



Santa Clarita Warriors 2023 Football Parent Handbook

SCVAAWarriorfootball.com

Mission Statement

The Santa Clarita Valley Athletic Association (SCVAA) came into existence to provide and promote a healthy atmosphere for training the youth of our community in the sport of football. The SCVAA is a non-profit organization and all coaches and adult personnel are volunteers. Our coaches, some of who are coaching for the first time, become involved primarily to share in the experience with the children. They are concerned with promoting safety, teaching the fundamentals of the game, and providing a fun environment. Winning is always secondary to these objectives.

Our organization is committed to providing a safe, healthy and fun place to cultivate the qualities that are inherent in the game of football. We believe that football teaches camaraderie, teamwork, discipline, and respect for others and a competitive drive. Warriors Football has made youth football a reality in the Santa Clarita Valley for over 54 years. We continue to be the largest and longest running youth football program in our valley.

The PYFL

Santa Clarita Warriors Football is a proud founding member of the Pacific Youth Football League (PYFL). The PYFL shares the belief that the friendly spirit of competition and sportsmanship help build the youth of today.

The teams (aka chapters) listed [here](#) make up the PYFL. We can play any of these teams during our season and playoffs. Our league games do include traveling to other cities for games. In turn, many of these teams will travel to our valley and play us at our 2023 home field location in Santa Clarita. For more information on the PYFL please refer to their site (www.pacificyouthfootballleague.com) and [bylaws](#).

Divisions

2023 PYFL Weights & Ages

For 25+ seasons, the Pacific Youth Football League (PYFL) has prided itself on providing a youth football league that is dedicated to the safety and well being of its athletes.

When determining ages and weights for a division, age, mental maturation and size are all aspects which need to be considered. Over these 25+ seasons, we've observed that while size does play a factor, mental maturation mostly outweighs size.

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We do not believe a child should be forced to play up 2 age groups merely because they are heavier. Our reason for this belief is that it does not account for the mental maturity or speed of a child that is 2+ years older.

Furthermore, we understand from time-to-time there will be the rare athletes who possess size, skill and speed. In that rare instance, the PYFL will celebrate these players and the special gifts they possess among their peers.

While weight limits are still in place, we are pleased to offer a safe, age appropriate football league by providing kids the best opportunity to play and experience the game of football with kids predominantly their own age. Below outlines the PYFL Ages & Weights. You can also access the PYFL Ages & Weights info [here](#).

A player must be at least 6 years of age prior to December 31st to be eligible for participation. For the Season, the playing age of the player is their age as of **July 31**. The player's weight and age determine the division they will play in as follows; see below table for more detail by age.

EXCEPT PLAY DOWNS: Play Downs use **December 1** to determine league age in Bantam, Midget and Junior Divisions. Put simply, your child cannot play down (upper age) if their birthday falls between **July 31** and **December 1**; even if they make weight.

SEE BELOW FOR PLAY DOWNS

PYFL Weights as of January

Gremlins	Pee-Wee	Bantam	Midgets	Juniors	Seniors
Age 6 Max Wt.: Unlimited	Age 8 * Max Wt.:120 lbs	Age 10 * Max Wt.:135 lbs	Age 11 * Max Wt.:150 lbs	Age 12 * Max Wt.:165 lbs	Age 13 * Max Wt.:190 lbs
Age 7 Max Wt.: Unlimited	Age 9 * Max Wt.:120 lbs	Age 11 *! Max Wt.: 75 lbs	Age 12 *! Max Wt.: 95 lbs	Age 13 *! Max Wt.:105lbs	Age 14 * Max Wt.:190 lbs
	Age 8 & 9* "X" Man Player 121 lbs+ = "X" player	Age 10 * "X" Man Player 136 lbs+ = "X" player	Age 11 * "X" Man Player 151 lbs+ = "X" player	Age 12 * "X" Man Player 166 lbs+ = "X" player	"X" Man Player Unlimited Weight

No high school student, 9th grade or higher will be allowed to play, this includes any player that has successfully been promoted from or graduated from the 8th grade in June of the upcoming season. This includes any player who is being held back voluntarily or being home schooled. An appeal may be made to the PYFL Vice-President under special circumstances for repeat 8th graders to be able to play.

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Required Paperwork

All necessary paperwork/forms can be found on our home page under the forms section located at <https://www.scvaawarriorfootball.com/>

In order to complete your player's registration, you must complete/turn in the following:

- 1) Parents will be required complete:
 - a) PYFL online application
<https://pacificyouthfootballleague.sportngin.com/register/form/085358715>
 - b) Upload a headshot/image of their player
 - c) Upload one of the following age verification:
 - i) Original birth certificate and school verification (must include school name, player name, and DOB) **OR**
 - ii) [California Real ID](#) **OR**
 - iii) Valid/current Passport
 - d) Upload [player physical form](#). Physicals must be completed and uploaded before the first day of mandatory practice.
 - e) Note: Original age verification documents may also be required for PYFL mandatory player certification which your team manager will further discuss with you
- 2) Signed SCVAA Player Code of Conduct – due on Paperwork Turn-in Day
- 3) Signed SCVAA Parent Code of Conduct – due on Paperwork Turn-in Day
- 4) Signed SCVAA Player Image release – due on Paperwork Turn-in Day
- 5) Signed Heart in the Game Sheet – due on Paperwork Turn-in Day
- 6) CIF Heat Illness Sheet – due on Paperwork Turn-in Day

