



NOVATO
UNIFIED
SCHOOL
DISTRICT

Student & Parent/Guardian
Athletic Handbook
2023 – 2024



Board approved:

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SECTION I: PHILOSOPHY, GUIDELINES AND PROTOCOLS

Philosophy of Student Athletics

The Novato Unified School District (NUSD) recognizes that the athletic program constitutes an integral component of the educational program and helps to build a positive school climate. The athletic program also promotes the physical, social, and emotional well-being and character development of participating students. The athletic program shall be designed to meet students' interests and abilities and shall be varied in scope to attract wide participation.

NUSD recognizes that athletics is an important component of a student's complete educational development. As such, we believe that all students should have an opportunity to participate in some form of interscholastic athletics and that such participation should encourage positive scholastic and social growth and achievement. All participants and teams will represent the school and community in a positive manner. Student-Athletes will reflect the dedication and hard work that will be required to compete and be successful. Success will be measured by the knowledge that each participant gave their best effort and prepared for each contest to the best of their ability rather than the records achieved by teams or individuals. NUSD realizes that an effective interscholastic athletic program is the product of responsible cooperation between its four major components: each high school's parents/guardians, the student-athlete, coaching staff, site/district administration.

All athletic teams shall be supervised by qualified coaches to ensure that student athletes receive appropriate instruction and guidance related to safety, health, sports skills, and sportsmanship.

Athletic events shall be officiated by qualified personnel.

The Board encourages business and community support for district athletic programs, subject to applicable district policies and regulations governing advertisements and donations.

Students shall not be charged a fee to participate in an athletic program including, but not limited to, a fee to cover the cost of uniforms, locks, lockers, or athletic equipment. [BP 6145.2: Athletic Competition](#)

Non-Discrimination

NUSD's athletic program shall be free from discrimination and discriminatory practices prohibited by state and federal law including, but not limited to, fans or student-athletes taunting opposing athletes or fans with sexual or racial provocations, and the use of any racially derogatory or discriminatory school or athletic team name, mascot, or nickname. No individual or group shall, through physical, written, verbal, visual, or other means, harass, sexually harass, threaten, intimidate, cyberbully, cause bodily injury to, or commit hate violence against any student or school personnel, or retaliate against them for filing a complaint or participating in the complaint resolution process.

The Superintendent or designee shall ensure that equivalent athletic opportunities are provided for males and females and that students are permitted to participate in athletic activities consistent with their gender identity. [BP 6145.2: Athletic Competition](#)

NUSD prohibits, at any district school or school activity, discrimination, harassment, including sexual harassment, intimidation, and bullying, based on actual or perceived race, color, ancestry, nationality, national origin, immigration status, ethnic group identification, ethnicity, age, religion, marital status, pregnancy, parental status, physical or mental disability, sex, sexual orientation,

gender, gender identity, gender expression, or genetic information, or association with a person or group with one or more of these actual or perceived characteristics. This shall apply when applicable, to interns, volunteers, and job applicants.

For questions, concerns or complaints, please contact Human Resources; 1015 Seventh Street, Novato, CA 94945; (415) 897-4220; uniformcomplaint@nUSD.org

Communication Regarding Concerns

It is the intent of the NUSD Athletic Departments to provide an avenue for meaningful dialogue and positive communication between coaches, student-athletes, and parents/guardians. Working together, we can and will accomplish many great things.

In our continuing effort to establish and maintain clear lines of communication between the school Athletic Department staff and the parent/guardian of our student-athletes, the coaching staff has established a process for communication. ***Do not attempt to confront a coach before or after a game, competition, contest or practice; this is a District and Marin County Athletic League (MCAL) Rule.***

Those can be emotional times for both the parent/guardian and the coach. Meetings of that nature, and at those times, do not promote positive communication or resolution. A 24-hour cool down period is expected by all associated with the athletic program. The following guidelines will help make the communication process a productive and positive experience.

Student-Athlete, Parent/Guardian, Coach Communication Protocols

The protocol when resolving an issue between a student-athlete and coach is as follows:

- **First Step** → Student-athlete will make an appointment and meet with the coach;
- **Second Step** → Student-athlete and parent/guardian will make an appointment and meet with the coach;
- **Third Step** → Student-athlete and parent/guardian will make an appointment to meet with the coach and athletic director; and
- **Final Step** → Student-athlete and parent/guardian will make an appointment to meet with the coach, athletic director, and administrator in charge of athletics.

