

GOLDEN SIERRA JUNIOR GRIZZLIES  
2023  
PARENT AND STUDENT ATHELETE HANDBOOK

## About GSJG

The Golden Sierra Junior Grizzlies Youth Football & Cheer Association is dedicated to creating a fun, educational, character-building, and challenging youth sports program for the Georgetown Divide Communities. The success of our program will not be measured by a win-loss record or competition placement, but instead by health and safety, personal growth, learning skills, sportsmanship, teamwork, responsibility and the fun we will experience through working together as a team.

Our football and cheer programs are designed in the interest of providing diversity and excellence in youth sports opportunities on the Divide. We service the Georgetown Divide communities of Coloma, Cool, Garden Valley, Georgetown, Greenwood, Kelsey, Lotus, Pilot Hill, and Volcanoville. We have been designed as a true feeder program for the Golden Sierra High School Football & Cheerleading programs. We are committed to following the direction of the Golden Sierra High School Head Football and Cheer Coaches in developing our programs.

Golden Sierra Jr. Grizzly Football & Cheer is one of 52 (subject to change) teams (as of 2022 season), which belong to the Sacramento Youth Football Conference. SYF is the governing body that sets playing rules, standards, and schedules for all the organizations that compete with each other during the Football and Cheer season. It also establishes the age, weight, and team size requirements to provide for the safety of the participants. Please visit the SYF [www.sacyouthfootball.org](http://www.sacyouthfootball.org) for additional information. SYF Division placement is based on size of program not win/loss records.

## A Note to First Time Parents

Thank you for trusting us with your most treasured “possession”. We strive to provide your child with a safe and rewarding experience.

Your presence at practices and games, along with your positive support and encouragement, will help your child meet this new challenge. Our coaches can teach the skills, but the motivation must come from the athlete. Your involvement on the parent level with other parents and your positive attitude will serve as a great example for your child to emulate.

Please try to attend as many practices as you can, but for safety reasons and to ensure that the athletes pay attention to the coaches, do not be offended when asked to stay on the sidelines. Only badged coaches and Board Members are allowed on the playing and practice fields.

By attending practices, you will meet other families and become better acquainted with the Coaches and Board of Directors who will be able to answer any questions you may have. Most parents of returning athletes would love to share their experiences and can give you a real sense of what to expect.

## **Season Overview:**

**Mandatory Football and Cheer Conditioning:** Football players and Cheerleaders are required to complete 10 hours of conditioning before they can have full contact or stunt. Football and Cheer conditioning camp fulfills this requirement. Football and Cheer conditioning is held 6:00-8:00 p.m., Monday through Friday at the stadium field the week before regular practice begins.

**Practice Commitment:** Practice sessions are held Tuesday – Thursday from 6:00-8:00 pm and location will be determined by availability of facilities. A participant's safety and knowledge of plays/stunts, and the fact that your teammates depend on you, makes attendance at practice essential and **mandatory**.

**Jamboree Practice Schedule:** Practice sessions held before Jamboree will be 5 days a week, Monday – Friday. After Jamboree practices will be reduced to the normal practice schedule of 3 days a week, Tuesday-Thursday. Location will be determined by availability of facilities.

### **Game Commitment:**

Regular season games are usually played on Saturdays and generally continue into October. Post season games are played after the regular season ends and may be played thru November. Players selected for Shrine Bowl may play through November.

### **Post Season & Cheer Competition Commitment:**

100% attendance is required for all post season play and all cheer competitions. **Failure may result in removal and/or replacement from team/squad.**

### **Practice & Game Schedule:**

**COMING SOON!**

## Football & Cheer Practice & Game General Information:

The practice field is reserved for coaches, participants, and instructors only. It is asked that parents, friends, and siblings remain off the practice/game field at all times. Practice time is limited, so it is important that coaches have the opportunity to make the best use of time allotted. If you must speak with a coach, please contact him/her before or after practice.

