Appeal Process for All Multi-Game Ejections:

The school principal may appeal the penalties listed above in writing to the League Commissioner/President (for a regular season contest not including the final contest prior to Section playoffs) or CIF Section Commissioner with jurisdiction in the matter (for the final contest prior to Section playoffs and all playoff contests). The appeal must be received by the Section with 48 hours of the date of the ejection. Reasons for the appeal may only include misidentification of the ejected player or a misapplication of the rule. There will be no appeal regarding the judgement of an official.

Note: There is no appeal process for single game ejections.

Spectator:

If a spectator is ejected from a contest, it is the responsibility of the school to ensure that person does not attend that team's next contest. If the same spectator is ejected a second time, it is the responsibility of the school to ensure that person does not attend any of the remaining contests for that season.

Enforcement:

See Bylaw 503. M. and Article 22.C.(1)(2)(3)(4)

1. The Executive Director and/or Executive Committee or Section Commissioner and/or Section Board of Managers shall have power to suspend, to fine or otherwise penalize any member school for the violation of any CIF or Section rules and regulations or for just cause. The period of suspension or other penalty shall be left to the discretion of the CIF governing body that has jurisdiction of the matter where the penalty is not fixed.

(Approved May 2020 Federated Council)

PHYSICAL ASSAULT

CIF State Constitution Bylaw 210: Any student who physically assaults the person of a game or event official shall be banned from interscholastic athletics for the remainder of the student's eligibility. A game or event official is defined as a referee, umpire or any other official assigned to interpret or enforce rules competition at an event. A student may, after a lapse of 18 calendar months from the date of the incident, apply for reinstatement of eligibility to the State CIF Commissioner.

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

Dos Palos Oro Loma School District

Permit to Release Student to Legal Guardian/Parent

I request that my son/daughter be released to my custody, rather than returning to school on the transportation provided by the school district. I agree that once my son/daughter is released to my custody, I assume full responsibility for his/her health, safety and welfare and that Dos Palos Oro Loma School District, its agents and employees are released from any liability which might be incurred thereby.

Coach or Advisor:

Time of Release/Location _____

Student: Parent: _____

Student: Parent: _____

Student: Parent: _____

Student: Parent: _____

Student: Parent: _____

Student: Parent: _____

Student: Parent: _____

Student: Parent: _____

Student: Parent: _____

Student: Parent: _____

Student: Parent: _____

DOS PALOS - ORO LOMA

2041 ALMOND STREET DOS PALOS, CALIFORNIA 93620 (209) 392-6101

Release of Liability- Student Transportation

As parent or legal guardian of _____ (name of student) (Hereinafter "Student"), I request that student be released to the custody of _____ (name of adult) following the (activity) at _____ (location) on _____ (date).

I understand that the general policy of the Dos Palos-Oro Loma Joint Unified School District ("District") requires that any student riding District- supplied transportation must use such transportation both to and from the activity unless the student is directly released to his/her parent or legal guardian's custody.

In consideration for the District agreeing to release Student to the person named above, the undersigned hereby, on behalf of himself/herself, his/her heirs, executors, administrators and assigns, voluntarily agrees to hold harmless, releases, discharges and covenants not to sue the District, its officers, employees, and agents from any and all liabilities, claims, or causes of action for personal injury or property damage arising out of or resulting from this transfer of custody and/or subsequent to losses caused in whole or in part by the negligence of the District, its officers, employees, and agents.

I HAVE READ THIS DOCUMENT AND UNDERSTAND THAT IT RELEASES THE SCHOOL DISTRICT AND ITS OFFICERS, EMPLOYEES, AND AGENTS FROM ANY LEGAL LIABILITY FOR COMPLYING WITH THE ABOVE REQUEST.

Signature of Student _____ Date _____

In addition to all the foregoing, I specifically agree to hold harmless, release, discharge and covenant not to sue the District, its officers, employees, and agents from any cause of action for wrongful death arising out of or resulting from the District complying with the above request. I am executing this document both for myself and for my child in my capacity as guardian ad litem for students.

