

Escondido Charter High School



White Tigers Athletic Handbook

Escondido Charter High School Athletic Eligibility Requirements

Introduction

To participate in athletics at Escondido Charter High School (ECHS), students must fulfill certain academic and performance standards. These standards will be slightly different within the two programs, the Individualized Learning Program (ILP) and the Traditional Classroom Program (TCP), due to the number of classes that students in the different programs are enrolled in at any given time. The main focus of the Athletic Department is to ensure that students continue to be academic achievers while experiencing the enjoyment and other benefits of athletic competition. These standards are put into practice to act as a guideline for both the students and administration, so that there is a clear, exact understanding of what is expected of our student-athletes.

In addition to the academic requirements that will be described below, each student and parent/guardian must read the *Escondido Charter High School Athletic Handbook* and the *CIF Ethics in Sports* information, and then sign the forms that are contained in this packet. Failure to do this will cause the student to be ineligible to participate in any sports at Escondido Charter High School. By maintaining this standard of requirements, ECHS hopes to allow the students to experience the dedication of competing, the time management of keeping a schedule, the hard work of being a student-athlete, the cooperation of working with a team, and a satisfactory feeling of accomplishment.

TCP Requirements

The current Grade Point Average (GPA) for TCP students will be checked at the beginning of the season in which that sport begins. If the student does not have an overall GPA of 2.5 or has a failing grade in any class, they will be allowed to participate in that sport, but on a "probationary" status. The student will be informed that they have five weeks to improve their GPA to a 2.5 or better with **no failing grades**, or they will become academically ineligible. After the most recent five weeks has passed, their grades will be checked again to see if they have improved their academic standing. If that set of grades is above a 2.5 GPA with no failing grades, the student is once again eligible with no restrictions. If those grades are not above a 2.5 GPA with no failing grades, the student is then ineligible and cannot stay on the team. They will be off the team for the remainder of that season and can try out for the team in the next season if they meet the eligibility requirements. **It is the student's responsibility to know and keep track of their GPA at all times.**

The grades of all athletes will be checked every five weeks so that the students, parents and administration will know how well each student-athlete is performing throughout the athletic season.

ILP Requirements

Students in ILP will have to follow the same standards as those in TCP, but because the students in ILP are usually not enrolled in a series of five or six classes at one time, some additional requirements need to be in place.

If a student is a new student at ECHS, and is coming from a school where they did not have at least a 2.5 GPA, they are ineligible until they have completed six packets. After they have completed six packets, their grades will be evaluated, and if the grades from the packets completed at ECHS average out to a 2.5 GPA or above with no failing grades, that student will gain their eligibility. A weekly Progress Report will be used with students to ensure their weekly work has both the quantity and quality that the teacher of record (TOR) expects and that they are maintaining good attendance. The main reason for these requirements is to allow students to concentrate on their academics, with as little extra distraction as possible. The need to maintain a good academic record is more important than their participation on a sports team.

If the student has been with Escondido Charter High School and has completed more than six packets, their last six packets will be averaged, and if they have less than a 2.5 GPA, they will be on the same type of "probationary" status as are students in TCP. During the next five weeks, that student will have their teacher fill out a weekly Progress Report to ensure that the student is working at the accepted level, and that their current GPA is a 2.5 or better. If they fall below this standard, they will become ineligible and will not be allowed to participate in sports.

As with the Traditional Classroom Program, all athletes will have their grades checked every five weeks to ensure their continued academic success, and to inform the students, parents, and administration of each student-athlete's performance.

All TCP students who have a GPA under 2.5 will be required to attend tutorial at least two times per week until they bring their grade(s) up. Two absences from tutorial will result in the student being dropped from their sport for the remainder of the season. All ILP students who have a GPA under 2.5 will be required to make tutorial arrangements with their TOR. If a student misses practice because the student has to attend tutorial, this may affect their status on the team (whether they are in the starting line-up, etc.)

Transfer Rule

Escondido Charter High School follows the rules and procedures of the California Interscholastic Federation (CIF) when it comes to dealing with transfers. Each student who transfers must have changed residence or claimed a hardship through CIF in order to be eligible for that sport season as stated in CIF Bylaws 214 and 215. If the athlete is applying for a waiver of the transfer rule, CIF Form 510 must be completed by the student/athlete prior to participation in ECHS athletics. If the student does not meet the requirements for immediate eligibility, the student will be ineligible for a period of one year. Their academic records must also fall under ECHS guidelines as stated above.

