



Hooooooooowwwwwlllll Athletes and Families,

Welcome back!!! We are hoping to have sports this school year if Covid permits. The sports we are hoping to have in the high school this year are: boys and girls soccer, boys and girls basketball and co-ed flag football. Some new policies will be put into effect this year and are subjected to change daily if needed.

### **Required guidance:**

- **All Student Athletes still must get a physical**
- **Face coverings MUST be to be worn at all times even during heavy exertion.**
- **Any student athlete with asthma must bring a doctor's note and will be encouraged to keep inhaler on them throughout practices.**
- **Face coverings to be worn by students, coaches, support staff and observers at all times, and in compliance with the CDPH**
- **Student athlete must practice good hygiene when entering and while on campus (washing hands and helping sanitize equipment before and after use.)**
- **Student athlete will be covid tested possibly multiple times a week.**
- **No sharing of drink bottles and other personal items and equipment.**
- **Student athlete is responsible for providing their own water for practices and games.**
- **Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering guidance.**
- **IF CAR POOLING ALL MUST BE MASKED IN CAR IF MIXED FAMILIES AND WINDOWS OPEN/CRACKED WHEN POSSIBLE**
- **No one with symptoms of COVID-19 or who is in isolation or quarantine for COVID-19 is permitted to attend.**
- **Athletes should treat their team as a cohort and should only participate on one team.**
- **You as a parent will have to sign a consent form waiver allowing your student to participate knowing all the risks involved and LCPS and staff won't be held liable.**

If you have any specific questions please email me  
[Christine.handte@lighthousecharter.org](mailto:Christine.handte@lighthousecharter.org).



Lighthouse Schools are committed to the health and safety of our athletes, coaches, fans and employees.

Lighthouse Schools have a mask mandate, requiring everyone to wear a face mask in public settings indoor or outdoor, regardless of vaccination status. Fans will be required to wear masks and practice social distancing and not mixing members of different households.

**By entering any Lighthouse/Lodestar event, fans are confirming that they are not experiencing any symptoms of COVID-19 identified by the CDC at CDC.gov, including:**

-Fever or chills      -Cough      -Headache      - Sore throat      -Fatigue      -Diarrhea  
- Shortness of breath or difficulty breathing      -Muscle or body aches      -New loss of taste or  
smell      - Congestion or runny nose      -Nausea or vomiting      -Not tested positive for  
COVID-19 or experienced COVID-19 symptoms in the last 14 days      -Not been in close contact  
with someone who has tested positive for COVID-19 or experienced COVID-19 symptoms [in the last  
14 days] or [without completing a 14-day quarantine]

## **General Requirements for All Sports:**

- **Face coverings to be worn at all times.**
- Face coverings to be worn by coaches, support staff and **observers** at all times, and in compliance with the CDPH.
- Observers maintain at least 6 feet from non-household members.
- No sharing of drink bottles and other personal items and equipment.
- Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering guidance.

### **Face Coverings for athletes**

- Face coverings will be worn by participants during practice, conditioning and during competition, even during heavy exertion as tolerated.

## **Other General Guidance**

Lighthouse schools will also follow the general guidelines below for all athletics. We want to keep the kids playing and as safe as possible.

### **LCC Athletics will practice physical distancing by:**

- Maintain at least six feet of distance between sport participants and others to the maximum extent possible, including when on the sidelines.
- Maintain at least 6 feet of distance between coaches and participants and facilitate physical distancing between participants to the maximum extent possible.

### **LCC Athletics will practice hygiene and equipment sanitation by:**

- When equipment is shared during an activity, participants perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
- Balls or other objects or equipment can be touched by multiple players during practice and play if the above hand hygiene practices are followed.

### **Testing**

- Regular COVID-19 testing of athletes and support staff will be done weekly and possibly before game days.

# LIGHTHOUSE

A Lighthouse Community Public School



\_\_\_\_\_  
Student Athletes Name First

\_\_\_\_\_  
Last

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Student Athlete Crew Leader Name

I have read and understood the above information.

As a parent/guardian you understand that Lighthouse Community Public Schools are not responsible or liable for your child contacting Covid-19 while participating in athletics. You also acknowledge that your child will be Covid tested often throughout the season.

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Print Student Name

\_\_\_\_\_  
Grade

Turn this form in

# LIGHTHOUSE

A Lighthouse Community Public School



## Parent/Student Athletic Agreement

I realize as an athlete it is a privilege to participate in all athletic activities at Lighthouse Community Public High School. Accordingly, I hereby agree to obey the following regulations and training rules set by Lighthouse Community Public High School and the California Interscholastic Federation. All athletes and coaches must sign the ejection policy form prior to the first day of practice of each sport season.

