



**OAK PARK HIGH SCHOOL  
CODE OF ETHICS CONTRACT FOR PARTICIPATION IN  
CO-CURRICULAR ACTIVITIES**

Co-curricular activities are an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students.

When Oak Park students participate in co-curricular activities, they represent not only themselves, but also their families and our school and community. **They are expected to display appropriate and acceptable standards of sportsmanship and behavior, including but not limited to, 24 hours a day, seven days a week, 365 days a year – on and off the field, in and out of school, including nights and weekends, in or out of the season of sport or activity, including summer break and school vacations.** They are further expected to do everything in their power **to not be involved with or present** at functions where any prohibited activities are taking place.

1. Place academic achievement as the highest priority. This includes maintaining a 2.0 GPA with no "F"s in all subjects during the preceding marking period and during the season of sport/activity. Eligibility will be checked at the quarter and semester report card times. Students with 2.0 and one "F" may petition for probation. Scholastic probation may be granted to a student only once in his/her high school career.
2. Attendance – Students must attend a minimum of 2 block periods the day of any co-curricular activity in order to participate in that activity, practice, contest or performance. If the activity takes place on a Saturday or holiday, then the student will be required to attend 2 block periods on the preceding school day. Exceptions must be cleared by an administrator. Truancy from any class or classes will result in suspension from the next contest/activity. Students on disciplinary suspension will not be allowed to participate in practices/ games during the period of suspension.
3. No athlete/participant may quit one co-curricular activity and go out during the same season for another.
4. Show respect for teammates, opponents, officials, coaches and all other participants.
5. Respect the integrity and judgment of activity officials.
6. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
7. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
8. Adhere to the established rules and standards of the activity.
9. Respect all equipment and use it safely and appropriately. Students are financially responsible for all equipment checked out to him/her. All equipment must be returned in a timely manner. A delinquent account will result in a "hold" on transcripts, report cards, yearbooks, and/or diplomas.
10. Know and follow all school rules, and CIF rules and regulations as they pertain to eligibility and sports participation.
11. Win/perform with character, and face challenges with dignity.
12. Athlete/participants must travel to and from contests in transportation provided for and arranged by the school. Any exception to this is rare and must be approved by an administrator at least 48 hours in advance.
13. Refrain from participation in hazing. Hazing is defined as any behavior that is physically, emotionally, or psychologically abusive to an individual, or selected group of individuals, for the purpose of gaining entrance or acceptance into an established group.
14. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
15. Refrain from being arrested or cited for any misdemeanor or felony at school or in the community.

I understand that a participant will be immediately suspended from the co-curricular activity if he/she exercises poor judgment and acts in an irresponsible manner as outlined above. This suspension will remain in force until the coaching staff and administration has had time to conduct an investigation and determine an appropriate consequence. I further understand that since I have been put on notice of these conduct guidelines by the staff that any violation may result in suspension or removal from all-co-curricular activity for up to one calendar year from the date of the incident, in addition to other administrative actions.

With my signature below, I acknowledge that I understand the expectations of Oak Park High school regarding my personal conduct and that this contract is applicable, including but not limited to, 24 hours a day, seven days a week, 365 days a year. **I am expected to display appropriate and acceptable standards of sportsmanship and behavior – on and off the field, in and out of school, including nights and weekends, in or out of the season of sport or activity, including summer break and school vacations.** I pledge to live by the contents of this contract.

Name of Student: \_\_\_\_\_  
(Please print)

Date \_\_\_\_\_

Signature of Student: \_\_\_\_\_

As a parent, I support the efforts of Oak Park High school to encourage and enforce proper standards of conduct for my child. With my signature below, I acknowledge that I understand the expectation of Oak Park High school regarding my son/daughter and pledge to support the contents of this contract.

Name of Parent: \_\_\_\_\_  
(Please print)

Date \_\_\_\_\_

Signature of Parent: \_\_\_\_\_

Oak Park Unified School District  
VOLUNTARY ACTIVITIES PARTICIPATION FORM  
ACKNOWLEDGMENT AND ASSUMPTION OF POTENTIAL RISK

I authorize my son/daughter, \_\_\_\_\_  
(please print)

to participate in the District-sponsored activities of: athletics, cheerleading, and/or any other extra-curricular activities.

I understand and acknowledge that these activities, by their very nature, pose the potential risk of serious injury/illness to individuals who participate in such activities.

I understand and acknowledge that some of the injuries/illnesses which may result from participating in these activities include, but are not limited to, the following:

1. Sprains/strains
2. Fractured bones
3. Unconsciousness
4. Head and/or back injuries
5. Paralysis
6. Loss of eyesight
7. Communicable disease
8. Death

I understand and acknowledge that participation in these activities is completely voluntary and as such is not required by the District for course credit or for completion of graduation requirements.

I understand and acknowledge that in order to participate in these activities, I and my son/daughter agree to assume liability and responsibility for any and all potential risks, which may be associated with participation in such activities.

I understand, acknowledge, and agree that the District, its employees, officers, agents, or volunteers, shall not be liable for any injury/illness suffered by my son/daughter which is incident to, and/or associated with, preparing for and/or participating in this activity.

A signed VOLUNTARY ACTIVITIES PARTICIPATION FORM must be on file before a student will be allowed to participate. I acknowledge that I have carefully read this VOLUNTARY ACTIVITIES PARTICIPATION FORM and that I understand and agree to its terms.

**PLEASE PRINT**

STUDENT NAME \_\_\_\_\_

PARENT NAME \_\_\_\_\_

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date



OAK PARK HIGH SCHOOL  
Concussion Information Sheet

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

Athletes with the signs and symptoms of concussion 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 from 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 its 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.cdc.gov/ConcussionInYouthSports/>

\_\_\_\_\_  
Student-athlete Name Printed

\_\_\_\_\_  
Student-athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date

**OAK PARK HIGH SCHOOL  
Concussion Information Sheet**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**Symptoms may include one or more of the following:**

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| <ul style="list-style-type: none"> <li>• Headaches</li> <li>• “Pressure in head”</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul> | <ul style="list-style-type: none"> <li>• Amnesia</li> <li>• “Don’t feel right”</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul> |
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**Signs observed by teammates, parents and coaches include:**

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| <ul style="list-style-type: none"> <li>• Appears dazed</li> <li>• Vacant facial expression</li> <li>• Confused about assignment</li> <li>• Forgets plays</li> <li>• Is unsure of game, score, or opponent</li> <li>• Moves clumsily or displays incoordination</li> <li>• Answers questions slowly</li> <li>• Slurred speech</li> <li>• Shows behavior or personality changes</li> <li>• Can’t recall events prior to hit</li> <li>• Can’t recall events after hit</li> <li>• Seizures or convulsions</li> <li>• Any change in typical behavior or personality</li> <li>• Loses consciousness</li> </ul> |
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