Signature of Parent of Legal Guardian _____ Date _____

CIF Sports Calendar 2024-2025



2024-2025



Sport	Maximum # of Contacts	Off Season or Outside Agency Period	Practice Start Date	First Scrimmage Date	First Contest Date	Sit Out Period Date	Last Contest Date	Off Season Outside Age Period
Fall								
Entry	14		August 16	August 30	September 6	October 10	November 14	- Start of Sum
	10		August 5*	August 14*	August 21	September 25	November 1	- Start of Sum
Football	28		July 25	August 8	August 15	September 18	October 24	- Start of Sum
	24		July 24	August 6	August 13	September 16	October 21	- Start of Sum
Baseball	24		July 25	August 8	August 15	September 18	October 24	- Start of Sum
Softball	28		July 25	August 8	August 15	September 18	October 24	- Start of Sum
Baseball	28		August 1	August 15	August 22	September 25	October 31	- Start of Sum
Winter								
Basketball	28	End of Summer - 1st Day of Practice	October 31	November 14	November 21	December 31	February 12	- Start of Sum
Wrestling	28	End of Summer - 1st Day of Practice	October 31	November 14	November 21	December 31	February 11	- Start of Sum
Swimming	28	End of Summer - 1st Day of Practice	October 31	November 14	November 21	December 31	February 11	- Start of Sum
Archery	28	End of Summer - 1st Day of Practice	October 31	November 14	November 21	December 31	February 12	- Start of Sum
Competitive Cheer	NA	NA	NA	NA	NA	TBD	NA	- Start of Sum
Figure Skating	40	End of Summer - 1st Day of Practice	October 28	November 11	November 18	December 30	February 8	- Start of Sum
Spring								
Baseball	24	End of Summer - 1st Day of Practice	January 27	February 7	February 14	March 24	May 2	- Start of Sum
Softball	28	End of Summer - 1st Day of Practice	February 7	February 19	February 26	April 7	May 13	- Start of Sum
Volleyball	28	End of Summer - 1st Day of Practice	January 27	February 7	February 14	March 24	May 1	- Start of Sum
Baseball	24	End of Summer - 1st Day of Practice	January 28	February 11	February 18	March 28	May 6	- Start of Sum
Baseball	24	End of Summer - 1st Day of Practice	January 16	January 30	February 6	March 17	April 24	- Start of Sum
Volleyball	28	End of Summer - 1st Day of Practice	January 27	February 7	February 14	March 24	May 1	- Start of Sum
Figure Skating	24	End of Summer - 1st Day of Practice	January 27	February 7	February 14	March 24	May 1	- Start of Sum
	28	End of Summer - 1st Day of Practice	January 27	February 7	February 14	March 24	May 1	- Start of Sum
Baseball	28	End of Summer - 1st Day of Practice	February 7	February 19	February 26	April 7	May 13	- Start of Sum
Softball	14	End of Summer - 1st Day of Practice	January 27	February 8	February 15	March 25	May 3	- Start of Sum
Volleyball	14	End of Summer - 1st Day of Practice	February 3	February 15	February 22	April 1	May 9	- Start of Sum

Players must complete the 5 day acclimation period. Acclimation period can begin no earlier than July 29.
 Individual shall participate in an interscholastic scrimmage before his/her 10th day of practice for that particular school. A team can schedule a scrimmage on the tenth day of practice.
 There will be no football games until the team has had 14 days of practice. Each individual student on the team must have had at least 10 days of practice prior to competing in a game.
 Prior to competition a student must have 10 days of practice in that sport if they did not play a sport in the previous season.

Off Season or Outside Agency Period
 The summer period is from the first weekend after Memorial Day until the first day of fall practices.
 All activities during this time period shall be under the authority of each school district with the exception of the mandatory consecutive 14 day dead period.
 **Football - contact practices are not allowed in the off-season (CIF Bylaw 2001.C, CA Ed Code 35179.5, AB 2127)

Off Season or Outside Agency Period
 Programs must choose between utilizing the off-season option or outside agency option. Please note that the off-season option limits practice to eight hours per week.
Dead Period
 Each team must choose 14 consecutive days or two 7 day periods during the summer period in which there will be no contact between coaches and student-athletes.

Start Date
 First allowable day to begin practice.

First Scrimmage Date
 First allowable day for interscholastic competition.

First Contest Date
 The date that a student may participate in competition after being granted a "SOP" due to transferring.

Last Contest Date
 This is the last date that a league can schedule contests prior to playoffs.

Updated



INCIDENT REPORT

TO BE COMPLETED IMMEDIATELY

DOS PALOS-ORO LOMA JOINT UNIFIED SCHOOL DISTRICT

The report should be submitted immediately by the Principal or Director to the District Office for processing. Should other pertinent facts develop, notify the District Office by means of a supplemental report. Please report only on the facts of the incident.

Date of Incident	Student Name	Employee Name
School Preschool	Student ID#	Employee ID#
Where Did Incident Occur?	Grade 12th	Visitor Name
	Age	Address
Time of Incident	SpEd/SDC	City, State, Zip
	Yes <input type="radio"/> No <input type="radio"/>	Phone Number

How Did Incident Occur?

Employee in Charge of Injured Party at the Time of the Incident?	Was the Employee Present at the Time of the Incident? ___ Yes ___ No
Was a School Rule Violated? ___ Yes ___ No	

If Yes, Explain

Nature of the Injury	Disabled? ___ Yes ___ No
First Aid Applied? ___ Yes ___ No	By Whom?

WITNESSES (Please list names and phone numbers of individuals who witnessed the incident)

How, and by whom, was the parent informed?

___ Parent came to school and indicated they were taking the child: ___ home ___ for medical attention
___ Parent requested that the child remain in school and return home via usual transportation
___ Other _____

If 911 was called, complete the following:

___ Paramedics transported the student to any emergency room. Name of staff member who accompanied the student (if any): _____
___ Paramedics provided care, waited for parent and recommended that the parent:
___ seek medical attention ___ take student home ___ other: _____
___ Police Officer present. Name of Police Officer: _____
___ Fire Department present. Name of Fireman: _____

COMMENTS

Report Submitted By	
Position	Date

THIS IS INTENDED TO BE AN INTERNAL REPORT OF ACCIDENT INFORMATION

Keep Their Heart in the Game

Recognize the Warning Signs & Risk Factors of Sudden Cardiac Arrest (SCA)

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

Potential Indicators That SCA May Occur

- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or startle
- Excessive shortness of breath during exercise
- Racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise

Factors That Increase the Risk of SCA

- Family history of known heart abnormalities or sudden death before age 50
- Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- Family members with unexplained fainting, seizures, drowning or near drowning or car accidents
- Known structural heart abnormality, repaired or unrepaired
- Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks or performance-enhancing supplements

What is CIF doing to help protect student-athletes?