### Physical Exams:

- All athletes must have a physical release form turned in to the Athletic Director prior to the first day of practice. BACSAC physical form is required
- These physicals are valid beginning July 1st of the new school year

### Eligibility Requirements:

- To remain eligible, an athlete must have a 2.0 G.P.A.
- If an athlete is deemed academically ineligible, then he/she will be placed on academic probation. The athlete will be allowed to continue participating on the team and placed on a progress report. Game play will be determined by compilation of progress reports
- Weekly progress reports will be filled out by all teachers of the ineligible athlete and turned into the Dean of Students or Athletic Director

### Team Commitments:

- All athletes are expected to attend ALL PRACTICES AND GAMES unless they are ill. If an athlete is ill/injured but able to attend school he/she is expected to attend and observe the practice session and contests unless the coach advises otherwise.
- Attending practice on time is essential to the success of the team, so please schedule all medical/dental appointments around practices or games.
- Excessive absences/tardies may result in dismissal from the team
- Each athlete is required to attend any study halls held by Athletic Director, Dean of student or Coach
- Each athlete is required to attend a minimum of 4 hours of school the day of practice or games to retain eligibility to participate. Exceptions are few, but may include scheduled doctor's appointments, dentist appointments, etc.
- If an athlete quits the team, he/she is not eligible to participate in the next season sport in which he/she desires to participate in. The athlete will also not be eligible to participate in that sport the following year.

### Off-Season Commitments:

- Participation in the off-season is expected and encouraged of our athletes. The Athletic Department encourages its athletes to attend summer camps and off- season condition practices to develop their own skills.

### Parents Commitments:

- Parents are encouraged to help carpool athletes to and from practices and competitions

### Awards Banquets/Criteria for Awards:

- Athletes are expected to attend the Sports Award Banquet held at the end of the season/school year to honor the success of the team and teammates
- Awarding awards is at the discretion of the coach and Athletic Director

### Behavior/Attitude:

- The use of alcohol/drugs are grounds for dismissal from the team. Athletes may not be eligible to be reinstated on team
- Athletes are expected to adhere to all LCC Athletic behavior guideline in order to maintain eligibility.
- Athletes/parents shall direct any questions or concerns through proper channels of communication: first to his/her coach, then the Athletic Director, then Principal
- All athletes are reminded that they represent Lighthouse Community Public High School, and are expected to respect teammates, coaches, opponents, fans, other schools and officials.

I UNDERSTAND THE ABOVE PARENT/STUDENT ATHLETE AGREEMENT AS WELL AS THE RULES AND REGULATIONS OF LCC REGARDING STUDENT BEHAVIOR AS CONTAINED IN THE LCCHS HANDBOOK, AND AGREE TO BE BOUND BY THEM. I UNDERSTAND THAT THERE ARE INHERENT RISKS INVOLVED WITH ANY ATHLETIC PARTICIPATION. I UNDERSTAND THAT THIS PARENTS STUDENT ATHLETICS AGREEMENT IS IN EFFECT FOR THE ENTIRE ACADEMIC YEAR. EXCEPTIONS TO THIS CONTRACT CAN BE MADE AT THE DISCRETION OF THE ATHLETIC DIRECTOR.



## Bay Area Charter Schools Athletic Conference (BACSAC)

### 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:

- |  |  |
|--|--|
| <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> |
|--|--|

#### Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

## **Bay Area Charter Schools Athletic Conference (BACSAC)**

### **Concussion Information Sheet**

#### **What can happen if my child keeps on playing with a concussion or returns too 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 it's 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/>



**Bay Area Charter Schools Athletic Conference (BACSAC)**  
**Concussion Information Sheet**

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Student-athlete Name Printed

Student-athlete Signature

Date

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Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

Turn this IN

# Bay Area Charter Schools Athletic Conference

## HEALTH STATEMENT / INSURANCE VERIFICATION AND PARENT CONSENT TO PARTICIPATE

Student Name \_\_\_\_\_ Birthdate \_\_\_\_\_ School \_\_\_\_\_  
(Last) (First) (Name)

**PHYSICIAN TO COMPLETE** I hereby certify that the above named student is physically fit to engage in sports.

\_\_\_\_\_  
(Print) (Physician Signature) (Date)

\_\_\_\_\_  
(Title) (State License)

Has the student had any injury or physical condition that should be watched? \_\_\_\_\_ **SPORT(S)** \_\_\_\_\_

If yes, please list \_\_\_\_\_

### PHYSICIAN STAMP

**PARENT TO COMPLETE** If your student has health or accident insurance, other than the Athletic Student Accident Insurance, list company name, policy number, and local claims address and phone number:

\_\_\_\_\_  
(Company Name)

\_\_\_\_\_  
(Policy Number)

\_\_\_\_\_  
(Claims Office Address and Phone Number)

OR (check below)

I have purchased the Athletic Student Accident Insurance and have submitted the payment to the insurance company.

I hereby give my consent for the above named student to compete in sports. I authorize the student to go with and be supervised by a representative of the school on any trips. In case this student becomes ill or is injured, you are authorized to have the student treated and I authorize the medical agency to render treatment. I understand my obligation (Education Code Sections 32220 and 32221) to provide medical and hospital insurance in the amount of at least \$5,000 and certify that I have done so. In the event the medical and hospital insurance should lapse or change I agree to notify the school immediately.