Note: You may send for a certified copy of your child's birth certificate by writing to the Los Angeles County Registrar or by visiting their Lancaster office:

By Mail:

Birth, Death and Marriage Records Section
P.O. Box 53120
Los Angeles, CA 90053-0120
(562) 462-2137

In Person Request:

Birth, Death and Marriage Records Section
1028 West Avenue J2
Lancaster, CA
(661) 945-6446
8:30 to 4:30 Monday - Friday

Call the office in Los Angeles to verify the cost BEFORE sending your request for a birth certificate. Mailed requests could take approximately thirty (30) days to receive. Please start your request NOW.

PYFL Certification

THIS IS A MANDATORY CERTIFICATION. IF A PLAYER DOES NOT CERTIFY, THEY DO NOT PLAY.

The PYFL conducts mandatory certification for all teams in each chapter. In order to certify, they require that each player submit an online registration form, current year physical form, and age verification (see above). You must follow and complete the instructions above and from your team manager. The PYFL may require original documents by advising your team manager. You will be required to provide the original documents requested by the PYFL. Original documents will be returned to you after certification. Your team manager will let you know during the first week of practice if any additional paperwork is needed prior to certification.

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What to Expect on Certification Day:

Your team will meet in a central location and will be escorted by the coach and team manager to certification. Parents are not allowed in the certification area. It will be important to arrive promptly as your team cannot certify until all players are present. Only under certain circumstances will early certification be allowed and must be approved by the PYFL. If a player does not certify or make weight, they are immediately dropped from the team. Please let your team manager know as soon as possible if your player cannot make it to certification.

Any parent found falsifying residence information shall be banned from playing for the SCVAA Warriors program and is subject to the same action from the PYFL.

Equipment

Your player will be issued nearly everything they need to play football. A helmet and shoulder pads on loan which must be returned at the end of the season. As well as a home, away, and practice jersey and one pair of game pants, which are all yours to keep at the end of the season. Equipment will be disbursed and returned at dates and times to be determined. Your team manager or coach will advise you of your team's designated time. A parent or guardian must sign for the equipment and is responsible for the safekeeping of all issued equipment. At the completion of the season these items must be returned in clean, good condition. If they are not returned in good condition (or at all) you will be responsible for the full replacement cost of the equipment. Players may not throw or sit on the helmets and shoulder pads. The uniforms shall not be modified in any way.

Mandatory equipment not provided by the SCVAA Warriors Football include a colored (not clear) mouth guard/mouthpiece with lanyard, football cleats, all black practice pants with integrated pads, game day 5 pad girdle, game day knee pads and a protective cup/jock strap. Each player should bring their own labeled water bottle to each practice as we do not provide water for practice.

Your head coach or team manager will let you know exactly what needs to be worn to practice and on game days. If you have questions please ask before you buy anything.

Conditioning

Every athlete is required to have a minimum of twenty (20) hours of conditioning before they are permitted to participate in body-to-body contact. All conditioning must be done at an official practice under the supervision of a coach. These mandatory hours will be scheduled to start the season.

Conditioning activities from other sports are not acceptable and do not count towards the 20 hours. The SCVAA conditioning clinic (the week before mandatory hours begin) does not apply towards the 20 hours. It is critical that your child attends every practice during the first two weeks, so they do not fall behind.

Practices

Mandatory practice begins July 5th, 2023. The first two weeks we will practice together as an organization. These practices count toward the mandatory conditioning hours. If a player misses any of these days they will fall behind on conditioning hours. Should your player fall behind in hours, the time can only be made up at an official Warriors Football practice. The player behind on hours will condition,

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with a coach, when the team moves on to contact drills. Once the hours are caught up, the player will return to team practice.

Practices can be conducted Monday through Saturday, during the month of July and August. You will be contacted by your coach or team manager to be notified of your practice time and location.

During the season, after the 1st game, the PYFL limits teams to 8 hours of practice per week. Most teams will practice Tuesday through Thursday, with a walk-through on Friday.

Any player that regularly misses practices will be contacted by the coach or team manager to discuss the situation which could result in limited playing time. Warriors Football has a duty to keep all players safe and there are guidelines to help guarantee that. Being at practice regularly helps ensure a player's understanding of the game, the plays, and keeps them in condition.