Responsibilities

I. Student/Athlete Responsibilities

1. Attendance

- a. Be at all practices and games. Excessive absences may result in dismissal from the team.
- b. Be on time.

2. Attitude

- a. Come prepared to be part of the team.
- b. Do whatever it takes to help the team.
- c. Put the team before yourself.
- d. Come prepared to do your best. This includes proper nutrition, sleep, and care of injuries and illness.

3. Communication

- a. Communicate any problems with the coach.
- b. If you do not understand something, ask the coach.

II. Parent Responsibilities

1. Attendance

- a. Schedule vacations, appointments, etc., other than during practice or game times.
- b. Encourage your student/athlete to be on time so that the time of others is not wasted.

2. Attitude

- a. Help your student/athlete know and understand school and team rules.
- b. Help your student/athlete understand the team concept by explaining and supporting their role on the team.
- c. Help your student/athlete come prepared to do his/her best by encouraging him/her to be physically and mentally prepared. This includes proper nutrition, sleep, and care of injuries and illness.
- d. Help your student/athlete understand that the team comes before the individual. Sacrifice might be necessary.

3. Communication

- a. Encourage your student/athlete to always communicate with the coach in a productive manner.

III. Coach's Responsibilities

1. Attendance

- a. Provide schedules of all practices and games.
- b. Communicate any changes in schedule.
- c. Be on time.

2. Attitude

- a. Come prepared for all practices and games.
- b. Encourage the athletes to do their best.
- c. Apply all school and team rules equally to all athletes.
- d. Be professional in all actions and words.

3. Communication

- a. Philosophy of the coach
- b. Expectations of athlete and the team
- c. Location and times of all practices and games
- d. Clearly communicate all CIF, District, ECHS, and team rules to athletes and parents.
- e. Communicate to individual athletes their role on the team.
- f. Return parent phone calls in a timely manner.

Communication Guidelines

I. Communication parents can expect from athlete's coach

- Philosophy of the coach
- Expectations of athlete and the team
- Location of all practices and games
- CIF, District, ECHS, and team rules
- Athlete's role on the team

II. Communication coaches can expect from parents

- Concerns expressed directly to the coaches
- Specific questions about the philosophy or expectations
- Notification of any injury or illness
- Notification of any absence prior to practices or games

III. Appropriate concerns to discuss with coaches

- Treatment of your student (physically and mentally)
- Ways to help your student improve
- Concerns about your student's behavior
- Failure to meet Coaching Responsibilities listed above

IV. Inappropriate concerns to discuss with coaches

- Playing time
- Team strategy
- Play calling
- Another athlete

It can be very difficult to accept when your athlete is not playing as much as you may desire. Coaches make decisions based on what they believe to be in the best interest of the team. The coach must take into account all members of the team - not just one individual. As noted in the above lists, certain concerns should be discussed with the coach. Other decisions like the examples on the list of "Inappropriate Concerns" must be left to the discretion of the coach.

If you have a concern to discuss with the coach, please follow this procedure:

- Call the coach at school and set up an appointment.
- Escondido Charter High School's number is 760-737-3154. Ask for the coach by name. If the coach is not an ECHS staff member, leave a message with the Athletic Department Assistant.
- Please do not attempt to confront a coach before or after a contest. This can be an emotional time for both the parent and the coach. Confrontations of this nature do not promote positive resolutions.

If a satisfactory resolution between the parent and coach does not take place after the initial communication, contact Athletic Director at 760-737-3154. The Athletic Director will set up a meeting with the parent, athlete and coach and attempt to mediate a resolution.

Conclusions

The main reason for these rules is to remain true to the focus of Escondido Charter High School, which is to improve student learning. Academics will always be the top priority, and students will always have to maintain not only the quantity of work, but the quality of their education, before they will be allowed to participate in extracurricular activities. Athletics is a privilege that students are allowed only if they remain academic achievers. A solid educational experience will always be the first priority at Escondido Charter High School.

PURSUING VICTORY WITH HONOR

SIX PILLARS OF CHARACTER

TRUSTWORTHINESS

RESPECT

RESPONSIBILITY

FAIRNESS

CARING

GOOD CITIZENSHIP

SIXTEEN PRINCIPLES OF PURSUING VICTORY WITH HONOR

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents, and school sports leadership - including coaches, athletic administrators, program directors, and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating, and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical, and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules, and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents, and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents, and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents, and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators, and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical, and ethical well-being of student-athletes is always placed above desires and pressure to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as first aid and CPR. 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs, and performance-enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimension of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring, and good citizens.

