What No One Told You (Warned You) About Athletics and Your School Community

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THIS INFORMATION IS NOT A SUBSTITUTE FOR LEGAL ADVICE.

PARTICIPANTS ARE STRONGLY ENCOURAGED TO SEEK THE ADVICE OF THEIR SCHOOL DISTRICT LEGAL COUNSEL.
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“This is not the world in which we grew up”
or
“No one told me about THIS in my administrative classes!!”
Monday Morning   Friday Afternoon
PULLED
IN TOO MANY DIRECTIONS

School Sites
Booster Clubs
Coaches

Board Members
Parent Expectations 5/55/95
PARENT – COACH TEXTING
DO NOT have an OVERFLOW CROWD at your Board Meeting

1. Boundaries

2. Band

3. Booster Club
THIS ISN’T WHAT THEY TOLD ME IN ADMIN. 101

What the Heck is CIF & Why Do Should I Care

How to Keep my District out of the News Headlines

Student Safety

School Culture, Climate & Sports

The Love / Hate Admin. Relationship
WHO IS CIF?

CIF is comprised of public and private school employees including: school board members, principals, teachers, parents and athletic directors from each high school that come together to carry out CIF’s mission.

1204 public high schools

404 private high schools

1.9 million California students

838,826 students participate in sports (43%)
1.9 Million
9-12 Students

838,826
9-12 students participate in H.S. sports

43% of students in an “elective”

- 67,929 adults coach H.S. sports in California.
- 19,688 are teachers 28%
- 48,241 are walk-ons 72%
CIF SECTION

GOVERNANCE STRUCTURE

- Commissioner
- Office Staff
- CIF - Section
  Board of Managers
  Including CSBA Rep
- Executive Committee
- Leagues
- Schools
- Student – Athletes/Parents

BE INVOLVED
Statewide Rules and Regulations are established by the Federated Council using Roberts Rules of Order and the Brown Act. Only elected and/or appointed members may vote.
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The Love / Hate Admin. Relationship
Administrative Control

Oversight and Responsibilities

Are You Kidding. You Want Me to do What?
I AM IN CHARGE??

Superintendent / President

Principal

Athletic Administrator

Athletic Director

Coaches
Bylaw 503 – Administrative Oversight

Role and Duty of the Principal and Athletic Administrator:

“or how do I stay out of the 6pm newscast & local newspaper”

• Supervision
• Eligibility
• Title IX
• Health related issues:
  • Concussions
  • Sudden Cardiac Arrest
  • Heat Illness

Questions to Ask to Stay Out of Trouble
HEADLINES THAT SAY YOU SHOULD CONSIDER UPDATING YOUR RESUME

Football to forfeit all wins because of ineligible player, out of playoffs

School District Hit with Title IX Suit

Parents of football player who suffered concussion sue school district for $38 million

Parent sues school district over alleged bullying by coach

Judge denies appeal to rejoin girls basketball playoffs

Groping allegation at HS prompts investigation, principal, A.D. on leave

Athletic Funds Unaccounted and Missing,

Coach Claims All Was Approved

Coach Arrested On Sex Charges

Third Cavers basketball player loses appeal to play
Schools Superintendent: "Nobody wants to have kids go through this"
# Questions To Keep Me Out Of The News!!

## ADMINISTRATIVE OVERSIGHT

### DISTRICT OFFICE

| 1. Do we have a policy? |  
|------------------------|---|
| 1. State CIF |  
| 2. CIF – Section |  
| 3. League |  
| 4. School Board |  
| 5. School Specific |  
| □ Who makes sure we are following the policy? |  

| 2. How do we convey our policy to coaches, students, parents and community? |  
|---------------------------------------------------------------|---|
| □ Who does this for us? |  
| □ Do our words and actions make it clear that we demand compliance with our policy? |  

| 3. Who monitors to ensure that we follow our policies? |  
|---------------------------------------------------|---|
| □ Does this person understand our expectations and have time to complete these duties? |  

| 4. What communications method do we have in place to ensure we are kept abreast of “hot topic” issues? |  
|---------------------------------------------------------|---|
| □ Re-league = Transportation $ |  
| □ Catastrophic Injury |  
| □ Title IX |  

## SCHOOL SITE ADMINISTRATOR

### “KNOW THE QUESTIONS TO ASK TO STAY OUT OF TROUBLE”

**Athletic Governance Oversight for School Site Administrators**

1. Do we have documentation that all of our coaches, paid and volunteers, meet California Education Code standards? (Did the documentation even PRIOR to contact with students?)
   a) Coaching Education Certification
   b) Valid CPR/First Aid
   c) Updated Concussion Training
   d) Updated Sudden Cardiac Arrest Training
   e) Heat Illness Prevention
   f) Cleared by our districts HR/DOJ fingerprinting

2. Do all of our schools have a process in place to ensure that the required STUDENT-ATHLETE documentation of a physical exam, medical insurance coverage and emergency contact information is COMPLETED PRIOR TO PARTICIPATION in practice and contests?
   a) Does our paperwork include a signed “informed consent” form?

