



REDWOOD PREPARATORY CHARTER
TIMBER WOLVES

Athletic Handbook

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REDWOOD PREPARATORY CHARTER TIMBER WOLVES

Eligibility Requirements

Since Redwood Prep athletic teams will be representing our school and community, there are certain eligibility standards that Redwood Prep Charter requires all athletic participants to adhere to:

Academic Eligibility:

Athletes must maintain a “C” average (2.0) or better for all courses with no grade of “F” (1.0). Initial eligibility is based on grades from prior grading period. The average must be maintained throughout the entire athletic/sport season. Athletes may become eligible if grades are raised by the next grading period. In addition, a player becomes ineligible to participate if their grades fall below a “C” average (2.0) or have a F and/or they are missing 5 or more assignments. Grade checks will occur on Monday, and determine eligibility for the week.

Behavior:

Athletes should be a good citizen of the community as well as at school. As a Redwood Prep athlete, you are representing yourself, your team and your school. Any discipline problems involving disrespect or destruction of property, either at school or while on school trips, will result in loss of eligibility for that athlete. Any involvement in unlawful activity, use of tobacco, alcohol or other controlled substances at school or on school trips will result in immediate loss of eligibility.

Attendance at Practice Sessions:

Attendance at practice sessions is mandatory. Athletes are not expected to practice if they are ill. If an athlete must miss a practice for reasons other than illness, arrangements must first be made with the coach. Failure to do so may result in loss of eligibility.

School Attendance:

Athletes must attend school to participate in games and practice. If the game is played on Saturday, the athlete must attend school on the day preceding the game.



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Guidelines for Moving Players from Grade Level

1. Players may only be moved from the team of their own grade level in circumstances where a team does not have sufficient numbers of athletes to compete. Coaches of the respective teams will determine which players are to be moved. By league covenant, once a player is moved up to a higher grade-level team, that player may not be moved back down.
2. If the total number of players in a sport is such that only one grade-level team is to be fielded, this team will be the higher-grade team and players from the lower grade(s) will be moved up to complete the team roster.
3. Players will not be moved up in circumstances where another player is subsequently cut from a team.
4. In all instances where players are recommended to be moved up in grade, the athlete(s) and parent(s) will first be consulted and must consent to the move.
5. There will be no movement of players up in grade level in mid-season unless there is a need to fill out a team. In circumstances where a team loses players in mid-season and there is a need to move players out of their grade level to fill out the team, coaches of both teams will confer and decide which player(s) will be moved up. The Athletic Director and Director will approve the movement of players prior to the move being made.



REDWOOD PREPARATORY CHARTER TIMBER WOLVES

Player's Code of Conduct

1. I know that sportsmanship and fair play will be first and foremost on my mind.
2. I will show respect to my coach and teammates.
3. I will show respect to the officials.
4. I will not use vulgar or foul language.
5. I will not be involved in unlawful activities or use drugs, alcohol or tobacco products.
6. I will be on time and at all practices. Illness or medical appointments are excused absences. I will let the coach know about "expected" appointments.
7. I know that I must maintain good grades or risk suspension from the team.
8. I know that I must follow all school rules as outlined in the student handbook, or I risk suspension from the team.
9. I understand the school's playing time policy, and I will abide with the policy.
 - 5th & 6th grade: In league games, all eligible players will have some playing time. In tournament play, there are no playing time requirements.
 - 7th & 8th grade: Coach's discretion, no playing time requirements.

The amount of playing time is up to the coach's discretion based on player skill, effort and attitude at practice and competitive level of the opponent.
10. I know that the uniform issued to me must be returned at the end of the season in good condition and failure to do so will result in a minimum \$75.00 penalty.
11. I know that failure to follow these rules could result in suspension from the team.



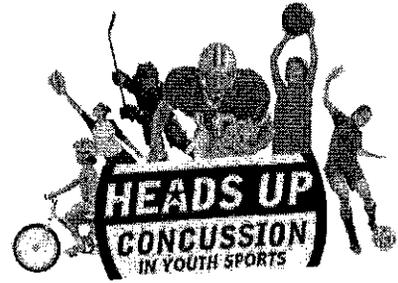
REDWOOD PREPARATORY CHARTER TIMBER WOLVES

Parent's Code of Conduct

1. I/we will support my/our child during the game.
2. I/we will show good sportsmanship at all times.
3. As a parent, I/we know that I/we represent Redwood Prep Charter.
4. I/we will not coach the players during the game.
5. I/we will not yell at the coach.
6. I/we will not yell at opposing players, coaches, or officials.
7. I/we understand the school's playing time policy, and I/we will abide with the policy.
 - 5th & 6th grade: In league games, all eligible players will have some playing time. In tournament play, there are no playing time requirements.
 - 7th & 8th grade: Coach's discretion, no playing time requirements.

The amount of playing time is up to the coach's discretion based on player skill, effort and attitude at practice and competitive level of the opponent.