Practice - Drop Off and Pick Up

Typically, coaches require that players arrive no less than 15 minutes prior to practice start time. As they say in youth football, "If you're on time, you're late." Players are expected to be fully dressed and ready to go when practice begins. This helps ensure practice ends in a timely manner; however there may be occasions when practice is extended. You are welcome and encouraged to stay and observe all practices. If you choose to drop off, please arrive at least 15 minutes prior to the end time of practice. Coaches are responsible for unattended children and cannot leave until those children have been picked up. Please be considerate of our volunteers. We do not want our coaches to become babysitters. Your team manager and head coach will keep you well informed of their expectations

Game Day

All home games for 2023 will be played on Saturdays at a Santa Clarita area high school. This can be subject to change. Away game sites can be at any location ranging from Lancaster to Santa Barbara.

- Football games are played on Saturday with start times between the hours of 8:00 a.m. and 7:00 p.m.
- Our first regular season game will be on Saturday, August 19, 2023
- Please note that schedules may not be available until the Wednesday prior to the first game. Your team manager will notify you as soon as they are available.
- We will have an eight (8) game regular season over 9 weeks. If your team makes the playoffs, the 1st round is October 28, 2nd Round is November 4th, 3rd round is November 11th, and the Super Bowl is November 19th. Location TBD. Dates and times are subject to change.
- Coaches will notify players of the appropriate time to arrive at game sites. Usually, this is 1-1.5 hours prior to game time.
- All players will receive a minimum of 12 plays per regular season game per the PYFL by-laws. The minimum plays will change for playoffs to: Gremlin & Pee Wee - 12 plays; Bantam & Midget - 10 plays; Junior & Senior - 8 plays
- X-Man, players within 10 lbs of X-Man weight threshold, and playdown players will be required to weigh in before each game per the PYFL bylaws. This is to ensure players are playing within the approved Ages & Weights.

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Weather

Games and practices typically proceed regardless of the weather. If there is extremely poor air quality or lightning there will be no games or practices. Questions regarding scheduled practices should always be addressed with the Team Manager.

Fundraising / Volunteering

The Santa Clarita Warriors is a 501(c)3 non-profit organization. This means we need to rely on fundraising and volunteering in order to run a first-class organization. Your team may request up to \$275 per season for team dues to help with team needs, including the year-end banquet. Your team may also put on fundraisers during the season to help raise funds for the team. These dues and fundraisers are not optional. Your participation is critical to help the team. Additionally, the Warriors organization may put on fundraisers as well to raise funds for the organization. These fundraisers help us with equipment and expenses. All the money raised goes right back into improving the organization. None of the coaches, team managers, or board members are paid, they are 100% volunteer based. Your participation in the fundraisers only helps the teams and the organization. Lastly, we rely heavily on volunteers. You are part of the Warriors family, please offer to help. It is always appreciated and almost always needed.

Refund Policy

Warriors Football has a strict no-refund policy. Refund requests will be considered only under extreme conditions. The Football Board of Directors reserves the right to determine when or if a refund will be issued.

Returned Checks

Checks are accepted with proper identification. All checks should be made payable to SCVAA and include your team and division name. Returned checks will not be processed through the bank a second time; cash payment must be made on all returned checks. There will be a \$30.00 service fee on ANY RETURNED CHECK. You may be responsible for paying up to three times the amount of the returned check.

FAILURE TO MAKE SAID PAYMENT CAN RESULT IN YOUR CHILD BECOMING INELIGIBLE TO PARTICIPATE AND/OR THE CHAPTER HOLDING YOUR TROPHY, TEAM PICTURES, ETC.

Thank you for joining the Warriors Football family. Good luck and have a great season!



Santa Clarita Warriors Football – 2023 Player’s Code of Conduct

Below are just a few of the responsibilities of each SCVAA Warriors Football player. Please read this form with your child. By signing at the bottom, you acknowledge that your child understands their responsibilities outlined in this form.

1. I asked to sign up for football because I have the desire to learn and play the game.
2. I will maintain good sportsmanship at all times. Warriors Football, nor the PYFL, will tolerate vulgar language, taunting, fighting, talking back (to coaches, adult volunteers or other people in positions of authority) or any behavior that may injure another player. Any action, of this sort, can result in disciplinary measures or even suspension from the team.
3. During scrimmages and games, I will always respect the officials and their authority, other teams’ coaches, players, and volunteers. I will not boo, taunt, refuse to shake hands, or generally exhibit poor sportsmanship.
4. I will follow the rules that have been set by my coach, Warriors Football and PYFL.
5. Warriors Football makes safety a priority. Missing practice or not paying attention during practice can affect the way I play. If I need to miss any practice or game I will make sure the Team Manager or Head Coach knows at least 24 hours in advance if possible. I understand that missing practice can affect my playing time during a game because I may not be properly prepared.
6. Football is a team sport. There are 22 players on the field at all times. Every player on the team must get 12 plays every regular season game. I understand that I may not get to play every down of a game. I also understand that the coach may need me to play a position that is not my favorite, in order to help the team.
7. I will not use any drugs, tobacco, or alcohol.
8. I will do my best in school, and agree that school will always come before football. I will maintain at least a “C” Average. If my grades drop below a “C” average I may not be allowed to practice or play in games until my grades meet the “C” average.
9. Warriors Football has let me use a helmet and shoulder pads. These items must be returned in good condition at the end of the season. I will take care of this equipment as if it were my own.