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

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

STUDENT-ATHLETE SIGNATURE

PRINT STUDENT-ATHLETE'S NAME

DATE

PARENT/GUARDIAN SIGNATURE

PRINT PARENT/GUARDIAN'S NAME

DATE

For more information about Sudden Cardiac Arrest visit

California Interscholastic Federation
<http://www.cifstate.org>

Eric Paredes Save A Life Foundation
<http://www.epsavealife.org>

CardiacWise (20-minute training video)
<http://www.sportsafetyinternational.org>



Hoja informativa para padres de estudiantes atletas



Esta información ayuda a proteger a sus estudiantes atletas del Paro Cardíaco Repentino

¿Por qué no se detectan las afecciones cardíacas que ponen en riesgo a los atletas?

Si bien un estudiante atleta puede no mostrar señales de advertencia de una afección cardíaca, los estudios muestran que generalmente los síntomas están presentes, pero no se reconocen, no se reportan, se pasan por alto o se diagnostican mal.

- Los síntomas pueden malinterpretarse como típicos en los jóvenes atletas
- El desmayo con frecuencia se atribuye por error al estrés, calor, falta de alimentos o agua
- Los estudiantes atletas que tienen síntomas, regularmente no los reconocen como raros, es normal para ellos
- Los estudiantes atletas (o sus padres) no quieren jugar menos tiempo
- Los estudiantes atletas piensan por error que les falta condición y solo necesitan entrenar más duro
- Los estudiantes atletas no hablan de sus síntomas con adultos porque les da pena no seguir el ritmo de sus compañeros
- Los adultos suponen que los estudiantes atletas están bien y simplemente "marcan la casilla" en los formularios de salud sin preguntarles
- El personal médico y los padres por igual con frecuencia pasan por alto las señales de advertencia
- Los estudiantes atletas ignoran los síntomas pensando que desaparecerán
- Las familias no saben o no reportan a su médico el historial de salud cardíaca o las señales de advertencia
- Los exámenes para niños sanos y los exámenes físicos deportivos no buscan las afecciones que pueden poner en riesgo a los estudiantes atletas
- Los estetoscopios no son una prueba diagnóstica completa para afecciones cardíacas

Proteja el corazón de sus estudiante atleta

Infórmese sobre el Paro Cardíaco Repentino, hable con sus estudiante atleta sobre las señales de advertencia y cree una cultura de prevención en la organización deportiva a la que pertenecen.

- Conozca las señales de advertencia
- Documente el historial de salud cardíaca de su familia, ya que algunas afecciones son hereditarias
- Si se presentan síntomas o factores de riesgo, pida a su médico pruebas cardíacas o genéticas
- No solo "marque la casilla" en los formularios de historial de salud, pregúntele a su estudiante atleta cómo se siente
- Hágase una evaluación de riesgo cardíaco junto con su estudiante atleta cada temporada
- Aliente a sus estudiantes atletas a hablar si tienen alguno de los síntomas
- Consulte con el entrenador para ver si ha notado alguna señal de advertencia
- Los estudiantes atletas activos deberían estar mejorando, no empeorando
- Como padre en las gradas, conozca la cadena cardíaca de supervivencia
- Asegúrese de que la escuela y organizaciones deportivas cumplen con la ley estatal y tienen administradores, entrenadores y oficiales capacitados para responder a una emergencia cardíaca
- Aporte a la compra colectiva de un desfibrilador para el sitio

¿Qué sucede si mi estudiantes atletas tiene señales de advertencia o factores de riesgo?

- La ley estatal requiere que los estudiantes atletas que se desmayan o presentan otros síntomas relacionados con el corazón sean reautorizados para jugar por un proveedor médico con licencia (*licensed healthcare provider*).
- Pídale a su proveedor médico que ordene pruebas diagnósticas o genéticas para descartar una posible afección cardíaca.

Los electrocardiogramas (ECG o EKG) registran la actividad eléctrica del corazón. Se ha demostrado que los ECG detectan la mayoría de las afecciones cardíacas más efectivamente que el historial físico y clínico solos. Los ecocardiogramas (ECHO) capturan una imagen en vivo del corazón.

- Un proveedor de atención médica con experiencia en la evaluación de afecciones cardiovasculares (del corazón) debe consultar a su estudiante atleta.
- Siga las instrucciones de su proveedor para conocer las limitaciones de actividad recomendadas hasta que se completen las pruebas de evaluación.

¿Qué pasa si diagnostican a mi estudiante con una afección cardíaca que lo pone en riesgo?

Hay muchos pasos que se pueden tomar para prevenir un PCR, como modificar la actividad, dar medicamentos, hacer tratamientos quirúrgicos o implantar un marcapasos y / o desfibrilador cardioversor implantable. Su médico debe hablarle de las opciones de tratamiento y modificaciones a la actividad recomendadas durante el tratamiento. En muchos casos, la anomalía puede corregirse y el joven puede volver a sus actividades normales.