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of Parent or Guardian)

\_\_\_\_\_  
(Emergency Phone Number)

(BLUE OR BLACK INK)

A DUPLICATE OF THIS CARD IS ON FILE IN THE ATHLETIC OFFICE

MUST TURN INTO AD.

# 2021-22 Basketball Guidelines & Covid-19 Modifications

The following guidelines and modifications were created to allow for the safe participation of student-athletes during the Covid-19 Pandemic. The following guidelines follow best practices and recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

## General Guidelines

- \* Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- \* Social distancing measures shall be in place at all times other than when engaged in competition.

## Event Limitations

- \* Adhere to local county guidelines.
- \* Fans may not be able to attend all games

## Pre-Game Conference

- \* Limit attendees to the referee & the head coach from each team with each coach standing on the center circle on each side of the line.
- \* All individuals maintain a social distance of 6-feet or greater at the center circle.
- \* Suspend handshakes prior to and following the Pregame Conference.

## Team Benches

- \* Limit the number of bench personnel to observe social distancing of 6-feet or greater.
- \* Place team benches opposite the spectator seating whenever possible.
- \* Additional chairs or rows may be added to allow bench personnel to observe social distancing of 6-feet or greater.
- \* Personnel not in the game should adhere to any required local/state face covering requirements.

## Substitution Procedures

- \* Maintain social distancing of 6-feet between the second referee and the player and limit contact between players when substituting.

## Officials' Table

- \* The host should sanitize the table before the game and at half-time.
- \* Place officials table sufficiently away from the sideline to allow for additional space for substitutes.
- \* Limit to essential personnel which includes home team scorer and shot clock timer with a distance of 6-feet between individuals.
- \* Visiting team personnel (scorer, statisticians, etc.) are not deemed essential personnel and will need to find an alternative location.
- \* Table personnel should adhere to any required local/state face covering requirements.

## Pre/Post-Game Ceremony

- \* Replace handshakes before and after the match with a social distance acknowledgment of the team's choosing.

## Basketball Sanitation

- \* Ball given to officials where it is sanitized as recommended by the ball manufacturer and not used for warm-ups. Game ball should be cleaned at the end of each quarter.

## Equipment & Accessories

- \* **Permissible face coverings are required to be worn at all times by all attendees present.**
- \* Gloves are permissible.
- \* Players shall utilize their own equipment bin for all personal gear on the sideline.

## Water Bottles

- \* *Team members shall not share water bottles.*
- \* **PLAYERS ARE RESPONSIBLE FOR BRINGING THEIR OWN WATER AND BOTTLE**

## Fans

**MUST BE MASKED AND PRACTICE SOCIAL DISTANCING RULES BY NOT MIXING FAMILIES**

# 2021-22 Soccer Guidelines & Covid-19 Modifications

The following guidelines and modifications were created to allow for the safe participation of student athletes during the Covid-19 Pandemic. The following guidelines follow best practices & recommendations from the CIF, the National Federation of State High School Associations (NFHS), and will continue to remain within the scope of all state public health orders.

## General Guidelines

- \*Masks shall be worn at all times by all individuals in attendance other than when engaged in competition.
- \*Social distancing measures shall be in place at all times other than when engaged in competition.

## Event Limitations

- \*Adhere to local county guidelines.

## Pre-Game Conference

- \* Limit attendees to head or center referee, the head coach and a single captain from each team.
- \* Participants must maintain social distancing protocols during the conference.
- \* No handshakes.

## Team Benches

- \* Coaches, game personnel and players only permitted in the team bench area.
- \* Social distance requirements and mask worn must be observed by all in the team bench area.
- \* Team bench areas may be located on opposite sides of the field or fans
- \* Spectators shall not be permitted behind the team benches or near the team before, during or after games.

## Post-Game Procedures

Replace handshakes after the game with a social distance acknowledgment of the team's choosing.

## Substitution Procedures

Maintain social distance of at least 6-feet between referees, opponents and/or teammates.

## Equipment Sanitation

Games shall utilize a three-ball rotation, ensuring that anytime a ball goes out of play it shall be sanitized thoroughly with a bleach wipe before returning to the rotation.

## Equipment & Accessories

- \* Permissible face coverings are required to be worn at all times by all attendees present.
- \* Players shall utilize their own bags for personal gear on the sideline.
- \* Long sleeves and long pants are permissible.
- \* Gloves are permissible.
- \* Undergarments are permissible but must be of a similar length for the individual and a solid-like color of the team.
- \* Sanitize all equipment and accessories after each game.

## Water Bottles

- \*Team members shall not share water bottles.
- \*Players are responsible for their own water bottles and water

## Referees

- \* Observe social distance requirements when communicating with coaches, players and other umpires.
- \* Face coverings are required at all times.
- \* Fans are not allowed to interact with the referees verbally or physically.

## Fans

**MUST BE MASKED AND PRACTICE SOCIAL DISTANCING RULES BY NOT MIXING FAMILIES**