VIOLATIONS, MINIMUM PENALTIES, AND APPEAL PROCESS

(Applicable to players and coaches from time of departure for contest until time of return.)

ACT

1. Behavior resulting in ejection of athlete or coach from contest

MINIMUM PENALTIES*

EJECTION POLICY:

Any coach, team attendant, or spectator ejected by a contest official from any contest for any reason, at any level, is suspended indefinitely from participation, practice, or attending (site and sound) any sports contest, until the first of the following occurs: the ejected person serves the tentative penalty recommended by the commissioner; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes.

Any player ejected by a contest official from any contest for any reason is suspended from participation in the next contest(s) until the tentative penalty recommended by the commissioner is served; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes. **Players are permitted to practice with the team and attend contests, but not in game uniform, during the period of suspension.** (Approved June 3, 2008, Board of Managers). Meetings will be scheduled at a time to be announced. There is no appeal of the Commissioner's decision. Telephonic and electronic meetings are not permitted.

Additionally, any person ejected (coach, player, spectator) is required to attend a CIFSDS Ethics In Sports Sportsmanship Meeting, which will be held at a time to be announced. Failure to attend the sportsmanship meeting will result in immediate suspension of athletic eligibility or attendance (site and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting. (Approved June 7, 2005, Board of Managers).

2. Illegal participation in next contest by athlete ejected from previous contest.

Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the commissioner.

A coach, who permits participation by a player ejected from a previous contest, knowingly violates a CIF or San Diego Section rule, and penalty may include a sanction to the school, coach, or suspension of membership.

3. Second ejection of athlete or coach from any contest during one season.

Ineligibility of athlete for remainder of season or suspension of coach for remainder of season. A written appeal may be made by the school principal within two school days to the commissioner for reduction of penalty. Official to make report by the next school day to the commissioner.

4. When an athlete leaves the bench area or fielding position to begin a confrontation or leaves the bench area or fielding position to join an altercation.

Ejection from the contest for those designated by the official, ineligibility for the next contest, probation for remainder of season. Those players involved are later identified, ineligible for next contest and probation for remainder of season. A written appeal may be made by the individual(s) or school to the commissioner. Official to make report by the next school day to the commissioner.

A similar infraction of this act by the same athlete(s) during the same season will result in termination of the season for the athlete(s) concerned. A written appeal may be made by the school principal to the Commissioner.

5. When more than two athletes leave the bench area or fielding position to begin a confrontation or leave the bench area or fielding position to join an altercation.

Contest will be stopped by officials and coaches. Ejection from the contest for those athlete(s) designated by the officials. The team(s) that left the bench area must forfeit the contest, record a loss, and the team(s) and player(s) placed on probation for the remainder of the season. A written appeal may be made by the school(s) principal to the commissioner. A second infraction will result in cessation of the season for the team(s) and/or athlete(s). A written appeal may be made by the school(s) principal to the commissioner. Official to make report by the next school day to the commissioner.

If the act occurs in the CIF-San Diego Finals, and both teams are charged with a forfeit, there will be no champion. A written appeal may be made by school(s) principal to the commissioner. Official to make report by the next school day to commissioner.

6. Other acts committed by individuals or teams or acts committed at end of season.

Commissioner, as authorized by Green Book, to determine and implement penalties up to and including career suspension for individuals and following year penalties for teams.

7. Use of an ineligible player in a contest.

If a team uses an ineligible player in a contest(s), the contest(s) shall be forfeited. The number of forfeited contest(s) exceeds the maximum permitted in accordance with the CIFSDS Forfeit Policy (see Green Book) the team shall be excluded from CIFSDS playoffs.

If an ineligible individual is permitted to participate in an individual sport, that individual is excluded from playoffs, and the school is subject to penalties for a willful violation of a rule.

*Commissioner, as authorized by Green Book, may determine and implement additional penalties up to and including career suspension for individuals and following year penalties for teams.