Parent/Guardian Conduct Expectations

- All meetings with coaches are to be made **BY SCHEDULING AN APPOINTMENT**. Coaches will make their email addresses available to parents/guardians.
- The District will not allow spontaneous meetings between parents/guardians and coaches on the athletic fields, in the gyms, or locker rooms.
- Coaches **WILL NOT** discuss other student-athletes with parents/guardians.
- Parents/guardians and/or spectators/fans that show misconduct at athletic events that warrant intervention by a school administrator at home or away events will be asked to leave. If a second offense occurs the parent/guardian and/or spectator/fan will be suspended from a game and must complete the online course – National Federation of State High School (NFHS) “Positive Sport Parenting” <https://nfhslearn.com/courses/18000>. On the third offense the parent/guardian/fan will be expelled from all school athletic events for the remainder of the school year and/or the following year.
- Parents/guardians and/or spectators/fans who verbally abuse a coach may be subject to possible criminal charges.
- At no time is the topic of playing time to be discussed with coaches or administrators.

SECTION II: ELIGIBILITY

General Eligibility

The California Interscholastic Federation (CIF) is the governing body for high school sports in the state of California. Per [CIF Bylaw 200](#), in order to participate in high school interscholastic athletics, students must:

1. Provide information in regard to any aspect of the eligibility that is true, correct, accurate, complete and/or not false or fraudulent.
2. Not exceed 8 semesters of enrollment after entering 9th grade.
3. Meet transfer, academic and disciplinary eligibility standards.
4. Have an annual physical examination which should be dated after June 15.
5. Maintain amateur status.
6. Attend a CIF member school.

NOTES:

- The Athletic Director is responsible for determining eligibility in accordance with these requirements.
- A student, whose 19th birthday is attained prior to June 15, shall not participate or practice on any team in the following school year. [CIF Bylaw 203](#)

Academic Eligibility

All student-athletes who wish to participate in an athletic activity in any of NUSD's high schools must meet the following requirements:

1. Have earned a 2.0 GPA for the grading period prior to their participation and for each succeeding grading period during participation AND be on track for graduation. Academic eligibility is determined from one grading period to the next grading period. [BP 6145: Extracurricular and Cocurricular Activities](#)

NOTE: Spring semester grades count for Fall eligibility on the first day of practice; this includes incoming freshmen

2. Meet standards of satisfactory citizenship. The minimum citizenship standard shall require students, while at school or at school-sponsored activities, to act in a manner that is appropriate for an atmosphere of learning. The Superintendent or designee may revoke a student's eligibility for participation in extra/co-curricular activities when a student's poor citizenship is serious enough to warrant loss of this privilege. [BP 6145: Extracurricular and Cocurricular Activities](#)
3. Have a satisfactory attendance record as defined by [BP 6145: Extracurricular and Cocurricular Activities](#)
4. Must be enrolled in and pass a minimum of 20 semester credits (4 classes)
 - a. Incomplete grades count as F grades until made up within six weeks of the end of the grading period.
5. Maintain eight (8) consecutive semesters of continuous attendance in an accredited school.

NOTE: Academic eligibility resets the first Thursday after the end of EACH grading period (6 times per year).

6. Have only one authorized academic probation period over the four years in high school. Freshmen are ineligible for athletic probation except as waived by the Principal under very

exceptional circumstances. *Academically ineligible athletes may practice with their team, but not compete.* They may not be in uniform or on the court/field/bench with their team during games, competitions, or contests until they regain eligibility. They may sit in the stands to cheer the team on. Contact your school's Athletic Director to obtain a copy of the waiver.

Student- athletes who do not maintain these requirements and are dismissed from a team will not be eligible for postseason honors or recognition (certificates, letters, etc.).

Transfer Eligibility

Transfer students are automatically ineligible for competition until completion of North Coast Section (NCS) transfer eligibility application and supporting documentation AND ruling by the NCS Commissioners' office.