Hoja informativa para padres de estudiantes atletas



Esta información ayuda a proteger a sus estudiantes atletas del Paro Cardíaco Repentino

Para obtener más información, vaya a KeepTheirHeartInTheGame.org

**Obtenga herramientas gratuitas para ayudar a crear una cultura de prevención en el hogar, en la escuela,
en la cancha y en el consultorio del médico.**

Hable con su estudiante atleta de las señales de advertencia de una posible afección cardíaca y pida que firme a continuación.

Separe esta sección y devuélvala a su organización deportiva.

Guarde la hoja informativa para usar en los juegos y prácticas de sus estudiantes atletas para ayudar a protegerlos de un Paro Cardíaco Repentino.

Aprendí sobre las señales de advertencia y hablé con mi padre/madre/tutor o entrenador sobre qué hacer si tengo algún síntoma.

NOMBRE ESCRITO DEL ESTUDIANTE ATLETA

FIRMA DEL ESTUDIANTE ATLETA

FECHA

Leí esta hoja informativa sobre la prevención de un Paro Cardíaco Repentino con mi estudiante atleta y platicamos sobre qué hacer si nota alguna señal de advertencia, y sobre qué hacer si presenciamos un paro cardíaco.

NOMBRE ESCRITO DEL PADRE/MADRE/TUTOR LEGAL

FIRMA DEL PADRE/MADRE/TUTOR LEGAL

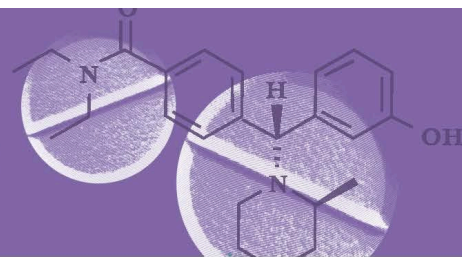
FECHA

Si bien perder un juego puede ser inconveniente, sería una tragedia perder a un estudiante atleta porque las señales de advertencia no fueron reconocidas o porque las comunidades deportivas no estaban preparadas para responder ante una emergencia cardíaca.

¡Mantenga su corazón en el juego!



PRESCRIPTION OPIOIDS: WHAT YOU NEED TO KNOW



Prescription opioids can be used to help relieve moderate-to-severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious risks. It is important to work with your health care provider to make sure you are getting the safest, most effective care.

WHAT ARE THE RISKS AND SIDE EFFECTS OF OPIOID USE?

Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. An opioid overdose, often marked by slowed breathing, can cause sudden death. The use of prescription opioids can have a number of side effects as well, even when taken as directed:

- Tolerance—meaning you might need to take more of a medication for the same pain relief
- Physical dependence—meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating

As many as
1 in 4
PEOPLE*



receiving prescription opioids long term in a primary care setting struggles with addiction.

* Findings from one study

RISKS ARE GREATER WITH:

- History of drug misuse, substance use disorder, or overdose
- Mental health conditions (such as depression or anxiety)
- Sleep apnea
- Older age (65 years or older)
- Pregnancy

Avoid alcohol while taking prescription opioids. Also, unless specifically advised by your health care provider, medications to avoid include:

- Benzodiazepines (such as Xanax or Valium)
- Muscle relaxants (such as Soma or Flexeril)
- Hypnotics (such as Ambien or Lunesta)
- Other prescription opioids



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



American Hospital
Association®

CS264107C May 9, 2016

Opioid Fact Sheet Signature

Dear Parent/Guardian:

YOUR SIGNATURE BELOW ACKNOWLEDGES THAT YOU HAVE READ THE ABOVE STATEMENT AND FULLY UNDERSTAND THE INFORMATION IN THE OPIOID FACTSHEET (Students and Parents signed this Via Family ID)

Thank you,

Dos Palos Athletics Staff

Parent Signature

Date

Student Signature

Date



CIF Concussion Information Sheet

Why am I getting this information sheet?

You are receiving this information sheet about concussions because of California state law AB 25 (effective January 1, 2012), now Education Code § 49475:

1. *The law requires a student-athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.*
2. *Any student-athlete removed for this reason must receive a written note from a physician trained in the management of concussion before returning to practice.*
3. *Before a student-athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the student-athlete and the parent or guardian.*

[Every 2 years all coaches are required to receive training about concussions (AB 1451), sudden cardiac arrest (AB 1639), and heat illness (AB 2500), and certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR)].

What is a concussion and how would I recognize one?

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each person.

Most concussions get better with rest and over 90% of athletes fully recover. However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.

Most concussions occur without being knocked out. Signs and symptoms of concussion (see back of this page) may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from your team's athletic trainer and a physician trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 for immediate transport to the emergency department of your local hospital.

On the CIF website is a **Graded Concussion Symptom Checklist**. If your child fills this out after having had a concussion, it helps the physician, athletic trainer or coach understand how they are feeling and hopefully will show improvement over time. You may have your child fill out the checklist at the start of the season even before a concussion has occurred so that we can understand if some symptoms such as headache might be a part of their everyday life. We call this a "baseline" so that we know what symptoms are normal and common for your child. Keep a copy for your records, and turn in the original. If a concussion occurs, your child can fill out this checklist again. This Graded Symptom Checklist provides a list of symptoms to compare over time to follow your child's recovery from the concussion.

What can happen if my child keeps playing with concussion symptoms or returns too soon after getting a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g., MRI or CT) may be "normal", the brain has still been injured. Animal and human research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of concussion education is to prevent a too early return to play so that serious brain damage can be prevented.

