



COLLEGE PREP
HIGH SCHOOL



AIMSTRONG

CIF Oakland Section / American Indian Public High School Code of Conduct for Interscholastic Student-Athletes

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:

TRUSTWORTHINESS

1. Trustworthiness – be worthy of trust in all I do.
 - I. Integrity – live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.
 - II. Honesty – live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
 - III. Reliability – fulfill commitments; do what I say I will do; be on time to practices and games.
 - IV. Loyalty – be loyal to my school and team; put the team above personal glory.

7. *Role-Modeling* – Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the school administration.
8. *Self-Control* – exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
9. *Healthy Lifestyle* – safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
10. *Integrity of the Game* – protect the integrity of the game; don't gamble. Play the game according to the rules.

RESPECT

2. *Respect* – treat all people with respect all the time and require the same of other student-athletes.
3. *Class* – live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.
4. *Disrespectful Conduct* – don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
5. *Respect Officials* – treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

FAIRNESS

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

CARING

12. *Concern for Others* – demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.
13. *Teammates* – help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

RESPONSIBILITY

6. *Importance of Education* – be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.

CITIZENSHIP

14. *Play by the Rules* – maintain a thorough knowledge of and abide by all applicable game and competition rules.
15. *Spirit of Rules* – honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

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

Student-Athlete Signature _____

Date _____

Bay Area Charter Schools Athletic Conference (BACSAC)

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|--|--|
| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
|--|--|

Signs observed by teammates, parents and coaches include:

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

Bay Area Charter Schools Athletic Conference (BACSAC)
Concussion Information Sheet

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

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

If you think your child has suffered a concussion

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

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

and

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

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

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

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

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

Bay Area Charter Schools Athletic Conference

HEALTH STATEMENT / INSURANCE VERIFICATION AND PARENT CONSENT TO PARTICIPATE

Student Name _____ Birthdate _____ School _____
(Last) (First) (Name)

PHYSICIAN TO COMPLETE I hereby certify that the above named student is physically fit to engage in sports.

(Print) (Physician Signature) (Date)

(Title) (State License)

Has the student had any injury or physical condition that should be watched? _____ **SPORT(S)** _____
If yes, please list _____

PHYSICIAN STAMP

PARENT TO COMPLETE If your student has health or accident insurance, other than the Athletic Student Accident Insurance, list company name, policy number, and local claims address and phone number:

(Company Name) (Policy Number)

(Claims Office Address and Phone Number)

OR (check below)
 I have purchased the Athletic Student Accident Insurance and have submitted the payment to the insurance company.

I hereby give my consent for the above named student to compete in sports. I authorize the student to go with and be supervised by a representative of the school on any trips. In case this student becomes ill or is injured, you are authorized to have the student treated and I authorize the medical agency to render treatment. I understand my obligation (Education Code Sections 32220 and 32221) to provide medical and hospital insurance in the amount of at least \$5,000 and certify that I have done so. In the event the medical and hospital insurance should lapse or change I agree to notify the school immediately.

(Date) (Signature of Parent or Guardian) (Emergency Phone Number)

(BLUE OR BLACK INK)

A DUPLICATE OF THIS CARD IS ON FILE IN THE ATHLETIC OFFICE

Keep Their Heart in the Game

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

What is sudden cardiac arrest?

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

How common is sudden cardiac arrest in the United States?

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

Who is at risk for sudden cardiac arrest?

SCA is more likely to occur during exercise or physical activity, so student-athletes are at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think they're out of shape and need to train harder, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA.

**FAINTING
is the
#1 SYMPTOM
OF A HEART CONDITION**

What should you do if your student-athlete is experiencing any of these symptoms?

We need to let student-athletes know that if they experience any SCA-related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a primary care physician. If the athlete has any of the SCA risk factors, these should also be discussed with a doctor to determine if further testing is needed. Wait for your doctor's feedback before returning to play, and alert your coach, trainer and school nurse about any diagnosed conditions.

What is an AED?

An automated external defibrillator (AED) is the only way to save a sudden cardiac arrest victim. An AED is a portable, user-friendly device that automatically diagnoses potentially life-threatening heart rhythms and delivers an electric shock to restore normal rhythm. Anyone can operate an AED, regardless of training. Simple audio direction instructs the rescuer when to press a button to deliver the shock, while other AEDs provide an automatic shock if a fatal heart rhythm is detected. A rescuer cannot accidentally hurt a

victim with an AED—quick action can only help. AEDs are designed to only shock victims whose hearts need to be restored to a healthy rhythm. Check with your school for locations of on-campus AEDs.



The Cardiac Chain of Survival

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

Early Recognition of Sudden Cardiac Arrest



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

Early Access to 9-1-1



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

Early CPR



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

Early Defibrillation



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

Early Advanced Care



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

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>

National Federation of High Schools
(20-minute training video)
<https://nfhslearn.com/courses/61032>





CIF Oakland Section / American Indian Public High School **Mandatory Steroid Policy**

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

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

Signature of Athlete

Date

Signature of Parent/Guardian

Date



AMERICAN INDIAN MODEL SCHOOLS STUDENT-ATHLETE UNIFORM CONTRACT

At the beginning of each athletic season all student-athletes will be issued a school purchased uniform for his/her team. No pupil fees should be required for participation and no mandatory fundraising is allowed. Each student-athlete is responsible for returning the team issued uniform clean and in good repair, within one week of the conclusion of the season.