Any student who transfers between high schools is subject to the CIF transfer bylaws. ALL transfer athletes must request review of eligibility by the new school's principal or designee to determine eligibility for competition. Allow at least 20 business days for processing transfer applications, especially at the beginning of the year. The athlete may miss part of the season of sport during the review and evaluation process. See the Athletic Director (AD) for more information. Please schedule an appointment with the AD for review of the transfer policies. Eligibility must be established prior to participation.

School site administrator, or designees, may verify a student-athlete's residential eligibility by performing any of the following procedures: a phone call, a home visit, or any other appropriate measure to ensure verification consistent with District and attendance area residency verification procedures.

A full list of Transfer Eligibility rules can be found online at www.cifncs.org

8th Grade Participation

CIF Bylaw 201.4.b states that eighth graders who have not graduated from the eighth grade may not participate in any athletic meetings, practices, games, contests, or competition of any kind at any high school. High schools will hold an Athletic Orientation for all new athletes, including 8th graders in May. Check the high school's athletics website for the relevant date, time, and location. At this event, coaches will be on hand to answer questions about specific sports and a presentation about the general requirements for participation will occur. It is expected that ALL new Freshmen and their parents/guardians will attend.

SECTION III: REGISTRATION

Registering for Athletics - Four Step Process

1. **Family ID Online Clearance - EVERY SPORT, EVERY YEAR**

Parents/guardians must complete the online registration through FamilyID.com for EACH SPORT their student plays.

San Marin High School To Register for San Marin: visit SanMarinAthletics.org , go to the REGISTRATION tab, and then click REGISTER NOW!	Novato High School To Register for Novato High: visit novatohighathletics.org , follow the directions on the home page by clicking “ Registration “ under Step 1
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If you are new to FamilyID you will need to create an account. This family account should be used to register each student for every sport they play at their respective high schools.

- You will need to register for EACH SPORT your student participates in/plays.
- If you need assistance with your registration, call Family ID at 888-800-5583 x1 or email: support@familyid.com.
- It will be helpful to have the following information on hand when completing your online registration.
 - Health Insurance Information (Carrier and Policy Number)
 - Doctor Information (Name and Phone Number)
 - Emergency contact information

2. **Physician’s Clearance Form - ONCE PER SCHOOL YEAR**

San Marin Physician’s Clearance Form	Novato High Physician’s Clearance Form
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- This form is to be turned in ONCE PER SCHOOL YEAR and should be dated after JUNE 15.
- Forms must be turned into the Athletics Office (Located in the front office at each school site). **No other forms will be accepted.**

3. **Baseline Cognitive Testing - ONCE PER SCHOOL YEAR**

All students must take the ImPACT, Baseline Cognitive Test, ONCE PER SCHOOL YEAR. This test is administered by the onsite athletic trainer. The test is offered throughout the summer and during the school year. Visit your school’s athletics website to register for your test. There are limited seats for each test time. Sign up early to ensure it is completed prior to the season starting.

San Marin Baseline Concussion Registration (See Family ID)	Novato High Baseline Concussion Registration
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4. **Team Donation and Booster Membership - Optional**

Families are *encouraged* to make a donation to the program their student plays. Each team account is *funded by donations* from families. NUSD pays coaches, helps cover the cost of officials, and reconditions some equipment. All other fees are paid by the individual

program. Please help if you are able to. ***Donations can be made online at the time of registration or checks can be delivered to the Athletic Office.*** See your school's Sports Boosters website (below) for more information.

<u>San Marin All Sports Boosters</u>
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<u>Novato High Sports Boosters</u>
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SECTION IV: GENERAL BEHAVIOR

NUSD values the quality and integrity of the athletic program and the character development of student athletes. Student athletes, coaches, parent/guardian, spectators, and others are expected to demonstrate good sportsmanship, ethical conduct, and fair play during all athletic competitions. They shall also abide by the core principles of trustworthiness, respect, responsibility, fairness, caring, and good citizenship and the Code of Ethics adopted by CIF.

Students and staff shall be subject to disciplinary action for improper conduct. [BP 6145.2: Athletic Competition](#)

Student-athletes must comply with all rules and regulations as specified by California Education Code, California Penal Code, and NUSD Board Policies, CIF/NCS/MCAL Bylaws, and the CIF/NUSD Code of Conduct. NUSD Athletes will be held to a HIGH STANDARD of conduct.