Signs observed by teammates, parents and coaches include:	
<ul style="list-style-type: none"> • Looks dizzy • Looks spaced out • Confused about plays • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or awkwardly • Answers questions slowly 	<ul style="list-style-type: none"> • Slurred speech • Shows a change in personality or way of acting • Can't recall events before or after the injury • Seizures or "has a fit" • Any change in typical behavior or personality • Passes out

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> • Headaches • "Pressure in head" • Nausea or throws up • Neck pain • Has trouble standing or walking • Blurred, double, or fuzzy vision • Bothered by light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Loss of memory • "Don't feel right" • Tired or low energy • Sadness • Nervousness or feeling on edge • Irritability • More emotional • Confused • Concentration or memory problems • Repeating the same question/comment

What is Return to Learn?

Following a concussion, students may have difficulties with short- and long-term memory, concentration and organization. They may require rest while recovering from injury (e.g., limit texting, video games, loud movies, or reading), and may also need to limit school attendance for a few days. As they return to school, the schedule might need to start with a few classes or a half-day. If recovery from a concussion is taking longer than expected, they may also benefit from a reduced class schedule and/or limited homework; a formal school assessment may also be necessary. Your school or physician can help suggest and make these changes. Students should complete the Return to Learn guidelines, successfully returning to a full school day and normal academic activities, before returning to play (unless your physician makes other recommendations). Go to the CIF website (cifstate.org) for more information on Return to Learn.

How is Return to Play (RTP) determined?

Concussion symptoms should be completely gone before **returning to competition**. A RTP progression is a gradual, step-wise increase in physical effort, sports-specific activities and then finally unrestricted activities. If symptoms worsen with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a physician trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer, coach, or other identified school administrator. Please see cifstate.org for a graduated return to play plan. *[AB 2127, a California state law effective 1/1/15, states that return to play (i.e., full competition) must be **no sooner** than 7 days after the concussion diagnosis has been made by a physician.]*

Final Thoughts for Parents and Guardians:

It is well known that students will often not talk about signs of concussions, which is why this information sheet is so important to review with them. Teach your child to tell the coaching staff if they experience such symptoms, or if they suspect that a teammate has had a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms that you may be seeing in your child.

References:

- American Medical Society for Sports Medicine position statement: concussion in sport (2013)
- Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Berlin, October 2016
- <https://www.cdc.gov/traumaticbraininjury/PediatricTBIGuideline.html>
- <https://www.cdc.gov/headsup/youthsports/index.html>

Students and Parents will sign this on Family ID

SUSPECTED CHILD ABUSE REPORT

To Be Completed by **Mandated Child Abuse Reporters**
Pursuant to Penal Code Section 11166

CASE NAME: _____

PLEASE PRINT OR TYPE

CASE NUMBER: _____

A. REPORTING PARTY	NAME OF MANDATED REPORTER		TITLE		MANDATED REPORTER CATEGORY					
	REPORTER'S BUSINESS/AGENCY NAME AND ADDRESS				Street	City	Zip			
	REPORTER'S TELEPHONE (DAYTIME)		SIGNATURE		TODAY'S DATE					
B. REPORT NOTIFICATION	<input type="checkbox"/> LAW ENFORCEMENT		<input type="checkbox"/> COUNTY PROBATION		AGENCY					
	<input type="checkbox"/> COUNTY WELFARE / CPS (Child Protective Services)									
	ADDRESS				Street	City	Zip	DATE/TIME OF PHONE CALL		
C. VICTIM One Report Per Victim	NAME (LAST, FIRST, MIDDLE)				BIRTHDATE OR APPROX. AGE	SEX	ETHNICITY			
	ADDRESS				Street	City	Zip	TELEPHONE		
	PRESENT LOCATION OF VICTIM				SCHOOL		CLASS	GRADE		
	PHYSICALLY DISABLED? <input type="checkbox"/> YES <input type="checkbox"/> NO		DEVELOPMENTALLY DISABLED? <input type="checkbox"/> YES <input type="checkbox"/> NO		OTHER DISABILITY (SPECIFY)		PRIMARY LANGUAGE SPOKEN IN HOME			
	IN FOSTER CARE? <input type="checkbox"/> YES <input type="checkbox"/> NO		IF VICTIM WAS IN OUT-OF-HOME CARE AT TIME OF INCIDENT, CHECK TYPE OF CARE:				TYPE OF ABUSE (CHECK ONE OR MORE)			
			<input type="checkbox"/> DAY CARE <input type="checkbox"/> CHILD CARE CENTER <input type="checkbox"/> FOSTER FAMILY HOME <input type="checkbox"/> FAMILY FRIEND <input type="checkbox"/> GROUP HOME OR INSTITUTION <input type="checkbox"/> RELATIVE'S HOME				<input type="checkbox"/> PHYSICAL <input type="checkbox"/> MENTAL <input type="checkbox"/> SEXUAL <input type="checkbox"/> NEGLIGENCE <input type="checkbox"/> OTHER (SPECIFY)			
RELATIONSHIP TO SUSPECT				PHOTO'S TAKEN?		DID THE INCIDENT RESULT IN THIS VICTIM'S DEATH?				
D. INVOLVED PARTIES	VICTIM'S SIBLINGS									
	NAME		BIRTHDATE	SEX	ETHNICITY	NAME		BIRTHDATE	SEX	ETHNICITY
	1. _____				3. _____					
	2. _____				4. _____					
	NAME (LAST, FIRST, MIDDLE)				BIRTHDATE OR APPROX. AGE	SEX	ETHNICITY			
	ADDRESS				Street	City	Zip	HOME PHONE	BUSINESS PHONE	
					()			()		
	NAME (LAST, FIRST, MIDDLE)				BIRTHDATE OR APPROX. AGE	SEX	ETHNICITY			
	ADDRESS				Street	City	Zip	HOME PHONE	BUSINESS PHONE	
					()			()		
SUSPECT'S NAME (LAST, FIRST, MIDDLE)				BIRTHDATE OR APPROX. AGE	SEX	ETHNICITY				
ADDRESS				Street	City	Zip	HOME PHONE	BUSINESS PHONE		
				()			()			
OTHER RELEVANT INFORMATION										
E. INCIDENT INFORMATION	IF NECESSARY, ATTACH EXTRA SHEET(S) OR OTHER FORM(S) AND CHECK THIS BOX <input type="checkbox"/> IF MULTIPLE VICTIMS, INDICATE NUMBER _____									
	DATE / TIME OF INCIDENT				PLACE OF INCIDENT					
	NARRATIVE DESCRIPTION (What victim(s) said/what the mandated reporter observed/what person accompanying the victim(s) said/similar or past incidents involving the victim(s) or suspect)									