Any reports that a player is not following any of the above rules, may have their behavior reviewed by the Warriors Football Board to determine if any disciplinary action is needed. In a severe case, a player may be suspended or removed from the Warriors Football program without a refund.

Players Name: _____

Players Signature: _____

Parents Signature: _____ Date: _____



Santa Clarita Warriors Football & Cheer – 2023 Parent’s Code of Conduct

Below are just a few of the responsibilities of each SCVAA Warriors Football & Cheer parent. By signing at the bottom, you acknowledge that you understand and will follow the guidelines and rules below.

1. My child will emulate my actions. I will encourage my player to give 100% all of the time, even if the game is not going well. Win or lose, my player deserves to see the positive in each game.
2. I will need to volunteer my time to help the team and Warriors organization. I understand that this is part of being a Warriors Football & Cheer parent.
3. I won't point out the mistakes made by my player, coach, official, or teammate. We all have fallen prey to blaming an official, coach, or another player for a loss. When this is done in front of my player, it can trickle back to practice and affect how he perceives his teammates or coaches.
4. I understand that the Warriors Football Board asks all parents to allow just one voice to give instruction to players, and that voice is the coach. Second guessing coaches on the sidelines, at home, or even on the ride home, can be destructive to a team. I will remember that there are 22 or more players on every team and all players must play 12 plays. I agree that this is not high school where only the best players get to play.
5. I will keep in mind that this is youth football. This game is for my child.
6. I will always be a team “player” while supporting my child and team and will let my child work out any issues that occur on the field without my interference.
7. I won’t dwell on a loss as it may make my player feel that they need to do the same.
8. A time may come when I want or need to talk to a coach. There are certain things that are open for discussion: how to help my child improve, my child's grades are slipping, or I have noticed a change in my child's behavior while they are with the team. I will not discuss my displeasure about playing time, coaching philosophies, and most importantly, I will never talk about players other than my own.
9. If my child ever says that they, or other players, can hear me on the field and it was embarrassing, I will take note and improve.
10. I understand I am responsible for my actions and those actions of my guests. At no time will I or my guest be permitted on the field unless requested by the Head Coach or Team Manager.
11. I understand Warriors Football & Cheer and PYFL have a zero tolerance policy for poor behavior towards players, coaches, referees, and volunteers. Poor behavior such as being involved in using profanity, berating players, berating officials, verbally or physically fighting, smoking, using drugs, alcohol and/or coming onto the sideline/playing field will have their behavior reviewed by the Warriors Football Board and/or PYFL, which may result in immediate removal, suspension or banishment from the team, Warriors Football & Cheer, and/or PYFL.
12. I will remember that the only words my player wants to hear are, “I love watching you play.”
13. I will remain positive and will not engage in gossip or derogatory/disparaging comments regarding the PYFL, Warriors Football & Cheer, including players, parents, coaches, board members, other teams and/or other Warriors families. This includes in person, in private, public, and social media, etc.

Signature by one parent/guardian constitutes recognition of the Parent Code of Conduct for an entire family and their guests.

Parent Name: (printed) _____

Parent Signature: _____

Date: _____

Witnessed by: _____



Santa Clarita Warriors Football & Cheer - 2023 Name/Image/Likeness Release

In consideration of the publicity and exposure I may receive in participation in Warriors Football & Cheer and for other good and valuable consideration, the sufficiency and receipt of which is acknowledged, I hereby grant to SCVAA Warriors Football & Cheer, its affiliates and respective successors, assigns, licensees and anyone authorized by any of them (collectively, the "Warriors"), the irrevocable, non-exclusive, perpetual, and worldwide right to record, depict, and/or portray me and or my player and use, our actual or simulated likeness, name, photograph, voice, actions, etc. in any and all media, now known or later devised, and in any all advertising marketing or promotional communications in any and all languages, formats, versions, and forms related to or in connection with Warriors.

I hereby release Warriors and each of their respective parents, subsidiaries, and affiliates, and each of their respective officers, directors, shareholders, employees, agents, representatives, successors, licensees, and assigns from any and all claims and liability of any kind whatsoever, arising out of or related to, the exercise of any of the rights granted to Warriors above, including, without limitation, for any violation of any rights of privacy, publicity, defamation, or any other personal or property right. Further, I waive any and all rights to me and my player's actual or simulated likeness, name, photograph, voice, actions, etc. in connection with Warriors. I further agree that I shall be entitled to no additional consideration as a result of the exercise of the rights granted herein. In no event shall I have any right to seek or obtain injunctive or other equitable relief with respect to Warriors and the exploitation, marketing, advertising, promotion, publication and/or merchandising thereof.