Escondido Charter High School

Athletic Eligibility Requirements

RE: IMPORTANT CHECKLIST of forms that need a signature:

Included in the attached information are the following forms that **MUST** be completed and signed by a parent/guardian, and then returned to the Escondido Charter High School (ECHS) front office at 1868 East Valley Parkway before a student is allowed to participate in athletics at ECHS:

- Release to Participate**

- Escondido Charter High School *White Tigers* Athletic Handbook – Signature Page**

- CIF - Ethics in Sports (Athlete-Parent/Guardian/Caregiver) – 2009-10 (Revised 3/09)**

- Medical Emergency Consent Form**

- Pre-participation Physical Evaluation (consists of 2 pages)**

- RE: Physical Education (PE) Credits**

**THIS FORM MUST BE RETURNED TO THE HEAD COACH
BEFORE STUDENT CAN PARTICIPATE**

RELEASE TO PARTICIPATE

(Both the Applicant Student and Parent
or Guardian Must Read Carefully and Sign)

Name of Student

Sport/Activity (Season or Year)

Participation in the identified athletic/sport activity **IS VOLUNTARY AND IS NOT REQUIRED** as part of the regular school program. We hereby give our permission for our student to participate in the identified athletic/sport activity. We realize there is a possibility that a student may suffer severe injury, including permanent paralysis or death, as a result of participation in athletic or sports activities. We are aware that playing or practicing to play/participate in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**. We understand that the dangers and risks of playing or practicing to play include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and or aspects of the skeletal system and serious injury or impairment to other aspects of the student's body and/or well being. We understand that the dangers of playing or practicing to play may result not only in serious injury, but in serious impairment of future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

We recognize the importance of following coaches' instructions regarding playing techniques, training and other team rules, etc., and agree to obey such instructions. We specifically acknowledge that **FOOTBALL, BOXING, WRESTLING, GYMNASTICS, BASEBALL AND BASKETBALL ARE VIOLENT CONTACT SPORTS** involving even greater risk of injury than other sports.

In consideration of the permission granted, we, the undersigned, hereby **RELEASE, DISCHARGE** and **HOLD HARMLESS** the Escondido Charter High School from all liability arising out of or in connection with the identified athletic sport/activity. The release and discharge of the Escondido Charter High School from all liability includes any defect or alleged negligence attributed to the Escondido Charter High School or any of its coaches, agents, instructors, teachers or any assistants supervising, directing or instructing in the athletic sport/activity. (_____) (to be initialed by the student and parent or guardian)

Date: _____

Student Signature _____

I, _____, being the parent/legal guardian of _____ (student). I have read the above release. I understand and agree to its terms. I understand that all sports can involve **MANY RISKS OF INJURY** including, but not limited to, those risks outlined above.

In the event of an accident, or sudden illness, the school district has my permission to render whatever emergency medical treatment may be deemed necessary for the above named student.

I am signing this document on my own behalf, as well as on behalf of my student athlete.

Date: _____

Parent/Legal Guardian Signature _____

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I have received a copy of the **Escondido Charter High School Athletic Handbook**. I have read/understand these rules and procedures, and have discussed them with my parent/guardian(s).

Print Athlete's Name

Athlete's Signature

Print Parent/Guardian's Name

Parent/Guardian's Signature

Date



CIF-San Diego Section
 6401 Linda Vista Road, Room 504
 San Diego, CA 92111
 Phone 858-292-8165
 Fax 858-292-1375
 www.cifsd.org

ETHICS IN SPORTS (ATHLETE-PARENT/GUARDIAN/CAREGIVER) – 2009-10
(Revised 3/09)

I. POLICY STATEMENT

- It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior in and around athletic contests played under its sanction and, in life, in general. Citizenship, Integrity, and Fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators, and behavior by all involved at all times should manifest the highest standards of conduct.
- It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.
- Coaches assume the responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life, in season and out of season.
- It is the school principal's responsibility to enforce all CIFSDS rules and regulations and to demand high standards of conduct from coaches, athletes, parents/guardians, and spectators. The principal shall demand strict adherence to all the CIF State and CIFSDS rules, regulations, and procedures.
- **Participation in interscholastic athletics and section playoffs is a privilege.**
- The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, parent, coach, and officials' association. Penalties for failure to submit a signed Code of Ethics are:

1. Athlete	Ineligibility for participation in CIF-San Diego Section athletics
2. Coach	Restricted from coaching in CIF-San Diego Section contests
3. Officials Association	Not approved to officiate in the CIF-San Diego Section
4. Parent	Prohibition/Removal from attendance at CIF or CIFSDS event
- **Failure to abide by the standards of behavior as agreed will result in a penalty up to and including disqualification to participate.**