SS 8572 (Rev. 12/02)

DEFINITIONS AND INSTRUCTIONS ON REVERSE

DO NOT submit a copy of this form to the Department of Justice (DOJ). The investigating agency is required under Penal Code Section 11169 to submit to DOJ a Child Abuse Investigation Report Form SS 8583 if (1) an active investigation was conducted and (2) the incident was determined not to be unfounded.

WHITE COPY-Police or Sheriff's Department; BLUE COPY-County Welfare or Probation Department; GREEN COPY-District Attorney's Office; YELLOW COPY-Reporting Party

SS 8572 (12/02)

Page 1 of 2

Clear Form

Print Form

Dos Palos-Ora Loma Unified School District

Child Abuse Reporting Requirements

Signed Statement

Section 11166 of the Penal Code requires any child care custodian, health practitioner, employee of a child protective agency or child visitation monitor who has knowledge of or observes a child in his/her professional capacity or within the scope of his/her employment who he/she knows or reasonably suspects has been the victim of child abuse to report the known or suspected instance of child abuse to a child protective agency immediately or as soon as practically possible by telephone and to prepare and send a written report thereof within 36 hours of receiving the information concerning the incident.

“Child care custodian” includes teachers, an instructional aide, a teacher’s aide, or a teacher’s assistant employed by any public or private school, who has been trained in the duties imposed by this article, if the school district has so warranted to the State Department of Education; a classified employee of any public school who has been trained in the duties imposed by this article, if the school has so warranted to the State Department of of Education; administrative officers, supervisors of child welfare and attendance, or certificated pupil personnel employees of any public or private school, administrators of a public or private day camp; administrators and employees of public or private organizations whose duties require direct contact and supervision of children and who have been trained in the duties imposed by this article; licenses, administrators, and employees of licensed community care or child day care facilities; headstart teachers; licensing workers or licensing evaluators; public assistance workers; employees of a child care institution, including, but not limited to, foster parents, group home personnel, and personnel of residential care facilities; social workers, probation officers, or parole officers; employees of a school district police or security department; any person who is an administrator or a presenter of, or a counselor in, a child abuse prevention program in any public or private school; a district attorney investigator, inspector, or family support officer unless the Investigator, Inspector, or officer is working with an attorney appointed pursuant to Section 317 of the Welfare and Institutions Code to represent a minor; or a peace officer, as defined in Chapter 4.5 (commencing with Section 830) of Title 3 of Part 2 of this code, who is not otherwise described in this section.

“Health practitioner” includes physicians and surgeons, psychiatrists, psychologists, dentists, residents, interns, podiatrists, chiropractors, licensed nurses, dental hygienists, optometrists, or any other person who is licensed under Division 2 (commencing with Section 500) of the Business and Professions Code; marriage, family and child counselors; emergency medical technicians I or II, paramedics, or other persons certificated pursuant to Division 2.5 (commencing with Section 1797) of the Health and Safety Code; psychological assistants registered pursuant to Section 2913 of the Business and Professions Code; marriage, family and child counselor trainees as defined in subdivision (c) of Section 4980.03 of the Business and Professions Code; state or county public health employees who treat minors for venereal disease or any other condition; coroners; paramedic; and religious practitioners who diagnose, examine, or treat children.

“Child visitation monitor” means any person as defined in Section 11165.15

I have been informed of the above law and will comply within its provisions.

Coach Signature

Date

This statement is a permanent record of the district. The cost of printing, distributing, and filing of these statements is borne by the district.

This subdivision is not applicable to persons employed by child protective agencies, public or private youth centers, youth recreation programs and youth organizations as members of the support staff or maintenance staff and who do not work with, observe, or have knowledge of children as part of their official duties.

Dos Palos - Oro Loma JUSD

Board Policy 4119.11, 4219.11, 4319.11

Personnel

Sexual Harassment

The Governing Board prohibits sexual harassment of district employees and job applicants. The Board also prohibits retaliatory behavior or action against district employees or other persons who complain, testify, or otherwise participate in the complaint process established pursuant to this policy and administrative regulation.