This includes:

- Profanity, unsportsmanlike conduct, and disrespect to any person or institution will not be tolerated.
 - Athletes accept responsibility for their behavior both on and off the field or at school. Examples of inappropriate behavior include, but are not limited to:
 - Improper language and/or actions should not embarrass themselves, the team, the school, the district, or the community.
 - Defiance toward any coach, school official, or game official.
 - Profanity, throwing of equipment or any similar display.
 - Misuse of social media at all times as defined by school policy.
- NOTE: Just because a rule is not clearly defined does not mean you will not be held accountable for your actions
- Code of Conduct
 - Respect coaches and teammates
 - Display good sportsmanship and appearance at all times
 - Follow school rules
 - Represent NUSD Athletics in a positive member

The Athletic Director and/or coaches may give consequences above and beyond the school's administration.

Student Conduct at Extracurricular/Cocurricular Events

When attending or participating in extracurricular and/or cocurricular activities on or off campus, students are subject to district policies and regulations relating to student conduct. Students who violate district policies and regulations may be subject to discipline including, but not limited to, suspension, expulsion, transfer to alternative programs, or denial of participation in extracurricular or cocurricular activities in accordance with Board policy and administrative regulation. When appropriate, the Superintendent or designee shall notify local law enforcement. [BP 6145: Extracurricular And Cocurricular Activities](#)

Violation of any of the above behavior guidelines may result in one or more of the following sanctions: suspension or dismissal from the team.

School Attendance

Students must abide by NUSD's attendance policies. [BP 5113: Absences and Excuses](#); [BP 5113.1: Chronic Absence and Truancy](#)

- Punctual, regular attendance at practices and contests is required, unless prior permission from the coach.
- Any truancy may result in parent/guardian conferences and possible removal from the team.
- A student must be in attendance a minimum of four periods on game days (2 periods on a block day).
- If the game, competition, or contest is on a Saturday, attendance is required on the preceding Friday.
- Truancy on the day of the game, competition, or contest, or on any school day between the game, competition, or contest, may make the student ineligible to participate in the next scheduled game, competition, or contest.

NOTE: Any questions regarding attendance must be addressed to the school administrator or athletic director prior to the absence.

Possession and Use of Alcohol, Tobacco, or Drugs

When any student uses or possesses alcohol, tobacco or a controlled substance at school, including the possession of tobacco in any form (including eCigarette/Vape), at a school activity, or while under school jurisdiction, the student will be disciplined in accordance with Board Policy 5144.1 and State and Federal Law. Students shall be excluded from all extracurricular activities and participation in school events outside of the school day that are not computed as part of a student's grade in a course as described below for each infraction.

- ***1st OFFENSE within the academic school year:*** The student-athlete will be ineligible to participate in any interscholastic contests/practices/team events for **15 calendar days** from the date of the infraction. In addition, they must agree to a parent/guardian, coach, student conference. The student/athlete may also incur sanctions per NUSD Board policy. This may include suspension from school, restorative justice, and referral to drug/alcohol/tobacco cessation counseling or any consequence deemed appropriate by school administration.
- ***2nd OFFENSE within the academic school year:*** The student-athlete will be dismissed for the remainder of the season. from the team for the academic school year. The student/athlete may also incur sanctions per NUSD Board policy. This may include suspension from school, removal from the team, restorative justice, referral to drug/alcohol/tobacco cessation counseling or any consequence deemed appropriate by school administration.
- ***3rd OFFENSE within the academic school year:*** The student-athlete will be dismissed from all sports for the remainder of the academic school year. The student/athlete may also incur sanctions per NUSD Board policy. This may include suspension from school, removal from the team, restorative justice, and referral to drug/alcohol/tobacco cessation counseling or any consequence deemed appropriate by school administration.

Selling of a Controlled Substance

Selling of a controlled substance while at school or at a school activity will result in immediate dismissal from the team and a mandatory recommendation for expulsion from NUSD per Education codes [48900c](#) [48915a\(1\)b](#) [48915c\(3\)](#).