3. What steps/actions has our school site administration taken to ensure that all coaches are educated and aware of Sports Medicine / Health related issues?
   a. Does the AD have a yearly in-service reviewing signs and symptoms of concussions, heat illness and sudden cardiac arrest prior to the beginning of practice?
   b. Does the AD review the dangers of increased humidity and heat with the coaching staff?
   c. Is there enough ice in the case of an emergency?
   d. Does the school have an AED and do the coaches know how to locate the AED?
   e. Does the school have an “emergency action plan” for after school activities?

4. Does the school/district have a “coach’s handbook” that contains the policy and procedures for all athletic personnel?

5. Does the school district have updated and approved Board Policy and administrative regulations regarding athletics?

6. Does our school site complete forms and have documentation on all “transfer” students?
   □ Check list for determination for a “Valid Change of Residence”
   □ Check list for Academic Eligibility?
   □ Check list for Undue Influence?
   □ Check list for Discipline issues at former school?
   □ Completion of CIF 207/510 form?

7. Does our school site send completed Transfer 207/510 forms on all “transfer” students to the section office for approval prior to participating in contests?

8. Do we treat our girls’ athletic programs/teams the same as our boys’ athletic program/teams?
   a) Facilities
   b) # of teams and or opportunities
   c) Practice and game times
   d) Access to athletic trainer, training room
   e) Access to weight room
   f) Survey interests of students
Health and Safety of Student-Athletes
CA. Ed. Code & CIF Requirements

### Coach
- Coach Certification
- CPR/First Aid
- Concussion Education
- SCA Education
- Heat Illness & AED July 1

### Student & Parent Education
- Concussions
- Steroids
- SCA
- Heat Illness
Concussions
Concussions

Concussions

National fully recover concussion
California law through the

Concussions

Sudden Cardiac Arrest in Student-Athletes
Hydration
Heat Illness
MRSA
Performance Enhancement
Teachers for Healthy Kids
NHS
Additional Resources

head injuries are a direct result of injured athletes returning to play too soon; not having Centers for Disease Control reports that approximately 3 million sports and recreational ing on concussions. The training may be fulfilled through the free, online course available iations (NPHS).

Complete this 20-minute online class for FREE from the NFHS and the CIF.

Coaches should download and print their certificate at the completion of the course.

Additionally, California law mandates that all CIF-member schools must comply with the following: On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the athlete and the athlete's parent or guardian before the athlete's initiating practice or competition.

Below are documents from the CIF Sports Medicine Advisory Committee (SMAC) that schools/districts may use to meet this mandate which informs parents and students on concussion signs and symptoms.

NEW - CIF Concussion Information Sheet / Spanish Version
This form is recommended for use by the CIF Sports Medicine Advisory Committee (SMAC)

The CIF Concussion Information Sheet is recommended for schools to use to comply with CIF Bylaw 503.1.1 - Concussion Protocol and California State Law AB 25 (Education Code § 49475).

Recent changes to California law (A.B. 2127) also require that the schools take additional measures to reduce risks and minimize injuries for concussed athletes.

NEW - CIF Acute Concussion Notification Form for Parents/Guardians / Spanish Version
This form is recommended for use by the CIF Sports Medicine Advisory Committee (SMAC)

The CIF Acute Concussion Notification Form for Parents/Guardians is recommended for schools to use in communicating with parents/guardians when an athlete displays signs and symptoms of concussion.
Emergency Action Planning Program
for after-school practices and events

Plan. Learn. Save.

3 Easy Steps to Implement the Program

1. Athletic Director Responsibilities
2. Train Coaches and Advisors
3. Train Event Staff

So You Don’t Think It Can Happen to You...

...Think Again
WATCH A VIDEO
READ TED’S STORY
Emergency Action Plan Information

This national program is a first-of-its kind Emergency Action Plan (EAP) for after-school practices and events. It is designed to provide a coordinated response to every emergency, including sudden cardiac arrest (SCA) regardless of location on campus or off campus. By implementing Anyone Can Save A Life – establishing response teams is empowering your school and student body to be part of a coordinated response necessary to ensure the best possible outcome and you are preparing your school community to respond immediately to get the help that is needed.

This guide will walk you through the steps necessary to implement Anyone Can Save A Life in your school. It provides resources to put an EAP in place, train staff and educate students and parents. Hard copies of this Resource Guide are on CD and were sent to all CIF member high schools and is available to download for free by clicking on the picture above.