II. CODE OF ETHICS FOR STUDENT-ATHLETE, PARENT/GUARDIAN/CAREGIVER, COACH, CONTEST OFFICIAL

- A. Comply with the six pillars and 16 Principles of the Pursuing Victory with Honor program (on reverse side).
- B. Be courteous at all times with school officials, opponents, game officials, and spectators.
- C. Exercise self-control.
- D. Know all rules of the contest, of CIF State, and the CIFSDS and agree to follow the rules.
- E. Show respect for self, players, officials, coaches, and spectators.
- F. Refrain from the use of foul and/or abusive language at all times.
- G. Respect the integrity and judgment of game officials.
- H. An athletic director, sports coach, school official or employee or booster club/sport group member may not provide any muscle-building nutritional supplements to student-athletes at any time. A school may only accept an advertisement, sponsor, or donation from a supplement manufacturer that offers only non-muscle building nutritional supplements. A school may not accept an advertisement sponsorship or donation from a distributor of a dietary supplement whose name appears on the label. Permissible non-muscle building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks; energy bars, carbohydrate boosters, and vitamins and minerals. (Revised - Federated Council May 2007.)
- I. **Win with character; lose with dignity.**

Accept consequences of conduct deemed inappropriate or in violation of rules.

I have read, understand, and accept the Policy Statement, Code of Ethics, The Pillars and Principles of Pursuing Victory with Honor, and the Violations, Minimum Penalties, and Appeal Process (on attached page) of the CIF-San Diego Section **ETHICS IN SPORTS** Policy. I agree to abide by this policy while participating and/or being a spectator at CIFSDS athletic events regardless of contest site or jurisdiction.

 Signature – Athlete

 Printed Name

 Date

 Signature – Parent/Guardian/Caregiver

 Printed Name

 Date

MEDICAL EMERGENCY CONSENT FORM

This information is requested as a precaution in the event medical treatment is required and the Escondido Charter High School staff is unable to contact a responsible party.

Student Name: _____
Last
First
Middle

Sex: _____ Birthdate: _____ Age: _____

Parent or Guardian Names: _____

Home Address: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

E-mail Address: _____ TCP or ILP? _____

If not available in an emergency, notify:

Name: _____ Phone: _____

Street Address: _____

City: _____ State: _____ Zip: _____

This student has the following allergies:

This student has the following medical or health problem(s):

This student is on the following medications: _____

Date of last Tetanus shot: _____

PHYSICIAN INFORMATION

The name, address, medical specialty and phone number of student's family physician and of any other physician or dentist who should be consulted in the event of emergency or medical problems involving this child:

Name of Primary Physician:		Specialist:	
Phone # of Physician:		Specialist Phone #:	
Physician's Emergency Exchange:			
Address of Physician:			

The name, telephone # and address of student's dentist (and orthodontist if applicable):

Dentist: _____
 Orthodontist: _____

INSURANCE INFORMATION

	Primary Insurance Information	Secondary Insurance Information
Name of Insurance Carrier:		
Phone # of Insurance Carrier:		
Address of Insurance Carrier:		
Name of Policy Holder:		
Policy Number:		

I understand that, in the event my child requires medical or dental treatment while engaged in a school activity, reasonable efforts will be made to contact me. However, if I cannot be reached, I hereby consent and give permission to the school sponsor or any adult counselor acting on behalf of the Escondido Charter Schools with respect to the activity, as agent for me, to consent to any X-ray examination; injections; anesthesia; medical, dental or surgical diagnosis and treatment; and hospital care and treatment advised and supervised by a physician, surgeon, or dentist (as appropriate) licensed to practice under the laws of the state where the services are rendered, either as an outpatient or in any hospital. To the best of my knowledge, I have listed above all of my child's medical allergies, medications being taken, medical problems and other pertinent information.

Signature: _____ Date: _____
(Parent or Guardian)

Print Full Name: _____ Date: _____

Pre-participation Physical Evaluation

Date of Exam _____

HISTORY

Name _____ Sex _____ Age _____ Date of Birth _____ Grade _____

School _____ Sport(s) _____

Address _____ Phone _____

Personal Physician _____

In Case of Emergency, Contact

Name _____ Relationship _____ Phone _____

Explain "Yes" answers below.