This is the complete and binding agreement between me and Warriors, superseding all prior understandings and communications with respect to this subject matter, and it cannot be terminated, rescinded, or amended hereafter, except by mutual written agreement. I understand that Warriors will proceed in reliance hereon; however, nothing contained herein shall be deemed to obligate Warriors to exercise any of the rights herein granted to them. This agreement shall be binding upon my heirs, successors, representatives, and assigns forever. This shall be exclusively governed by and construed in accordance with the laws of the State of California applicable to agreements entered into and wholly performed therein.

I warrant that I am of the age of majority (or, if not, that my parent or legal guardian has agreed to the foregoing and signed below) and that I have the full, complete, and unrestricted right and authority to enter into this Release and to grant the rights granted to Warriors hereunder.

AGREED TO AND ACCEPTED:

Player Signature _____ Date: _____, 2023

Player Name: _____ (Please print)

IF THE ABOVE SIGNATORY IS A MINOR, THEN THE PARENT OF, OR LEGAL GUARDIAN FOR, SUCH PERSON MUST ALSO SIGN BELOW.

I hereby warrant that I am the parent and/or the legal guardian for the person who signed above, that I have read and understood the foregoing, that I have caused the said person to sign above, and that, knowing of Warriors Football's reliance hereon, I agree to cause the said person to adhere to all of the terms above.

Parent Signature _____ Date: _____, 2023

Parent Name: _____ (Please print)

PACIFIC YOUTH FOOTBALL LEAGUE

PLAYER AND CHEERLEADER PHYSICAL FORM

SEASON: _____

CHAPTER: _____

PARENT TO COMPLETE SECTION 1

SECTION 1: INFORMATION & HEALTH HISTORY

NAME OF PARTICIPANT: _____ DATE OF BIRTH: _____

PRIMARY PHYSICIAN:	PHONE:
PREFERRED EMERGENCY CENTER:	CITY:
LIST CURRENT MEDICATIONS:	

CIRCLE ALL KNOWN MEDICAL CONDITIONS:

ASTHMA	YES	NO
DIABETES	YES	NO
HEAD INJURIES	YES	NO
HEAT STROKE	YES	NO
HEART CONDITION	YES	NO
KIDNEY INJURIES	YES	NO
SHOULDER/HIP INJURIES	YES	NO
OTHER:	YES	NO

MEDICAL PROFESSIONAL TO COMPLETE SECTION 2

SECTION 2: MEDICAL EXAM

RECORDED HEIGHT	
RECORDED WEIGHT	
RECORDED BLOOD PRESSURE	
RECORDED TEMPERATURE	
HAIR COLOR	
EYE COLOR	

CHECKED

EARS	YES	NO	LUNGS	YES	NO
EYES	YES	NO	SKIN	YES	NO
NOSE	YES	NO	HERNIA	YES	NO
TEETH	YES	NO	ABDOMEN	YES	NO
HEAD/NECK	YES	NO	EXTREMITIES	YES	NO
HEART	YES	NO	FEET	YES	NO
OTHER:					

CLEARED: WHILE THIS EXAM DOES NOT CONSTITUTE A COMPLETE MEDICAL EXAMINATION, IT DOES ON THIS DATE, ON MY OBSERVATIONS, MEET THE REQUIREMENTS FOR PARTICIPATION IN THE YOUTH FOOTBALL PROGRAM.

NOT CLEARED: THE INDIVIDUAL EXAMED BY ME ON THIS DATE IS CONSIDERED “**NOT**” PHYSICALLY QUALIFIED TO PARTICIPATE IN THE YOUTH FOOTBALL / CHEER PROGRAM FOR THE FOLLOWING REASONS:

EXAMINATION BY: _____

SIGNATURE: _____

DATE OF EXAMINATION: _____

OFFICE PHONE: _____

NAME OF FACILITY: _____

REQUIRED

OFFICE STAMP HERE



Parent/Student CIF Heat Illness Information Sheet



WHY AM I GETTING THIS INFORMATION SHEET?

You are receiving this information sheet about Heat Illness because of California state law AB 2800 (effective January 1, 2019), now Education Code § 35179 and CIF Bylaws 22.B.(9) and 503.K (Approved Federated Council January 31, 2019):

1. *CIF rules require a student athlete, who has been removed from practice or play after displaying signs and symptoms associated with heat illness, must receive a written note from a licensed health care provider before returning to practice.*
2. *Before an athlete can start the season and begin practice in a sport, a Heat Illness 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 separate trainings about concussions (AB 1451), sudden cardiac arrest (AB 1639), and heat illness (AB 2800), as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).

WHAT IS HEAT ILLNESS AND HOW WOULD I RECOGNIZE IT?

Intense and prolonged exercise, hot and humid weather and dehydration can seriously compromise athlete performance and increase the risk of exertional heat injury. Exercise produces heat within the body and when performed on a hot or humid day with additional barriers to heat loss, such as padding and equipment, the athlete's core body temperature can become dangerously high. If left untreated, this elevation of core body temperature can cause organ systems to shut down in the body.