**Be on time:** Practices begin at 6:00 pm. Participants are expected to arrive 15 minutes prior to the start of practice in proper practice gear. GSJG does NOT provide transportation.

**Arrive hydrated:** Hydration begins at home...not when the participant steps onto the field. Energy (light snack before practice) and plenty of water are essential for a healthy athlete. Please provide at least 2 liters of water for every practice/game and encourage your child to drink up during water breaks. Juice, soda and other sugary drinks are NOT suitable to keep your athlete well hydrated. We cannot stress enough the importance of proper hydration.

**Pick up on time:** Participants are expected to be picked up ON TIME at the end of practice. Parents should arrive 15 minutes prior to the end of practice. Failure to pick up your child on time may result in removal from our program or the requirement that you remain on the field during the entire practice times. No supervision is provided after practice ends.

**Be respectful:** Participants are expected to treat each other, coaches, board members and parents with respect at all times. Vulgar language, insubordination, fighting, name calling, put downs, negative attitudes or smart mouths will not be tolerated. Participants are expected to come to practice/games with a positive attitude.

**Always do your best:** Participants should realize that they are not going to be the best at everything, and coaches do not expect that of them. Some participants may be more advanced in their abilities than others. This does not mean the participant is not a good player/cheerleader. The most important thing is to give it your all and have fun.

**Keep up with your schoolwork:** Poor grades in school and not completing homework will result in disciplinary action. Each athlete must maintain at least a 2.0 grade point average during the season. If any participant receives a GPA less than 2.0 or one F, they will be placed on academic probation until such time as that participant shows proof the grade has been brought up. Anyone with two F's will automatically be made ineligible to participate. Parents are encouraged to notify the Head Coach of any scholastic problems. School work must remain the number one priority!

**Communication:** We are more than just a team or squad; we are all a family. All participants and parents should express any concerns and ideas that they have with us. An open line of communication is important to succeed.

**Safety First:** No running, kicking, jumping, play fighting etc. ABSOLUTELY NO TACKLING, PHYSICAL CONTACT, TUMBLING OR STUNTS without a coach's assistance.

## Football Practice, Post Practice, Game

### **Dress Code:**

Prior to the equipment handout, participants should dress in gym short, t-shirts and wear cleats. After equipment is issued, participants will be required to wear all safety equipment to every practice. **Failure to have all safety equipment at practice will be treated the same as an unexcused absence; participant will not be allowed to practice/play.** No jewelry or body piercing may be worn. Medical alert tags must be taped to the uniform.

**Post Season Football Practice:** 100% attendance is required for all post season practices. Post season practice hours may increase to 10 hours per week.

**Shrine Bowl:** (Midget level only) While it is an honor to be selected to represent GSJG as a Shrine Bowl player, we understand that the time/cost commitment can be quite substantial. If time constraints and/or costs would be an issue, please advise your head coach. 100% attendance to all meeting/practices/events is required.

**Game Day:** Football players are to arrive at Game field at the time indicated by coach. Most levels of play will need to arrive 1 ¼ to 1 ½ hours prior to kick off. This is the Day you have all been waiting for, so come with a positive attitude and ready to give your best effort. Remember to bring all gear and treat the other team's players as you would treat your own teammates.

**Athlete PAR (Player Allocation Rule):** Players will be exempt from the minimum play rule due to injury, illness, missing equipment or disciplinary action. Coaches must make every effort to ensure all players play a minimum number of plays per half based upon team size as follows:

**Team size:**

- 17 or Less 10 per game (preferably 5 per half.) Post - season - 6 per game (preferably 3 per half.)
- 18 – 21 8 per game (preferably 4 per half.) Post - season – 4 per game (preferably 2 per half.)
- 22 -25 6 per game (preferably 3 per half.) Post - season – 2 per game (preferably 1 per half.)
- 26 and up 4 per game (preferably 2 per half.) Post - season – 2 per game (preferably 1 per half.)