(cf. 0410 - Nondiscrimination in District Programs and Activities)
(cf. 4030 - Nondiscrimination in Employment)

The Superintendent/Principal or designee shall take all actions necessary to ensure the prevention, investigation, and correction of sexual harassment, including but not limited to:

1. Providing training to employees in accordance with law and administrative regulation
2. Publicizing and disseminating the district's sexual harassment policy to staff

(cf. 4112.9/4212.9/4312.9 - Employee Notifications)

3. Ensuring prompt, thorough, and fair investigation of complaints
4. Taking timely and appropriate corrective/remedial action(s), which may require interim separation of the complainant and the alleged harasser and subsequent monitoring of developments

All complaints and allegations of sexual harassment shall be kept confidential to the extent necessary to carry out the investigation or to take other subsequent necessary actions. (5 CCR 4964)

Any district employee or job applicant who feels that he/she has been sexually harassed or who has knowledge of any incident of sexual harassment by or against another employee, a job applicant, or a student, shall immediately report the incident to his/her supervisor, the principal, district administrator, or Superintendent/Principal.

A supervisor, principal, or other district administrator who received a harassment complaint shall promptly notify the Superintendent/Principal or designee.

Complaints of sexual harassment shall be filed in accordance with AR 4031 - Complaints Concerning Discrimination in Employment. An employee may bypass his/her supervisor in filing a complaint where the supervisor is the subject of the complaint.

(cf. 4031 - Complaints Concerning Discrimination in Employment)

Any district employee who engages or participates in sexual harassment or who aids, abets, incites, compels, or coerces another to commit sexual harassment against a district employee, job applicant, or student is in violation of this policy and is subject to disciplinary action, up to and including dismissal.

(cf. 4117.4 - Dismissal)

(cf. 4118 - Suspension/Disciplinary Action)

(cf. 4218 - Dismissal/Suspension/Disciplinary Action)

Legal Reference:

EDUCATION CODE

200-262.4 Prohibition of discrimination on the basis of sex

GOVERNMENT CODE

12900-12996 Fair Employment and Housing Act, especially:

12940 Prohibited discrimination

12950.1 Sexual harassment training

LABOR CODE

1101 Political activities of employees

1102.1 Discrimination: sexual orientation

CODE OF REGULATIONS, TITLE 2

7287.8 Retaliation

7288.0 Sexual harassment training and education

CODE OF REGULATIONS, TITLE 5

4900-4965 Nondiscrimination in elementary and secondary education programs receiving state financial assistance

UNITED STATES CODE, TITLE 42

2000d-2000d-7 Title VI, Civil Rights Act of 1964

2000e-2000e-17 Title VII, Civil Rights Act of 1964, as amended

2000h-2-2000h-6 Title IX, 1972 Education Act Amendments

CODE OF FEDERAL REGULATIONS, TITLE 34

106.9 Dissemination of policy

Dos Palos - Oro Loma JUSD

Administrative Regulation 4119.11, 4219.11, 4319.11

Personnel

Sexual Harassment

Definitions

Prohibited sexual harassment includes, but is not limited to, unwelcome sexual advances, unwanted requests for sexual favors, or other unwanted verbal, visual, or physical conduct of a sexual nature made against another person of the same or opposite sex in the work or educational setting when: (Education Code 212.5; 5 CCR 4916)

1. Submission to the conduct is made explicitly or implicitly a term or condition of the individual's employment.
2. Submission to or rejection of such conduct by the individual is used as the basis for an employment decision affecting him/her.
3. The conduct has the purpose or effect of having a negative impact upon the individual's work or has the purpose or effect of creating an intimidating, hostile, or offensive work environment. The conduct is sufficiently severe, persistent, pervasive, or objectively offensive so as to create a hostile or abusive working environment or to limit the individual's ability to participate in or benefit from an education program or activity.
4. Submission to or rejection of the conduct by the other individual is used as the basis for a decision affecting him/her regarding benefits, services, honors, programs, or activities available at or through the district.

Other examples of action that might constitute sexual harassment, whether committed by a supervisor, a co-worker, or a non-employee, in the work or educational setting include, but are not limited to:

1. Unwelcome verbal conduct such as sexual flirtations or propositions; graphic comments about an individual's body; overly personal conversations or pressure for sexual activity; sexual jokes or stories; unwelcome sexual slurs, epithets, threats, innuendos, derogatory comments, sexually degrading descriptions, or the spreading of sexual rumors
2. Unwelcome visual conduct such as drawings, pictures, graffiti, or gestures; sexually explicit emails; displaying sexually suggestive objects
3. Unwelcome physical conduct such as massaging, grabbing, fondling, stroking, or brushing the body; touching an individual's body or clothes in a sexual way; cornering, blocking, leaning over, or impeding normal movements

Prohibited sexual harassment may also include any act of retaliation against an individual who reports a violation of the district's sexual harassment policy or who participates in the investigation of a sexual harassment complaint.

Training

Every two years, the Superintendent or designee shall ensure that supervisory employees receive at least two hours of classroom or other effective interactive training and education regarding sexual harassment. All newly hired or promoted supervisory employees shall receive training within six months of their assumption of the supervisory position. (Government Code 12950.1).