Young athletes should be pre-screened at their pre-participation physical evaluation for heat illness risk factors including medication/supplement use, cardiac disease, history of sickle cell trait, febrile or gastrointestinal illness, obesity, and previous heat injury. Athletes with non-modifiable risk factors should be closely supervised during strenuous activities in a hot or humid climate.

Sweating is one way the body tries to reduce an elevated core temperature. Once sweat (salt and water) leaves the body, it must be replaced. Water is the best hydration replacement, but for those athletes exercising for long periods of time where electrolytes may be lost, commercial sports drinks with electrolytes are available. Energy drinks that contain caffeine or other "natural" stimulants are not adequate or appropriate hydration for athletes and can even be dangerous by causing abnormal heart rhythms.

PREVENTION There are several ways to try to prevent heat illness:

ADEQUATE HYDRATION

Arrive well-hydrated at practices, games and in between exercise sessions. Urine appears clear or light yellow (like lemonade) in well-hydrated individuals and dark (like apple juice) in dehydrated individuals. Water/sports drinks should be readily available and served chilled in containers that allow adequate volumes of fluid to be ingested. Water breaks should occur at least every 15-20 minutes and should be long enough to allow athletes to ingest adequate fluid volumes (4-8 ounces).

GRADUAL ACCLIMATIZATION

Intensity and duration of exercise should be gradually increased over a period of 7-14 days to give athletes time to build fitness levels and become accustomed to practicing in the heat. Protective equipment should be introduced in phases (start with helmet, progress to helmet and shoulder pads, and finally fully equipped).

ADDITIONAL PREVENTION MEASURES

Wear light-colored, light-weight synthetic clothing, when possible, to aid heat loss. Allow for adequate rest breaks in the shade if available. Avoid drinks containing stimulants such as ephedrine or high doses of caffeine. Be ready to alter practice or game plans in extreme environmental conditions. Eat a well-balanced diet which aids in replacing lost electrolytes.

A **FREE** online course "Heat Illness Prevention" is available through the CIF and NFHS at <https://nfhslearn.com/courses/61140/heat-illness-prevention>.



Parent/Student CIF Heat Illness Information Sheet



HEAT EXHAUSTION

Inability to continue exercise due to heat-induced symptoms. Occurs with an elevated core body temperature between 97 and 104 degrees Fahrenheit.

- Dizziness, lightheadedness, weakness
- Headache
- Nausea
- Diarrhea, urge to defecate
- Pallor, chills
- Profuse sweating
- Cool, clammy skin
- Hyperventilation
- Decreased urine output

TREATMENT OF HEAT EXHAUSTION

Stop exercise, move player to a cool place, remove excess clothing, give fluids if conscious, COOL BODY: fans, cold water, ice towels, ice bath or ice packs. Fluid replacement should occur as soon as possible. The Emergency Medical System (EMS) should be activated if recovery is not rapid. When in doubt, CALL 911. Athletes with heat exhaustion should be assessed by a physician as soon as possible in all cases.

HEAT STROKE

Dysfunction or shutdown of body systems due to elevated body temperature which cannot be controlled. This occurs with a core body temperature greater than 107 degrees Fahrenheit. **Signs observed by teammates, parents, and coaches include:**

- Dizziness
- Drowsiness, loss of consciousness
- Seizures
- Staggering, disorientation
- Behavioral/cognitive changes (confusion, irritability, aggressiveness, hysteria, emotional instability)
- Weakness
- Hot and wet or dry skin
- Rapid heartbeat, low blood pressure
- Hyperventilation
- Vomiting, diarrhea

TREATMENT OF HEAT STROKE

This is a MEDICAL EMERGENCY. Death may result if not treated properly and rapidly.

Stop exercise, Call 911, remove from heat, remove clothing, immerse athlete in cold water for aggressive, rapid cooling (if immersion is not possible, cool the athlete as described for heat exhaustion), monitor vital signs until paramedics arrive.

FINAL THOUGHTS FOR PARENTS AND GUARDIANS

Heat stress should be considered when planning and preparing for any sports activity. Summer and fall sports are conducted in very hot and humid weather across regions of California. While exertional heat illness can affect any athlete, the incidence is consistently highest among football athletes due to additional protective equipment which hinders heat dissipation. Several heatstroke deaths continue to occur in high school sports each season in the United States. Heatstroke deaths are preventable, if the proper precautions are taken.

You should also feel comfortable talking to the coaches or athletic trainer about preventative measures and potential signs and symptoms of heat illness that you may be seeing in your child.

I acknowledge that I have received and read the CIF Heat Illness Information Sheet.

Student-Athlete Name
Printed

Student-Athlete
Signature

Date

Parent or Legal Guardian Name
Printed

Parent or Legal Guardian
Signature

Date

Fact Sheet for Parents & Student Athletes



This sheet has information to help protect your student athlete from Sudden Cardiac Arrest

To learn more, go to KeepTheirHeartInTheGame.org

Get free tools to help create a culture of prevention at home, in school, on the field and at the doctor's office.