All plays will be counted & PAR sheets will be provided to the Chairman at the end of each game, including indications for ineligible players and reason for ineligibility. Team Managers will ensure that a PAR update is given to Head Coach at half-time. PAR applies to all games, including Post Season Play.

**Disciplinary Consequences for Football:**

- Missing one practice (unexcused) within same week: missing 1<sup>st</sup> qtr. of game and or ½ par requirements. \*
- Missing two or more practices (excused or unexcused) within the same week: Missing 1<sup>st</sup> and 2<sup>nd</sup> qtr. of game forfeit par requirements and may be subject to miss the entire game.\*
- Missing any safety equipment: will not play in game/practice until such time as player has all equipment.
- A player missing any part of the uniform will not play in game/practice until such time as the player has a complete uniform.
- Un-sportsman like conduct at practice, the player will be removed from practice and #1 above will apply.
- Un-sportsman like conduct at games, the player will be removed from game and subject to suspension and/or termination as deemed appropriate based on seriousness of the infraction.
- Showing disrespect to teammates/coaches/officials, the player will be removed from game or practice.
- Serious misconduct on the part of player will result in removal from practice or game and subject to suspension and/or termination.
- Conduct that is detrimental to the best interest of the organization is subject to missing the entire game and/or suspension/termination from GSJG.

**\*Any Exceptions to be pre-approved by the head coach.**

## **Cheer Practice, Post Season & Competition:**

Full competition costs may not be included in the standard GSJG registration. Parents of the members of such squad(s) will be responsible for funding/fundraising for the competition(s) chosen.

Practice hours may increase up to 10 hours per week during post season: 100% attendance is required. It is mandatory that the head coach of the squad be notified prior to a missed practice. If a cheerleader misses a post season or competition practice, their spot in the lineup and/or stunt may be replaced by another member or the routine may be changed. If a cheerleader misses two post season practices, they may be entirely removed from the performance. In the event a cheerleader is removed from a competition performance, NO refunds will be given, nor is GSJG responsible to reimburse the participant or the participant family for competition purchases (including event tickets, additional uniform selections, pictures, or any other expense).

The Cheer Director has final authority on any decision to remove a participant from a competition squad.

### **Cheer Dress Code:**

Cheerleaders should wear loose fitting gym shorts or sweats and tops to practice. Tops with spaghetti straps will not be allowed. Proper under garments must be worn at all times. Once practice outfits are distributed, all cheerleaders should dress in Jr. Grizzly practice gear. No jeans or clothing with buttons or zippers should be worn. Sneakers with socks and shoelaces must be worn. Light make-up may be used at Cheer Directors discretion. Jewelry and body piercing is not allowed at any practice or game. Hair must be neatly groomed and pulled into a pony tail, or styled to keep out of face and off the shoulders. Nails must be cut so that no nail can be seen above the fingertip. Nail polish may not be worn during games and acrylic nails are not allowed. Cheerleaders who are not appropriately dressed will not be allowed to participate in practice or games.

### **Disciplinary Consequences for Cheer:**

In the event a cheerleader cannot attend practice, it is mandatory that the head coach be notified prior to practice. For each unexcused absence, the following penalties apply:

- Missing 1 practice will prohibit the participant from cheering in the first half of that week's game.
- Missing 2 practices will prohibit the participant from cheering in both the first half and half-time performance.

If attendance issues prevent a cheerleader from learning the halftime routine, then the cheerleader will be removed from all halftime performances until the cheerleader has demonstrated mastery of the performance.

It is the cheerleader's responsibility to seek makeup instruction for missed practices. The Head Coach will advise the participant of any penalty for missed practices.

## **Parent's Role & Volunteering:**

GSJG is a parent-cooperative organization; so, you're not only signing up your child, you are signing yourself up too! As parents of a GSJG athlete, you make everything possible. Since GSJG is completely run by parent volunteers, without your cooperative efforts we could not run a successful program. Parents should always maintain a supportive attitude towards participants, officials, coaches and board members; keeping in mind that our volunteers are doing their best for our parents and kids. The level of support given to a participant by parents will have a measured impact as to the success of that participant. To better understand the parent's role and involvement we have adopted the following guidelines.