CIF Event Emergency Guidelines
Athletic Department Emergency Action Plan
CIF Game and Crowd Management Guidelines
Sudden Cardiac Arrest

**Time Critical**

If NOT properly treated within minutes, SCA is fatal in 92% of cases. (American Heart Association)

**AED applied within 3 minutes = 73% survival rate. Survival rate decrease 10% per minute. (AHA)**

86% of CIF schools have an AED**

Are there warning signs? - These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated

Dizziness; lightheadedness; shortness of breath
difficulty breathing; racing or fluttering heartbeat (palpitations)
syncope (fainting); fatigue (extreme tiredness); weakness
Nausea; vomiting; chest pains
Sudden Cardiac Arrest in Student-Athletes

Hydration
Heat Illness
MRSA
Performance Enhancement
Teachers for Healthy Kids

Possible Warning Signs

- Dizziness
- Lightheadedness
- Shortness of breath
- Difficulty breathing
- Racing or fluttering heartbeat (palpitations)
- Syncope (fainting)
- Fatigue (extreme tiredness)
- Weakness
- Nausea
- Chest pains

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

1 Youth Athlete Dies Every 3 Days in the United States

SCA is 60% more likely to occur during exercise or sports activity, so athletes are at greater risk. SCA is also the leading cause of death on school campuses.

Time Critical

If not properly treated within minutes, SCA is fatal in 92% of cases.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- Dizziness
- Lightheadedness
- Shortness of breath
- Difficulty breathing
- Racing or fluttering heartbeat (palpitations)
- Syncope (fainting)
- Fatigue (extreme tiredness)
- Weakness
- Nausea
- Chest pains

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.
1. Who is making sure all of our clearance are up to date & on file?

2. Have our teams practiced?

3. Is our A.E.D. easily accessible? 3-4 mins
A.B. 1510 – ATHLETIC TRAINERS

48 States license and recognize Certified Athletic Trainers (AT) as Medical Professionals;

California does NOT

CIF Members Schools A.T.
52% None
21% Full Time (everyday)
27% Part Time
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CIF Event Emergency Guidelines
Athletic Department Emergency Action Plan
CIF Game and Crowd Management Guidelines
CIF Game and Crowd Management Guidelines

- Pre-Planning for Crowd Management
- Game Site-Preparation and Planning
- Facilities/Site Management
- Game Management
- Post-Game Control
- Public Relations
- Responsibilities of the Principal/Assistant Principal
- Responsibilities of the Athletic Director
- Responsibilities of the Coach
- Responsibilities of the Pep Units
- Responsibilities of Student-Athletes and Students
- Guidelines for Game Officials
Create Distance
Create Distance
PERCEPTION
Perception
COACHES

28% vs. 72%
Began in 2014-2015 school year

- No more than 18 hours per week
- No more than 4 hour in any single day
• Full Contact is limited to 2 days per week and no more than 90 45 on each day

• No Full Contact allowed during the off-season – This includes team camps

• Mandatory minimum 7 day return to play protocol for all student-athletes diagnosed with a concussion or head injury – From date of diagnosis

Who is ensuring we are following CIF and State Laws?
HOW DOES CIF HELP SCHOOLS WITH TITLE IX, EQUITY IN THEIR EDUCATION BASED ATHLETICS?
Title IX of the Education Amendment of 1972

“No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.”
IT ALL COUNTS THE SAME
Ollier v. Sweetwater Union High School, et al., (CA 2012)

In September 2014, the school district entered into a multi-million dollar settlement of a lawsuit over lack of adequate athletic facilities, opportunities, and resources for girls.
Cruz v. Alhambra Unified School District (CA 2013)

Terms of school district’s settlement agreement, required the district to build new softball fields for girls, add girls teams, and perform other remedial actions fulfilled after ten years
Bylaw 701.E.

Management and control of all finances connected with the activity shall remain with the host high school, league or Section.
OK, so what’s the Good News?
CIF FALL CHAMPIONSHIPS HANDBOOKS AND FORMS
APPLICATION NOW AVAILABLE!

October 5, 2015  CIF NEWS

Scholar-Athlete of the Year Award

Coaching Education
AACCA/NFHS Spirit Safety Certification
Model Coach Award
NFHS Sanctioning
Pursuing Victory with Honor
Transfer Eligibility
Licensing
Participation Census
Positive Coaching Alliance
Rep to League Form
Webinars
College Requirements
Webinars

Athletic Director Webinars

Principal Webinars

Superintendent Webinars
October 2015 Webinar: Administrative Oversight

September 2015 Webinar: Transfer Eligibility
Positive Sport Parenting
NFHS Core Course
Parent
Free!

Protecting Students from Abuse
Elective Course
Coach Parent Administrator Performing Arts
Free!
TAKE AWAYS

1. I am in charge, no different than any other department on my campus.
   1. Ask the right questions
   2. Clearly state expectations – set the tone
   3. Hold accountable & Have their backs

2. Remember the purpose of education based athletics (hint: it is not winning – 5/55/95)

3. #1 reason kids play sports? Fun. You too need to have fun. (43% & 68%)
   1. Be visible