Discuss the warning signs of a possible heart condition with your student athlete and have each person sign below.

Detach this section below and return to your school.

Keep the fact sheet to use at your students' games and practices to help protect them from Sudden Cardiac Arrest.

I learned about warning signs and talked with my parent or coach about what to do if I have any symptoms.

STUDENT ATHLETE NAME PRINTED

STUDENT ATHLETE SIGNATURE

DATE

I have read this fact sheet on sudden cardiac arrest prevention with my student athlete and talked about what to do if they experience any warning signs, and what to do should we witness a cardiac arrest.

PARENT OR LEGAL GUARDIAN PRINTED

PARENT OR LEGAL GUARDIAN SIGNATURE

DATE

While missing a game may be inconvenient, it would be a tragedy to lose a student athlete because warning signs were unrecognized or because sports communities were not prepared to respond to a cardiac emergency.

Keep Their Heart In the Game!





CIF Concussion Information Sheet

Why am I getting this information sheet?

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

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

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

What is a concussion and how would I recognize one?

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

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

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

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

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

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

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

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

Signs observed by teammates, parents and coaches include:

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

Symptoms may include one or more of the following:

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

What is Return to Learn?

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

How is Return to Play (RTP) determined?

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

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

Final Thoughts for Parents and Guardians:

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

References:

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

Fact Sheet for Parents & Student Athletes



This sheet has information to help protect your student athlete from Sudden Cardiac Arrest

Why do heart conditions that put student athletes at risk go undetected?

While a student athlete may display no warning signs of a heart condition, studies do show that symptoms are typically present but go unrecognized, unreported, missed or misdiagnosed.

- Symptoms can be misinterpreted as typical in active student athletes
- Fainting is often mistakenly attributed to stress, heat, or lack of food or water
- Student athletes experiencing symptoms regularly don't recognize them as unusual – it's their normal
- Symptoms are not shared with an adult because student athletes are embarrassed they can't keep up
- Student athletes mistakenly think they're out of shape and just need to train harder
- Students (or their parents) don't want to jeopardize playing time
- Students ignore symptoms thinking they'll just go away
- Adults assume students are OK and just "check the box" on health forms without asking them
- Medical practitioners and parents alike often miss warning signs
- Families don't know or don't report heart health history or warning signs to their medical practitioner
- Well-child exams and sports physicals do not check for conditions that can put student athletes at risk
- Stethoscopes are not a comprehensive diagnostic test for heart conditions

Protect Your Student's Heart

Educate yourself about sudden cardiac arrest, talk with your student about warning signs, and create a culture of prevention in your school sports program.

- Know the warning signs
- Document your family's heart health history as some conditions can be inherited
- If symptoms/risk factors present, ask your doctor for follow-up heart/genetic testing
- Don't just "check the box" on health history forms—ask your student how they feel
- Take a cardiac risk assessment with your student each season
- Encourage student to speak up if any of the symptoms are present
- Check in with your coach to see if they've noticed any warning signs
- Active students should be shaping up, not breaking down
- As a parent on the sidelines, know the cardiac chain of survival
- Be sure your school and sports organizations comply with state law to have administrators, coaches and officials trained to respond to a cardiac emergency
- Help fund an onsite AED

What happens if my student has warning signs or risk factors?

- State law requires student athletes who faint or exhibit other cardio-related symptoms to be re-cleared to play by a licensed medical practitioner.
- Ask your health care provider for diagnostic or genetic testing to rule out a possible heart condition.

Electrocardiograms (ECG or EKG) record the electrical activity of the heart. ECGs have been shown to detect a majority of heart conditions more effectively than physical and health history alone. Echocardiograms (ECHO) capture a live picture of the heart.

- Your student should be seen by a health care provider who is experienced in evaluating cardiovascular (heart) conditions.
- Follow your providers instructions for recommended activity limitations until testing is complete.

What if my student is diagnosed with a heart condition that puts them at risk?

There are many precautionary steps that can be taken to prevent the onset of SCA including activity modifications, medication, surgical treatments, or implanting a pacemaker and/or implantable cardioverter defibrillator (ICD). Your practitioner should discuss the treatment options with you and any recommended activity modifications while undergoing treatment. In many cases, the abnormality can be corrected and students can return to normal activity.

What is Sudden Cardiac Arrest? Sudden Cardiac Arrest (SCA) is a life-threatening emergency that occurs when the heart suddenly stops beating. It strikes people of all ages who may seem to be healthy, even children and teens. When SCA happens, the person collapses and doesn't respond or breathe normally. They may gasp or shake as if having a seizure, but their heart has stopped. SCA leads to death in minutes if the person does not get help right away. Survival depends on people nearby calling 911, starting CPR, and using an automated external defibrillator (AED) as soon as possible.

What CAUSES SCA?