It takes a LARGE amount of parent volunteers for each home game. If we can't get enough volunteers for certain tasks, we must use your parent volunteer deposit to pay for someone else. If we fail to provide volunteers for chain on away games, we FORFIET the game. Parent volunteer deposits are \$250.00 per child in our program. Your deposit check is not cashed if you complete your volunteer hours. (You must complete 10 hrs. per child 25 hrs. maximum for multiple children). Please post-date this check to November 1<sup>st</sup> of the current year. Each family is responsible for fulfilling the volunteer requirements. Sign-ups will take place the first 2 weeks of practice and the volunteer sign-up will be available online on our website. If you do not sign-up within the first two weeks WE will sign you up for the remaining available positions to cover your hours. Unless it's on the sign-up report, it doesn't count towards your volunteer requirements. Only the Volunteer Coordinator can make an exception to this with approval from the Board of Directors.

**Transportation:** GSJG does not provide transportation for athletes; it is the parent's responsibility to provide or arrange transportation to and from association events.

**Siblings at practice/games** - Siblings should NOT be left at the field without adult supervision, the Golden Sierra Jr. Grizzlies cannot assume responsibility for their safety. Remain only in designated areas; do not enter the High School Areas and please only park in authorized parking spaces.

**Care of uniforms & equipment:** We encourage parents to hold their athletes responsible for his/her own equipment/uniform. If a football player or cheerleader does not have their full equipment and/or uniform, they will be unable to participate. Parents can assist in this development of responsibility by double-checking their athlete's gear and their cheerleaders required appearance before leaving for games and practices. Understand that the athlete should be held accountable for equipment/uniforms, but you as the parent are ultimately responsible should they be lost or damaged. The equipment/uniform deposit does not come close to the actual cost of replacement. Should equipment and/or uniform be lost or damaged (excluding normal wear & tear), you will be billed all amounts your deposit does not cover. Game Day pants/jerseys are not to be worn to practice nor may they be loaned to anyone else to wear.

**Injuries:** Should your participant become injured as a result of football, cheer or other unrelated activity, a written doctor's release may be required before the injured child can participate in any future practice(s), game(s) or competition(s). Parents **must** report any injuries within 24 hours of occurrence.

**Suspension:** If a player is suspended from school that player will not be allowed to participate in any GSJG, practices or games until suspension is lifted or until such time as the Board and Coaches feel the player has adequately meet the terms of the suspension. Please refer to the Code of Conduct section of this contract on page 5 and the Consequences section and rules on page 9 for more detail.

**Parent Meeting:** All parents must attend the Parent meeting held during the first week of practice, and complete the signature page of the parent/athlete handbook.

**Stadium Rules:** The BOMUSD and GSJG will NOT allow any dogs or any other animal on practice fields or Game stadium. An exemption is made only for clearly marked service & guide dogs. You will be asked to remove your pet.

GSJG will NOT allow any outside food or coolers at home games unless it is for team snacks. You must check the cooler into the snack bar.

## **Registration/ Program Information:**

The registration/program fees do not cover all the costs incurred by GSJG and only help to offset them. Parents are required to pay gate entrance fees when attending home/away games; **even if it is your day to volunteer**. We usually have one event planned early in the registration process to help families offset at least part of the registration/program fees. In order to take part, you will need to submit your registration paperwork early in the season!

### **Refund Policy**

Because expenses commence prior to the season beginning such as insurance and equipment costs, practice wear and camps, we have implemented the following policy:

The \$25.00 registration/cancellation fee is NOT refundable, as is any fundraising dollars. All monies raised via fundraising are the property of GSJG and will not be refunded. **Monies paid for cheer uniforms will not be refunded.** We ask that all requests are submitted in writing.

Requests postmarked prior to Aug 1st<sup>th</sup> of the current season: Refund 100% of fees paid to GSJG less \$25.00 and fundraising.