8. If I/we have a problem or disagreement with the coach, I/we will proceed as follows:
 - I/we will not approach the coach before, during, or after a game. I/we will go home, call the coach, and arrange a time to meet.
 - If I/we am not satisfied following the meeting, I/we will call the Athletic Director and arrange a second meeting with her/him and the coach.
 - If I/we do not feel the issue has been resolved in these meetings, I/we will contact the Director.
9. I/we know that the uniform issued to our child must be returned at the end of the season in good condition and failure to do so will result in a minimum \$75.00 penalty.



Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head *or* body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury *or* may not appear or be noticed until days *or* weeks after the injury.

If an athlete reports *one or more* symptoms of concussion listed below after a bump, blow, *or* jolt to

Did You !<now?

Most concussions occur *without-loss* of consciousness.

Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.

Young children and teens *are* more likely to get a concussion and take longer to recover than adults.

the head *or* body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (<i>even briefly</i>)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events <i>prior</i> to hit or fall	Confusion
Can't recall events <i>after</i> hit or fall	Just not "feeling right" or "feeling down"

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

Remember

Concussions affect people differently. While most athletes With a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date



Hoja informativa para los deportistas y sus padres acerca de las conmociones cerebrales

Una conmoción es un tipo de lesión cerebral traumática que ocasiona cambios en la forma en que funciona el cerebro normalmente. Una conmoción es causada por un golpe, impacto o sacudida en la cabeza o el cuerpo que hace que la cabeza y el cerebro se muevan rápida y repentinamente hacia adelante y hacia atrás. Hasta un "chichoncito" a la que pareciera ser tan solo un golpe o una sacudida leve en la cabeza pueden ser algo grave.

CUALES SON LOS SIGNOS Y SINTOMAS DE UNA CONMOCION CEREBRAL?

Los signos y síntomas de una conmoción cerebral pueden aparecer justo después de una lesión o puede que no aparezcan a se noten sino hasta días o semanas después de ocurrida la lesión.

Si un deportista presenta *uno o mas* de los síntomas de una conmoción cerebral indicados a continuación,

¿Sabe usted que...?

- La mayoría de las conmociones cerebrales ocurren sin pérdida del conocimiento.

Los deportistas que han sufrido una conmoción cerebral en algún momento de sus vidas, tienen un mayor riesgo de sufrir otra.

Los niños pequeños y los adolescentes tienen más probabilidad de sufrir una conmoción cerebral y de que les tome más tiempo recuperarse que los adultos.

fuego de un golpe, impacto o sacudida en la cabeza o el cuerpo, no se le debe permitir continuar jugando el día de la lesión y no debe volver a jugar hasta que un profesional médico con experiencia en evaluación de conmociones cerebrales indique que ya no presenta síntomas y que puede volver a jugar.

SIGNOS OBSERVADOS POR EL PERSONAL DE ENTRENAMIENTO	SINTOMAS REPORTADOS POR LOS DEPORTISTAS
Parece aturdido o desorientado	Dolor de cabeza o "presión" en la cabeza
Está confundido en cuanto a su posición de juego	Náuseas o vómitos
Olvida las instrucciones	Problemas de equilibrio o mareo
No está seguro del juego, de la puntuación o de adversarios	Visión borrosa o doble
Se mueve con torpeza	Sensibilidad a la luz
Responde a las preguntas con lentitud	Sensibilidad al ruido
Pierde el conocimiento (aunque sea por poco tiempo)	Sentirse débil, desorientado, aturdido, atontado o grogui
Muestra cambios de ánimo, comportamiento o personalidad	Problemas de concentración o de memoria
No puede recordar lo ocurrido antes del golpe o caída	Confusión
No puede recordar lo ocurrido después del golpe o caída	No "sentirse bien" o "con ganas de no hacer nada"

SIGNOS DE PELIGRO POR UNA CONMOCION CEREBRAL

En casos poco frecuentes, en las personas que sufren una conmoción cerebral puede formarse un coagula de sangre peligroso que podría hacer que el cerebro ejerza presión contra el cráneo. Un deportista debe recibir atención médica de inmediato si luego de sufrir un golpe, impacto o sacudida en la cabeza o el cuerpo presenta alguno de los siguientes signos de peligro:

- Una pupila está más grande que la otra
- Esta mareado o no se puede despertar
- Dolor de cabeza que es persistente y además empeora
- Debilidad, entumecimiento o menor coordinación
- Nauseas a vómitos constantes
- Dificultad para hablar o pronunciar las palabras
- Convulsiones o ataques
- No puede reconocer a personas o lugares
- Se siente cada vez más confundido, inquieto o agitado
- Se comporta de manera poco usual Pierde el conocimiento (las pérdidas del conocimiento deben considerarse como algo serio aunque sean breves)

¿POR QUÉ DEBE UN DEPORTISTA NOTIFICAR A ALGUIEN SI TIENE SÍNTOMAS?