	YES	NO		YES	NO
1. Have you had a medical illness or injury since your last checkup or sports physical?	___	___	29. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (ex-knee brace, neck roll, foot orthotics, hearing aid)?	___	___
2. Have you ever been hospitalized overnight?	___	___	30. Have you had any problems with your eyes or vision?	___	___
3. Have you ever had surgery?	___	___	31. Have you ever had a sprain, strain, or swelling after injury?	___	___
4. Are you currently taking prescription or nonprescription medications or using an inhaler?	___	___	32. Have you broken or fractured any bones or dislocated any joints?	___	___
5. Have you ever taken vitamins or supplements to help you gain or lose weight or improve your performance?	___	___	33. Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	___	___
6. Do you have any allergies (ex. - pollen, medicine, food, or stinging insects)?	___	___	If yes, check and explain below.		
7. Have you ever had a rash or hives develop during or after exercise?	___	___	___ Head ___ Elbow ___ Thigh		
8. Have you ever passed out during or after exercise?	___	___	___ Neck ___ Forearm ___ Knee		
9. Have you ever been dizzy during or after exercise?	___	___	___ Back ___ Wrist ___ Shin/Calf		
10. Have you ever had chest pain during or after exercise?	___	___	___ Chest ___ Hand ___ Ankle		
11. Do you get more tired than your friends do during exercise?	___	___	___ Shoulder ___ Finger ___ Foot		
12. Have you ever had racing of your heart or skipped heartbeats?	___	___	___ Upper Arm ___ Hip		
13. Have you had high blood pressure or high cholesterol?	___	___	34. Do you want to weigh more or less than you do now?	___	___
14. Have you ever been told you have a heart murmur?	___	___	35. Do you lose weight regularly to meet weight requirements for your sport?	___	___
15. Has any family member or relative died of heart problems or of sudden death before age 50?	___	___	36. Do you feel stressed out?	___	___
16. Have you had a severe viral infection? (ex- mononucleosis or myocarditis) within the past month?	___	___	37. Record the dates of your most recent immunizations for:		
17. Has a physician ever denied or restricted your participation in sports for any heart problems?	___	___	Tetanus _____ Measles _____		
18. Do you have current skin problems? (ex - itching, rashes, acne, blisters, fungus)	___	___	Hepatitis B _____ Chickenpox _____		
19. Have you ever had a head injury or concussion?	___	___	Explain "Yes" answers here: _____		
20. Have you ever been knocked out, become unconscious, or lost your memory?	___	___	_____		
21. Have you ever had a seizure?	___	___	_____		
22. Do you have frequent or severe headaches?	___	___	_____		
23. Have you ever had numbness or tingling in your arms, legs, hands, or feet?	___	___	_____		
24. Have you ever had a stinger, burner, or pinched nerve?	___	___	_____		
25. Have you ever become ill from exercising in the heat?	___	___	_____		
26. Do you cough, wheeze or have trouble breathing during or after activity?	___	___	_____		
27. Do you have asthma?	___	___	_____		
28. Do you have seasonal allergies that require medical treatment?	___	___	_____		

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Furthermore, I consent to the performance of a sports physical exam, and I hereby authorize the athletic director, school nurse, or their designated agents to access and utilize my complete pre-participation physical evaluation.

Signature of athlete _____ Signature of parent/guardian _____ Date _____

Pre-Participation Physical Evaluation

Student's Name _____ Sex _____ Age _____ Date of Birth _____
 Height _____ Weight _____ Pulse _____
 Vision R 20/ _____ L 20/ _____

	NORMAL	ABNORMAL FINDINGS	Initials*
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart - Auscultation of the heart in the supine position			
Heart - Auscultation of the heart in the standing position			
Heart - Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Skin			
Musculoskeletal			
Neck			
Back			
Should/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

*station-based examination only

CLEARANCE

- Cleared
- Cleared after completing evaluation/rehabilitation for: _____

Not cleared for: _____ Reason: _____
 Recommendations: _____

The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners. Examination forms signed by any other health care practitioner will not be accepted.

Name (print/type) _____ Date of Examination: _____
 Address: _____
 Phone Number: _____
 Signature: _____

Re: Physical Education (PE) Credits

TO: Parents/Guardians of ECHS Student Athletes:

In order to avoid confusion on how your son or daughter can earn PE credits for high school graduation, please read and follow the guidelines below. All students must earn 20 PE credits in order to graduate.

TCP Students

In order to receive PE credits for their sport, TCP students must enroll in Independent Study Physical Education (ISPE). Students enrolled in ISPE turn in weekly log sheets that document their planned physical activity on a daily basis. Students who complete the requirements for ISPE receive 5 PE credits per semester. TCP students should contact the Athletic Director for more information about ISPE.

ILP Students

The Athletic Director will notify the ILP student's Teacher of Record (TOR) of their participation in a sport once they are registered. An ILP student must complete the season for their sport in order to receive the 5 PE credits.

Note: My signature below acknowledges that I have read and I understand this information.

Parent/Guardian's Signature

Student's Name (Please print.)