Requests postmarked prior to Certification: Refund of fees paid to GSJG less \$40.00 and fundraising.

Requests made and/or postmarked after certification: NO REFUNDS.

### **Returned Check Policy**

In the event a check is returned to us unpaid, you agree to pay the amount of the check plus a returned check fee of \$25.00 within 10 days. All payments for returned checks must be cash, bank draft, or US postal money order.

In the event a second check is returned to us unpaid, you agree to pay the amount of the check plus a return check fee of \$25.00 within 5 days. Payment must be in cash only and we will no longer accept checks from the family.

### **Payment of Fee Policy**

All fees **must** be paid in full, prior to Jamboree which usually in August. Athletes will not be permitted to take part in camps/clinics/practices until all fees have been paid or a payment schedule has been approved by the board. Cheerleading Uniforms **must** be paid in full, prior to ordering. All equipment deposits are due at equipment handout. No equipment/uniforms will be handed out without deposit. Cheerleading volunteer deposits are due at uniform fitting. Football volunteer/equipment deposits are due at equipment hand-out.



# ***SYF***

## **CODE OF CONDUCT**

**AS A PARENT, COACH, or ADMINISTRATOR**, I hereby pledge to provide positive support, care, and encouragement for my child and/or the athletes in youth sports by following this Code of Conduct and ethics:

- (1) I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event recognizing that youth and adult participation is a condition privilege and not a right.
- (2) I will insist that my child and/or the athletes play in a safe and healthy environment. I acknowledge being trained on concussions and head injuries, and I shall strictly following all concussion laws, rules, protocols, and full-contact practice limitations.
- (3) I will require that my child's coaches, or those with whom I am working, be trained in the responsibilities of being a youth sports coach and that coaches uphold this Code of Conduct, leading by example and being a mature responsible role model.
- (4) I will support coaches and officials working with my child or athlete in order to encourage a positive and enjoyable experience for all in a sports environment that is free from drugs, tobacco, and alcohol and I will refrain from their use at all youth sports events.
- (5) I will remember that the game is a privilege for youth participants and athletes - not the adults. I further understand and agree that my child or participant will be ineligible for the first two games of the season if transferring from one youth program to another, unless approved by SYF commissioner or meets CIF transfer eligibility rules (i.e. residential move into gaining boundary).
- (6) I will do my very best to make youth sports fun for my child and the athletes recognizing that winning is not the goal - teaching my child and the athletes the importance of team work and discipline is first and foremost. I will ask my child and the athletes to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability and I will refrain from cursing, vulgar language and any other detrimental or unsportsmanlike conduct understanding that I alone am responsible for my actions.
- (7) I will help my child and the athletes enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, providing transportation, or otherwise assisting the team/organization.
- (8) I will read the National Standards for Youth Sports, doing what I can to help SYF as well as all youth sports organizations implement and enforce them.

**AS AN ATHLETE AND PARTICIPANT IN SACRAMENTO YOUTH LEAGUE**, I understand commitment, hard work and dedication will be required by me before I can wear the colors of the team. Once I have tried out and made the team, I have accomplished an achievement for which I can be proud. Being a member of the team means much more than just learning about and playing football or being a cheerleader. As an athlete, both on and off the field, I am a representative of SYF and expected to act accordingly at all times.