SECTION V: INDIVIDUAL SPORT EXPECTATIONS

Athletic Orientation for Incoming Freshmen

NUSD holds an all sports preseason meeting at each high school in May for the purpose of involving families and the schools in creating partnerships to support the athletic program and student-athletes. Through such involvement and partnership, the opportunity for optimal growth and development of students is enhanced. Pre-season meetings provide a forum for students and their parents/guardians, school activities staff, and other leaders to openly discuss a variety of issues, such as sportsmanship, school policy, risk of injury and failure, and to warn and healthy lifestyles, including the use of tobacco, alcohol and other drugs. These meetings represent an extraordinary opportunity to foster a dialogue among students, their parents/guardians, and school staff—a dialogue that lays the groundwork for real collaboration towards healthier high school students and strong schools and communities.

NOTE:

- Parents/guardians must attend one Athletic Orientation for each of their students and/or sport.
- Dates will be independently determined by each school.
- Student-athletes may not be eligible to play in any official games, competitions, or contests until the parent/guardian has attended a mandatory sport night/team meeting.

Student-Athlete Sport Specific Pre-Season Meeting

At the beginning of every season, each team will have a **mandatory** pre-season team meeting led by the Athletic Director for all student athletes on the team. The purpose of the meeting is to facilitate team building, review school policies, and discuss team expectations. The Athletic Director will attend the meeting to ensure that a consistent message is shared, including code of conduct, participation expectations, sportsmanship, and potential consequences should violations occur.

Parent/Guardian Sport Specific Pre-Season Meeting

At the beginning of every season, each team will have a **mandatory** pre-season team meeting for the parents/guardians of all student athletes on the team. The purpose of the meeting is to facilitate the introductions of the parents/guardians to each other, review school policies regarding their student's participation on a team, and discuss appropriate parent/guardian interactions with the coaches and as spectators. The Athletic Director will attend the meeting to ensure that a consistent message is shared, including code of conduct, participation expectations, sportsmanship, and potential consequences should violations occur.

Multi-Sport Athlete

The multiple-sport athlete is a key component to all high school athletic programs. In order for NUSD athletic programs to be as successful as possible, we need the best athletes competing in a variety of sports. Our coaches understand that talented athletes bring fantastic skills, a competitive spirit, and a drive to success. Therefore, NUSD has set standards to allow our student athletes the ability to focus on their season and have the most positive experience as multi-sport athletes as possible. Student athletes are expected to only commit to the season currently in session. **Off-season coaches may not expect student athletes to participate in any skill or conditioning sessions when playing another interscholastic sport that is in-season.** During the off season, student athletes should never miss a game, competition, contest, or practice (passing league over basketball skills session or a basketball summer league game over a baseball hitting session). When

a conflict arises, the closest season of sport should take precedent. Communication between the student athlete and coaches is most important.

SECTION VI: GENERAL POLICIES

Team Consequences

Participation on NUSD athletic teams is a privilege. With this privilege comes responsibility. When you join a team, you are agreeing to be held to the highest of standards, both on and off the field. When individual student athletes engage in behaviors that violate the code of conduct, their behavior reflects negatively on the team, the school and the district. Therefore, if it is determined that individual student athletes have engaged in disrespectful conduct toward opponents, officials, and/or spectators, the Superintendent or designee, may impose consequences for the entire team that include, but are not limited to, mandatory participation in relevant educational activities and/or forfeiture of a future games, competitions, or contests.

Behavior

Theft, vandalism, assault, intimidation, fighting, persistent and serious classroom disruption may result in suspension from school. The student will be removed from the team during the time of the suspension. Suspension could mean dismissal from an athletic team for the remainder of the season. A suspended student may not practice or participate in any athletic event during this period. (Unacceptable displays of conduct as a spectator at a school event may result in suspension from school and/or removal from the team.)

Drug, Alcohol, Tobacco Board Policy

For health and safety reasons, students should understand that the NUSD believes that the use of tobacco, alcohol, drugs, and performance enhancing drugs and supplements is not acceptable for high school athletes. Any violation of these training rules may also result in school disciplinary action according to NUSD Board Policies and California Education Code. ([BP 5131.6: Alcohol and Other Drugs](#))

The following information concerning tobacco, alcohol, drug, and performance enhancing drug and supplement use is the policy adopted by NUSD. The policy is designed to be supportive and helpful to student athletes, not just punitive. Students and parents/guardians must realize that it is their responsibility to follow this cumulative policy, and repeated offenses during the season or at off-season team activities will result in progressive consequences and potential dismissal from athletic participation.