The district's training and education program for supervisory employees shall include information and practical guidance regarding the federal and state laws on the prohibition against and the prevention and correction of sexual harassment, and the remedies available to the victims of sexual harassment in employment. The training shall also include all of the content specified in 2 CCR 7288.0 and practical examples aimed at instructing supervisors in the prevention of harassment, discrimination, and retaliation. (Government Code 12950.1; 2 CCR 7288.0)

In addition, the Superintendent or designee shall ensure that all employees receive periodic training regarding the district's sexual harassment policy, particularly the procedures for filing complaints and employees' duty to use the district's complaint procedures.

Notifications

A copy of the Board policy and this administrative regulation shall: (Education Code 231.5)

1. Be displayed in a prominent location in the main administrative building, district office, or other area of the school where notices or district rules, regulations, procedures, and standards of conduct are posted.
2. Be provided to each faculty member, all members of the administrative staff, and all members of the support staff at the beginning of the first quarter or semester of the school year or whenever a new employee is hired

(cf. 4112.9/4212.9/4312.9 - Employee Notifications)

3. Appear in any school or district publication that sets forth the school's or district's comprehensive rules, regulations, procedures, and standards of conduct

All employees shall receive a copy of information sheets prepared by the California Department of Fair Employment and Housing (DFEH) or a copy of district information sheets that contain, at a minimum, components on: (Government Code 12950)

1. The illegality of sexual harassment
2. The definition of sexual harassment under applicable state and federal law
3. A description of sexual harassment, with examples
4. The district's complaint process available to the employee

(cf. 4031 - Complaints Concerning Discrimination in Employment)

Drug and Alcohol - Free Workplace

NOTICE TO ALL EMPLOYEES

YOU ARE HEREBY NOTIFIED that it is a violation of Board Policy for any employee at a school district workplace to unlawfully manufacture, distribute, dispense, possess, use or be under the influence of any alcoholic beverage, drug or controlled substance as defined in the Controlled Substances Act and Code of Federal Regulations.

“School district workplace” is defined as any place where school district work is performed, including a school building or other school premises; any school-owned or school-approved vehicle used to transport students to and from school or school activities; any off-school sites when accommodating a school-sponsored or school-approved activity or function, such as a field trip or athletic event, where students are under district jurisdiction; or during any period of time when an employee is supervising students on behalf of the district or otherwise engaged in district business.

As a condition of your continued employment with the district, you will comply with the district’s policy on Drug and Alcohol-Free Workplace and will, any time you are convicted of any criminal drug or alcohol statute violation occurring in the workplace, notify your supervisor of this conviction no later than 5 days after such conviction.

Pursuant to Education Code 45123, the district may employ for classified service a person who has been convicted of a controlled substance offense only if it determines, from evidence presented, that the person has been rehabilitated for at least 5 years. The Board shall determine the type and manner of presentation of the evidence, and the Board’s determination as to whether or not the person has been rehabilitated is final.

Pursuant to Education Code 44425, whenever the holder of any credential issued by the State Board of Education or the Commission for Teacher Preparation and Licensing has been convicted of a controlled substance offense as defined in Education Code 44011, the commission shall forthwith suspend the credential. Pursuant to Education Code 44065, the district may not employ non certificated persons in positions requiring a certificate. When the conviction becomes final or when imposition of sentence is suspended, the commission shall revoke the credential. (Education Code 44425)

Pursuant to Education Code 44940 and 45304, the district may immediately place on compulsory leave of absence any employee charged with involvement in the sale, use or exchange to minors of certain controlled substances.

Pursuant to Education Code 44940 and 45304, the district may immediately place on compulsory leave of absence any employee charged with certain controlled substance offenses.

The following drug and alcohol counseling, rehabilitation, and/or employee assistance programs are available locally:

Cigna 1-800-554-6931

<http://www.cignabehavioral.com>



DOS PALOS HIGH SCHOOL

Dos Palos-Oro Loma Joint Unified School District

1701 E. Blossom St. Dos Palos, Ca. 93620

(209) 392-0300 FAX (209) 392-2705

This is to verify that I have received, read, and understood the following notifications:

Board Policy 4020: Drug and Alcohol - Free Workplace Notice to Employees

The Governing Board believes that the maintenance of a drug- and alcohol-free workplace is essential to staff and student safety and to help ensure a productive and safe work and learning environment.

Board Policy 3513.3: Tobacco - Free Schools

The Governing Board recognizes the health hazards associated with smoking and the use of tobacco products, including the breathing of second-hand smoke, and desires to provide a healthy environment for students and staff.

Board Policy 4119.11, 4219.11, 4319.11: Sexual Harassment

The Governing Board is committed to providing a safe work environment that is free of harassment and intimidation. The Board prohibits sexual harassment against district employees and retaliatory behavior or action against any person who complains, testifies, or otherwise participates in the complaint process established for the purpose of this policy.

Sexual harassment includes, but is not limited to, harassment that is based on the gender, gender identity, gender expression, or sexual orientation of the victim.

This policy shall apply to all district employees and to other persons on district property or with some employment relationship with the district, such as interns, volunteers, contractors, and job applicants.

Coach Signature

Date

Coaches' Handbook Contract

I have read and thoroughly understand the
Coaches' Handbook of the
Dos Palos Oro Loma Joint Unified School District.



I agree to abide by this handbook and apply it to my coaching and athletic practices.

Coaches Name(Print): _____

Coaches Signature: _____

Date: _____