UNIFORM GUIDELINES

1. Student-athletes must keep the uniform number they are assigned at the beginning of the season and at no time may they change their uniform with a teammate without permission of the coach.
2. Student-athletes must wash and care for their uniform after each contest. (Please launder uniform according to directions on tag. Wash all uniforms in COLD water).
3. At no time may a student-athlete alter or change the original shape or form of the uniform.
4. At no time may a student-athlete participate in any athletic event while wearing unapproved team uniforms (including uniform shorts and or socks). Coaches must fix the student-athlete's uniform violation prior to participation in any sporting event.
5. Only student-athletes are permitted to wear their team uniforms. Student-athletes are only permitted to wear their sports uniforms to school on game-days, the Friday prior to a sporting event, or on days designated by the coach, Athletic Director, or Dean. Unauthorized uniform wear may result in uniform confiscation and redistribution before games.
6. If I fail to return any piece of the uniform assigned to me or if I return the uniform damaged, I understand that I will pay AIMS the full dollar amount of the uniform, or if required, a cleaning fee.
7. I understand that if I have not returned a uniform(s) or paid what I owe then I forfeit my opportunity to participate in school activities and/or participate with any extracurricular club or athletic team. Including, but not limited to: school dances, athletic teams, intramural sports, field trips and graduation ceremony. The school may also withhold grades, transcripts, and diploma.

I have read and understand the above stated uniform policies and recognize that any failure to return the uniform to my coach at the end of the season will result in my being charged replacement cost of the uniform or complete a restitution process as established by American Indian Model Schools.

Student-Athlete's Name

Date of Birth

Sport Type / Uniform Number / Top Size

Uniform Bottom / Size

Other Issues Uniform Item(s)

Cost of Uniform

Date Issued

Date Returned

Parent Signature

Date



AIMS Athletic Department Academic Probation Contract

As prescribed by California Interscholastic Federation (CIF) Rule 205, high school students are required to obtain at least a 2.0 GPA in order to participate in interscholastic sports. However, California high schools are granted permission to determine and set the athletic participation standards for all of its students, including exceeding the CIF GPA requirement. For the purposes of AIMS Athletics participation, all AIMS HS students shall possess and maintain at least a 3.0 GPA in the marking period and/or semester prior and/or during their athletic season of play.

Students that A. fail to meet the aforementioned standards; and B. possess a 2.0 GPA - 2.99 GPA may obtain an AIMS Athletic Probation Contract for one semester or two consecutive marking periods per academic school year, not to exceed two Athletic Academic Probation contracts during a student's entire AIMS high school career (9-12).

A. Student Section

Student First Name:		Student Last Name:	
Academic Year:	Grade: 9 10 11 12	GPA:	Previous Term: Q1 S1 Q3 S2
Probation Attempt: 1 2		Current Semester Period: S1 S2	

Student: *I understand that I am participating in a scholastic probationary period and that I will make every attempt to return my GPA to 3.0 or better, including attending all required academic / team study halls and Saturday Schools. I further understand that this scholastic probationary period is for one semester period or two consecutive marking periods only and that I may only take advantage of this period once per school year, and no more than twice during my entire AIMS high school career. Failure to adhere to the terms of this contract may result in my immediate dismissal from the team.*

Student Signature:	Date:
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B. Parent / Guardian Section

Parent / Guardian: *I understand that my child is participating in a scholastic probationary period and I will make every attempt to help their GPA return to 3.0 or better, including mandating attendance at all required academic / team study halls and Saturday Schools. I further understand that this scholastic probationary period is for one semester period or two consecutive marking periods only and that I may only take advantage of this period once per school year, and no more than twice during my entire AIMS high school career. Failure to adhere to the terms of this contract may result in my child's immediate dismissal from the team.*

Parent Name:	Date:
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C. Coach Section

Coach: *I understand that my athlete is participating in a scholastic probationary period and I will make every attempt to help their GPA return to 3.0 or better, including mandating attendance at all required academic / team study halls and Saturday Schools. I further understand that this scholastic probationary period is for one semester period or two consecutive marking periods only and that I may only take advantage of this period once per school year, and no more than twice during my entire AIMS high school career. Failure to adhere to the terms of this contract may result in my player's immediate dismissal from the team.*

Coach Signature:	Date:
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D. Administration Section

Athletic Director: *Please place this contract in the student's cumulative folder for their entire high school career with an attached copy of the student's most recent report card / transcript. The student, parent, and coach should be provided a copy of this contract.*

Athletic Director Signature:	Date:
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Head of School Signature:	Date:
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Contract Effective Date: _____

Contract End Date: _____