Androgenic/Anabolic Steroids

The use of androgenic/anabolic steroids or dietary supplements including synephrine to expedite the physical development and to enhance the performance level of Athletes presents a serious health hazard to student athletes. Students shall not use androgenic/anabolic steroids without the written permission of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition. Student violation of district policy regarding steroids or dietary supplements shall result in discipline against the student, including, but not limited to, restriction from athletics, suspension or expulsion from school. ([BP 5131.63: Steroids](#))

Hazing

Engaging in, or attempting to engage in, hazing is prohibited. “Hazing” means a method of initiation or pre-initiation into a student organization or body, whether or not the organization or body is officially recognized by an educational institution, that is likely to cause serious bodily injury or personal degradation or disgrace resulting in physical or mental harm to a former, current, or prospective student.

Corrective actions for a student who engages in hazing may include counseling, behavioral intervention and education, and, if the behavior is severe or pervasive as defined in Education Code 48900, may include suspension, expulsion or referral to law enforcement in accordance with district policies and regulations. Additional penalties may be enforced by the athletic program/team and/or administration.

Bullying/Harassment/Intimidation

NUSD recognizes the harmful effects of bullying on student learning and school attendance and desires to provide a safe school environment that protects students from physical and emotional harm. Coaches shall establish student safety as a high priority and shall not tolerate bullying of any student. Students are encouraged to notify school staff when they are being bullied or suspect that another student is being victimized.

No individual or group shall, through physical, written, verbal, or other means, harass, sexually harass, threaten, intimidate, retaliate, cyberbully, cause bodily injury to, or commit hate violence against any student or school personnel. School staff who witness an act of bullying shall immediately intervene to stop the incident when it is safe to do so. [Education Code 234.1](#) Corrective actions for a student who commits an act of bullying of any type may include counseling, behavioral intervention and education, and, if the behavior is severe or pervasive as defined in Education Code 48900, may include suspension, expulsion or referral to law enforcement in accordance with district policies and regulations. Additional penalties may be enforced by the athletic program/team and/or administration.

Spectators

- Spectators are required to maintain a high degree of sportsmanship during athletic contests.
- Spectators must remain in the designated seating areas while a contest is in progress.
- No spectator is allowed to confront an official, coach or player before, during or after an athletic contest.

Supplemental Spectator Policy Regarding the Use of Alcohol, Tobacco and Other Drugs

Absolutely no drugs, alcohol, tobacco are permitted at any school site at any time. Drugs and alcohol are prohibited at both on and off-campus events associated with the team (including but not limited to team parties, team travel, team dinners, etc.). Attending a school event under the influence of alcohol or drugs will result in removal from the venue and may result in disciplinary action, including removal from the team.

Social Media Guidelines

For Students:

Staff or students who post prohibited content shall be subject to discipline in accordance with district policies and administrative regulations. [BP 1114: District-Sponsored Social Media](#)

If a student-athlete's online profile and/or its comments violate NUSD's social media guidelines in alignment with [Education Code 48900](#). The student athlete may be subject to discipline as may be warranted based on the severity of the offense, the harm to another party, and/or the number of violations that exist. Possible consequences may have school and/or athletic consequences. [BP 1114: District-Sponsored Social Media](#)

Examples of possible consequences for any violation may include but are not limited to:

- Removal from practice(s)
- Suspension from one game, competition, or contest, call to parent/guardian, and administrative referral
- Suspensions from two games, competitions, or contests, call to parent/guardian, student and coach meeting, and an administrative referral
- Removal from the team, meeting with parent/guardian, student, coach, and athletic director, and an administrative referral
- Other school disciplinary actions may also apply as appropriate

For Coaches:

The Superintendent or designee shall authorize the development of any official district social media platform. Teachers, staff, and coaches shall obtain approval from the principal before creating an official classroom or team social media platform.

Official district social media platforms may not contain content that is obscene, libelous, or so incites students as to create a clear and present danger of the commission of unlawful acts on school premises, violation of school rules, or substantial disruption of the school's orderly operation.