- (1) I understand as an Athlete I am to maintain an academic standard at 2.0 ("C" average) during the season or risk being benched or dismissed from the team/organization. Grade checks may be performed at random.
- (2) I understand I am to maintain good citizenship. Fighting, misconduct, vulgar or derogatory language, cursing, or disrespect can lead to being dismissed from SYF or the team/organization. Any athlete who has an altercation at school or with law enforcement authorities or is observed displaying conduct (Anytime, Anywhere) below the acceptable standards of an athlete may face dismissal from the organization/team or SYF.
- (3) I understand Athletes are responsible for notifying their coach if they will be absent from a practice or game. Missing a Practice or game will hurt both my team and may be reason for not playing in games. If I have too many absences, I may be dismissed from SYF or the team/organization.
- (4) I am expected to come to practices and games prepared and ready to give 100%. An athlete may be benched at a practice or dismissed due to too many absences, not giving 100%, failure to know plays or routines, being out of condition, and/or not following SYF or team rules.
- (5) I will treat their coaches, teammates, officials, and adult authority figures with respect.
- (6) I am responsible for the maintenance of my equipment and uniforms. Uniforms must be washed regularly. I will report all equipment problems to my coach immediately. If I lose my uniform or equipment I am financially responsible to replace it.
- (7) I agree to follow all general and customary rules in accordance with SYF and my team/organization.

**ALL PARENTS/GUARDIANS MUST SIGN.** I/We, have read, understand, agree, and will abide by the above, certifying I am a legal parent authorized to sign. I/We have voluntarily signed, understanding if I/we violate this Code of Conduct I/we shall be subject to immediate termination or suspension from SYF or the team/organization.

Print Name	Parent/Guardian Signature	Date
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Print Name	Parent/Guardian Signature	Date
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Print Name	Coach / Administrator Signature	Date
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Print Name	Athlete/Participant's Signature	Date
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**WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19 (SYF - AYF)**

**ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT**

In consideration of being allowed to participate on behalf of; (**SACRAMENTO YOUTH FOOTBALL – SYF**) football and cheer athletic programs and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS (insert name of sports organization) their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event (“RELEASEES”), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

Name of participant: \_\_\_\_\_ Participant signature: \_\_\_\_\_  
\_\_\_\_\_ Date signed: \_\_\_\_\_

**FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child’s/ward’s presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

**Name of parent/guardian:** \_\_\_\_\_ **Parent**  
**guardian/signature:** \_\_\_\_\_ **Date signed:**  
\_\_\_\_\_

**Note:** The signed waiver/release should be kept on file by the sports organization for at least 7 years and possibly longer if the player has contracted a serious illness.

(Rev. 6/24/20)



## CIF Concussion Information Sheet & Opioid Factsheet for Patients

### **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) and AB 1: Calif. Youth Football Act (Health and Safety Code § 124240 et seq.)

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 athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.*
3. *Before an 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 athlete and the parent or guardian.*

Every 2 years all coaches are required to receive training about concussions (AB 1451), as well as 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 medical doctor 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 to take him or her immediately 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 doctor, athletic trainer or coach understand how he or she is feeling and hopefully shows improvement. We ask that you 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 his or her 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, he or she should fill out this checklist daily. This Graded Symptom Checklist provides a list of symptoms to compare over time to make sure the athlete is recovering 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 this concussion program 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:**

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

**Symptoms may include one or more of the following:**

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

Following a concussion, student athletes may have difficulties with short- and long-term memory, concentration and organization. They will require rest while recovering from injury (e.g., avoid reading, texting, video games, loud movies), and may even need to stay home from school for a few days. As they return to school, the schedule might need to start with a few classes or a half-day depending on how they feel. 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 doctor can help suggest and make these changes. Student athletes should complete the Return to Learn guidelines and return to complete school before beginning any sports or physical activities, unless your doctor 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 involves a gradual, step-wise increase in physical effort, sports-specific activities and the risk for contact. If symptoms occur 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 medical doctor 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.] 10 days in SYF

**Final Thoughts for Parents and Guardians:**

*It is well known that high school athletes 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 he or she experiences such symptoms, or if he or she suspects 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 Zurich, November 2012
- <http://www.cdc.gov/concussion/HeadsUp/youth.html>

## CIF Concussion 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 athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.*
3. *Before an 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 athlete and the parent or guardian.*

Every year all coaches are required to receive training about concussions (AB 1451), as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).

For current and up-to-date information on concussions you can visit:  
<http://www.cdc.gov/concussion/HeadsUp/youth.html>

I acknowledge that I have received and read the above CIF Concussion Information Sheet and the following CDC Opioid Factsheet for Patients.