Si un deportista sufre una conmoción, su cerebro necesitará tiempo para sanar. Cuando el cerebro de un deportista se está curando, tiene una mayor probabilidad de sufrir una segunda conmoción. Las conmociones repetidas (a secundarias) pueden aumentar el tiempo que toma la recuperación. En casos poco frecuentes, repetidas conmociones

Recuerde

Las conmociones cerebrales afectan a las personas de manera diferente. Si bien la mayoría de los deportistas que sufren una conmoción cerebral se recuperan en forma completa y rápida, algunos tienen síntomas que duran días o incluso semanas. Una conmoción cerebral más grave puede durar por meses o años más.

cerebrales en los jóvenes deportistas pueden ocasionar inflamación del cerebro o daño cerebral permanente. Incluso pueden ser mortales.

¿DEBE JUGAR SI CREE QUE SU DEPORTISTA HA SUFRIDO UNA CONMOCIÓN CEREBRAL?

Si considera que un deportista tiene una conmoción cerebral, saquelo del juego y busque atención médica de inmediato. No intente juzgar usted mismo la seriedad de la lesión. No permita que el deportista regrese a jugar el mismo día de la lesión y espere a que un profesional médico con experiencia en la evaluación de conmociones cerebrales indique que ya no presenta síntomas y que puede volver a jugar.

El descanso es la clave para ayudar a un deportista a recuperarse después de una conmoción cerebral. Durante el ejercicio o las actividades que requieran de mucha concentración, como estudiar, trabajar en la computadora o los juegos de video, pueden causar que los síntomas de la conmoción cerebral reaparezcan o empeoren. Después de una conmoción cerebral, volver a practicar deportes y regresar a la escuela debe ser un proceso gradual que tiene que ser controlado y observado cuidadosamente por un profesional médico.

Mejor perder un juego que toda la temporada. Para más información sobre la conmoción cerebral, visite: www.cdc.gov/Concussion.

Nombre del estudiante o deportista

Firma del estudiante o deportista

Fecha

Nombre del padre o tutor legal

Firma del padre o tutor legal

Fecha



REDWOOD PREPARATORY CHARTER
TIMBER WOLVES

Concussion Information Sheet

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

Athletes with signs and symptoms of concussions 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 for 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.cde.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date



INFORMED CONSENT AND ACKNOWLEDGMENT FOR ATHLETIC ACTIVITIES

The undersigned has read and understands the material contained in this form and hereby authorizes _____ to participate in **(sport) activities.**

By their very nature, athletic activities can put students in situations in which **SERIOUS, CATASTROPHIC** and perhaps **FATAL** injuries may occur. These injuries could include, but are not limited to the following:

- | | |
|------------------------|-------------------------|
| Sprains/strains | Disfigurement |
| Fractures | Head injuries |
| Cuts/abrasions | Loss of eyesight |
| Unconsciousness | Death |
| Paralysis | |

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution or supervision will eliminate all risk of injury. By granting permission for your son/daughter to participate in athletic activities, you, the parent/legal guardian, acknowledge that such risk exists.

All participants in this activity should understand that participation is voluntary and is not required by the school.

The undersigned has read and hereby agrees to hold **Redwood Preparatory Charter School**, its employees, agents, volunteers and/or sponsors and any other person, firm or corporation charged or chargeable with responsibility or liability, free and harmless from any and all claims, demands, damages, costs, expenses, loss of services, action and causes of action resulting from the use of facilities, equipment and participation by my son/daughter in the above named athletic activity, to the fullest extent of the law.

Please list any medical conditions, allergies, or any other limiting factors:

Health insurance/MEDI-CAL per Education Code 32220-32224: _____
 Plan name and number: _____

In the event of illness or injury, I do hereby consent to medical/hospital treatments that are determined necessary in the best judgment of the attending physicians or dentists. I acknowledge that I have carefully read this Voluntary Athletic Activity Form and that I understand and agree to its terms.

Parent/Legal Guardian (Print Name)	Parent/Legal Guardian (signature)	Date
Student (Print Name)	Student (signature)	Date

RENUNCIA ACTIVITY DEL PERMISO

Por su misma naturaleza, las actividades atléticas pueden poner a estudiantes en las situaciones en las cuales **SERIO**, las lesiones **CATASTRÓFICAS** y quizás **FATALES** pueden ocurrir. Estas lesiones se podían incluir, sino no limitar al siguiente: **Esguinces/tensiones, fracturas, cortes/abrasiones, inconsciencia, parálisis, desfiguración, lesiones en la cabeza, pérdida de vista, muerte.**

El infrascrito ha leído y acuerda por este medio sostener la escuela autónoma del paso de peatones, sus empleados, los agentes, los voluntarios y/o los patrocinadores y cualquier otra persona, firma o corporación cargados o cargables con responsabilidad o responsabilidad, libremente e inofensivo de cualesquiera y todas las demandas, las demandas, los daños, los costes, los costos, pérdida de servicios, acción y las causas de la acción resultando del uso de instalaciones, del equipo y de la participación de mi hijo/hija en la actividad atlética arriba nombrada, en la mayor medida posible de la ley.

Padre/guarda legal (nombre de la impresión)	Padre/guarda legal (firma)	Fecha
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Padre/guarda legal (nombre de la impresión)	Padre/guarda legal (firma)	Fecha
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