The use of social media by all coaches should be restricted to supplying information about meetings, practice times, and other team or school related information. It is also the responsibility of all coaches to model and develop moral intelligence in the digital world by demonstrating and reminding student-athletes that there is such a thing as cyber-integrity, cyber-responsibility, and cyber-respect. All coaches will follow the same guidelines as adopted by the governing Board or Superintendent in a published policy and will sign an agreement as part of their contract.

Travel

The district does not provide transportation to athletic practices, games, competitions, contests or other team-related events. Per Administrative Regulation [AR 3541.1: Transportation For School-Related Trips](#), students may not transport themselves or other students to school functions including athletic practices, games, competitions, contests or team-related events. Parents/guardians may drive their own student, but may not drive another student unless they have been cleared as an NUSD Approved Driver.

In the event that an individual team charters a private or district bus, the following guidelines must be observed:

- Bus departure times are determined by a collaborative effort between site Athletic Department and NUSD Transportation Department.
- At the coach's discretion, students may be signed off the return bus by their parent/guardian.
- At the discretion of the Principal or designee prior to leaving for the game, competition, or contest, students may be signed off the return bus by an approved adult driver that has been cleared by NUSD.
- All athletes will dress in an appropriate manner for bus trips. Coaches will establish requirements for proper attire.

- Students are expected to conduct themselves in a mature, responsible manner. Profanity and inappropriate behavior will not be tolerated.
- Students are expected to follow all rules set forth by the bus driver and/or coach, to be courteous and respectful at all times.

Health and Safety

NUSD desires to give student health and safety the highest consideration in planning and conducting athletic activities.

Students shall have a medical clearance (Physician's Clearance Form) before participating in interscholastic athletic programs. Care shall be taken to ensure that all athletic training and competitions are conducted in a manner that will not overtax the physical capabilities of the participants. When appropriate, protective equipment shall be used to prevent or minimize injuries.

Coaches and appropriate district employees shall take every possible precaution to ensure that athletic equipment is kept in safe and serviceable condition. The Superintendent or designee shall ensure that all athletic equipment is cleaned and inspected for safety before the beginning of each school year.

The Superintendent or designee shall develop a written emergency action plan that describes the location of automated external defibrillator(s) and procedures to be followed in the event of sudden cardiac arrest or other medical emergency related to the athletic program's activities or events. The plan shall be posted in accordance with guidelines of the National Federation of State High School Associations. [Education Code 35179.4](#)

In the event of a serious injury or a perceived imminent risk to a student's health, during or immediately after an athletic activity, the coach or any other district employee who is present, shall remove the student athlete from the activity, observe universal precautions in handling blood or other bodily fluid, and/or seek medical treatment for the student as appropriate.

Whenever a serious injury or illness is suffered by a student athlete, the Superintendent or designee shall notify the student's parent/guardian of the date, time, and extent of any injury or illness suffered by the student and any actions taken to treat the student. [BP 6145.2: Athletic Competition](#)

APPENDIX: FAMILY ID AGREEMENTS & BOARD POLICIES

All parents/guardians must complete the following Family ID agreements online when registering their student athlete each season.

Appendix # 1: Family ID (1) – Codes of Conduct

[Link](#)

Appendix # 2: Family ID (2) – Medical & Concussion Protocols

[Link](#)

Appendix # 3: Family ID (3) – Social Media & Behavior

[Link](#)

Appendix # 4: Family ID (4) – NUSD General Guidelines

[Link](#)

Appendix # 5: Board Policy, Administrative Regulation, and Education Code Links

- [BP 1114: District Sponsored Social Media](#)
- [AR 1114: District Sponsored Social Media](#)
- [AR 3541: Transportation Routes and Services](#)
- [BP 5113: Absences and Excuses](#)
- [BP 5113.1: Chronic Absence and Truancy](#)
- [BP 5131.6: Alcohol and Other Drugs](#)
- [BP 5131.63: Steroids](#)
- [BP 6145: Extracurricular and Cocurricular Activities](#)
- [AR 6145: Extracurricular and Cocurricular Activities](#)
- [BP 6145.2: Athletic Competition](#)
- [AR 6145.2: Athletic Competition](#)
- [Education Code 234.1: Witness/action for discrimination, harassment, intimidation, or bullying](#)
- [Education Code 35179.4: Interscholastic Athletics](#)
- [Education Code 48900: Suspension or Expulsion](#)