SCA occurs because of a malfunction in the heart's electrical system or structure. The malfunction is caused by an abnormality the person is born with, and may have inherited, or a condition that develops as young hearts grow. A virus in the heart or a hard blow to the chest can also cause a malfunction that can lead to SCA.

How COMMON is SCA?

As a leading cause of death in the U.S., most people are surprised to learn that SCA is also the #1 killer of student athletes and the leading cause of death on school campuses. Studies show that 1 in 300 youth has an undetected heart condition that puts them at risk.

Factors That Increase the Risk of SCA

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

FAINTING

IS THE #1 SYMPTOM OF A HEART CONDITION

RECOGNIZE THE WARNING SIGNS & RISK FACTORS

Ask Your Coach and Consult Your Doctor if These Conditions are Present in Your Student

Potential Indicators That SCA May Occur

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

Cardiac Chain of Survival

Their life depends on your quick action!

CPR can triple the chance of survival.

Start immediately and use the onsite AED.



CALL



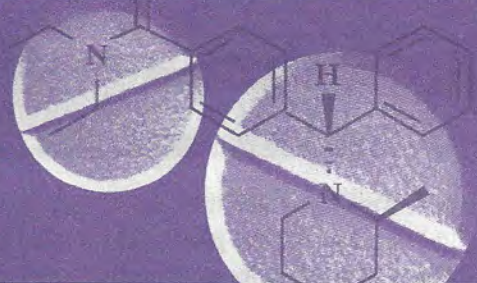
PUSH



SHOCK

KeepTheirHeartInTheGame.org

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
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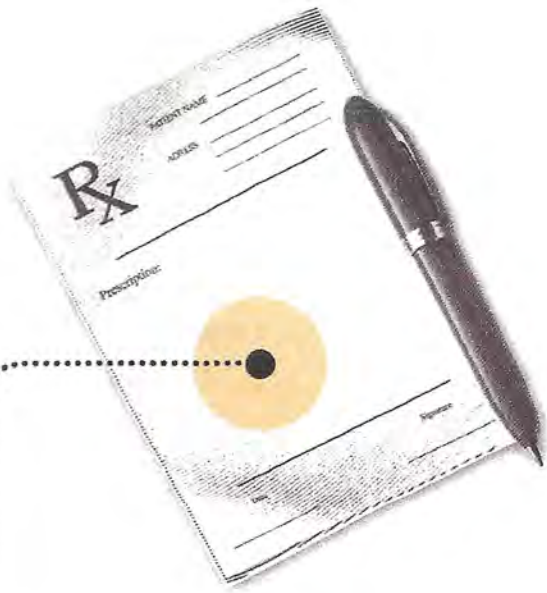


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KNOW YOUR OPTIONS

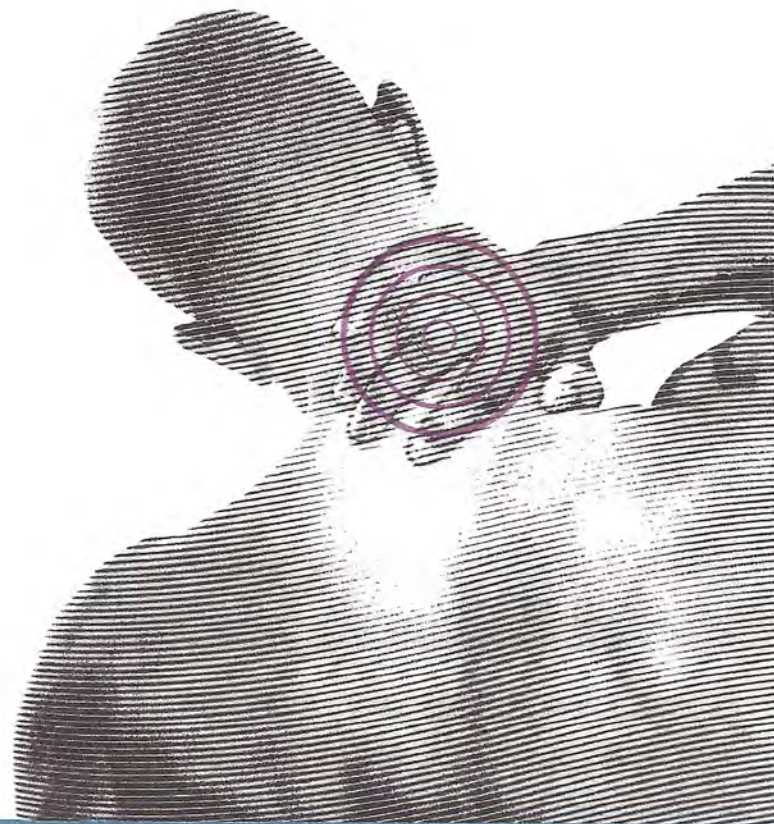
Talk to your health care provider about ways to manage your pain that don't involve prescription opioids. Some of these options **may actually work better** and have fewer risks and side effects. Options may include:

- ❑ 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).
- ❑ Visit 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.