\_\_\_\_\_  
Student-Athlete Name  
Printed

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

\_\_\_\_\_  
Date

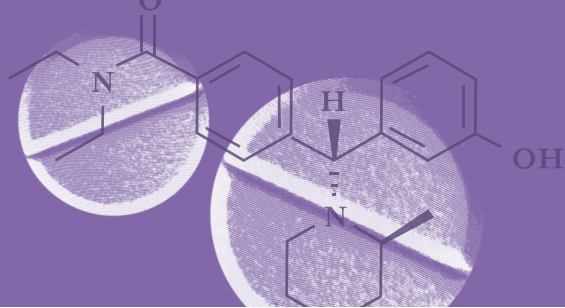
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Parent or Legal Guardian  
Printed

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Parent or Legal Guardian  
Signature

\_\_\_\_\_  
Date



# 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



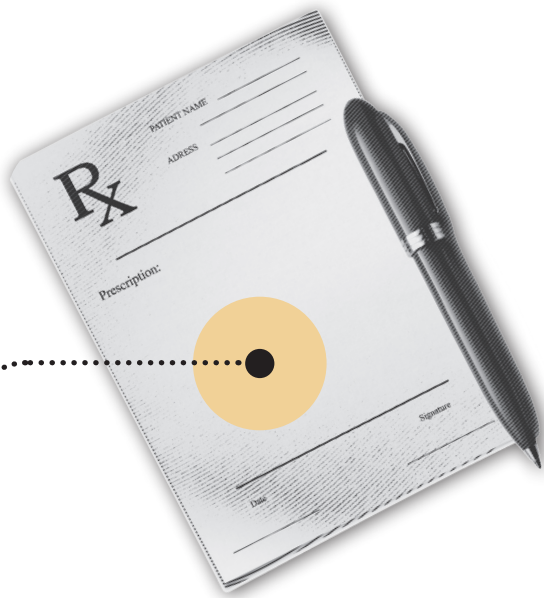
American Hospital  
Association®



## KNOW YOUR OPTIONS

Talk to your health care provider about ways to manage your pain that don't involve prescription opioids. Some of these options **may actually work better** and have fewer risks and side effects. Options may include:

- ❑ Pain relievers such as acetaminophen, ibuprofen, and naproxen
- ❑ Some medications that are also used for depression or seizures
- ❑ Physical therapy and exercise
- ❑ Cognitive behavioral therapy, a psychological, goal-directed approach, in which patients learn how to modify physical, behavioral, and emotional triggers of pain and stress.



### Be Informed!

Make sure you know the name of your medication, how much and how often to take it, and its potential risks & side effects.



## IF YOU ARE PRESCRIBED OPIOIDS FOR PAIN:

- ❑ Never take opioids in greater amounts or more often than prescribed.
- ❑ Follow up with your primary health care provider within \_\_\_ days.
  - Work together to create a plan on how to manage your pain.
  - Talk about ways to help manage your pain that don't involve prescription opioids.
  - Talk about any and all concerns and side effects.
- ❑ Help prevent misuse and abuse.
  - Never sell or share prescription opioids.
  - Never use another person's prescription opioids.
- ❑ Store prescription opioids in a secure place and out of reach of others (this may include visitors, children, friends, and family).
- ❑ Safely dispose of unused prescription opioids: Find your community drug take-back program or your pharmacy mail-back program, or flush them down the toilet, following guidance from the Food and Drug Administration ([www.fda.gov/Drugs/ResourcesForYou](http://www.fda.gov/Drugs/ResourcesForYou)).
- ❑ Visit [www.cdc.gov/drugoverdose](http://www.cdc.gov/drugoverdose) to learn about the risks of opioid abuse and overdose.
- ❑ If you believe you may be struggling with addiction, tell your health care provider and ask for guidance or call SAMHSA's National Helpline at 1-800-662-HELP.