

Rancho Cucamonga Middle School
Parent Consent for Participation and Tryout for After School Sports
Football * Volleyball * Basketball * Soccer * Blastball *Track

CIRCLE APPROPRIATE SPORT

I, _____ (Please Print), am the legal parent/ guardian of
_____(Student)_____(Grade).

I am aware that the new Sport Season will begin on _____ and continue through the end of the season. I am further aware that should my child/ward become a member of a Rancho Cucamonga Middle School athletics team, **practices will be held at Rancho Cucamonga Middle School on Mondays, Tuesdays, and Thursdays from 2:25pm to 3:40pm. There will be no practices on Wednesdays or Fridays.** In the case of inclement weather, i.e. rain or heavy wind, students will not have practice and will be sent home at the end of the regular school day. I am aware that playing or practicing to play in any sport can be a dangerous activity involving risk of injury. Due to the dangers of participating in sports, I recognize that importance of following coaches' instructions regarding playing techniques, training, and other team rules, and will direct my child/ward to follow said instructions.

In consideration of the Cucamonga School District permitting my child/ ward to tryout, practice, play and /or participating after school sports, I agree to hold Rancho Cucamonga Middle School, Cucamonga School District, its employees ,agents, representatives, coaches and volunteers harmless from any and all liabilities which may arise by or be in connection with the participation of my child/ward in any activities related to Cucamonga School District sports.

RCMS athletics department does not allow unlawful discrimination, including discriminatory harassment, intimidation, and bullying of any student based on the student's actual or perceived race, color, ancestry, national origin, nationality, ethnicity, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, or gender expression or association with a person or group with one or more of these actual or perceived characteristics

Please check one of the following methods that your child/ward will take:

_____ I allow my child/ward to walk home from practices and games or walk to Think Together

OR

_____ I will be responsible for arranging pick up for my child/ward no later than 4pm on practice/game days

If your child/ward is not picked up promptly on more than TWO occasions, they will be dropped from the sport.

A parent or emergency contact person(s) listed on the official emergency card filed at the RCMS office must check out any student being picked up from a game or event. The parent/guardian/emergency contact must also fill out the appropriate paperwork with the coach **before** taking the child from the sports event site.

I agree to abide by all rules assigned to me by the coaches.

Student Signature _____

Signature of Parent or Legal Guardian

Phone #

Date

Parent/Guardian and Pupil Sudden Cardiac Arrest Warning Signs and Symptoms Information and Acknowledgment Form

On July 1, 2017, Assembly Bill 1639, known as the Eric Paredes Sudden Cardiac Arrest (SCA) Prevention Act went into effect. This requires the pupil and their parent or guardian to read, sign, and return an SCA form of acknowledgement before the pupil participates in any athletic activity. Districts may use this form or design their own form to use. An SCA acknowledgment form must be signed and returned to the school site each school year.

What Is SCA?

SCA occurs suddenly and often without warning. It is triggered by an electrical malfunction in the heart that causes an irregular heartbeat. With the heart's pumping action disrupted, the heart cannot pump blood to the brain, lungs, and other organs. Seconds later, a person loses consciousness and has no pulse. Death occurs within minutes if the victim does not receive treatment.

Who Is at Risk for SCA?

Thousands of sudden cardiac arrests occur among youth, as it is the #2 cause of death of youth under the age of 25 and the #1 cause of death of student athletes during exercise. While a heart condition may have no warning signs, studies show that many young people do have warning signs or symptoms but student athletes neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think that they are out of shape and need to train harder, or they simply ignore the symptoms, hoping the signs will go away.

Possible Warning Signs 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

Removal from Activity

A pupil who faints during or following participation in an athletic activity must be removed from play and may not return to play until they are evaluated and cleared by a licensed health care provider.

I have reviewed and understand the symptoms and warning signs of SCA.

Print Student-Athlete Name

Signature Student-Athlete Name

Date

Print Parent/Guardian Name

Signature Parent/Guardian

Date

The California Department of Education used information from the following sources: American Heart Association, Parent Heart Watch (<https://parentheartwatch.org/>), Eric Paredes Save a Life Foundation: Keep Their Heart in the Game (<https://epsavealife.org/>), and Sudden Cardiac Arrest Foundation (<http://www.sca-aware.org/>).