



"Don't let anyone look down on you because you are young, but set an example for believers in speech, in life, in love, in faith and purity." 1 Timothy 4:12

\*\*\* PARTICIPANTS IN EVERY SPORT MUST COMPLETE A SPORTS PACKET \*\*\*

The Athletic packet contains the following forms:

- "Parent / Athlete Commitment Forms" (2 pages).
- "Athletic Policy Against Hazing Agreement" and "Steroid Use Policy Agreement."
- "CIF Southern Section Athlete's Code of Ethics Agreement."
- "Volunteer Driver Information" (form not required for athletic participation)
- "Car Pool Release of Liability Form" (form not required for athletic participation)
- "Sports Physical Form"
- "Emergency Card"
- \*CIF transfer paper work filed (for students transferring to OCHS from another high school). **\*Not included in the athletic packet (see AD for proper forms).**

Name \_\_\_\_\_ Gender \_\_\_\_\_ Date of Birth \_\_\_\_\_

Parent/Guardian Name(s) \_\_\_\_\_

Grade \_\_\_\_\_ Sport(s) \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

All required forms must be completed in full and returned at the same time to your coach or the athletic office. The student is not eligible to try-out, practice or play games until the entire packet is returned completed.

Regrettably, there will be no sport physicals offered at the Ontario Christian this year. Attached is a reference for the Ontario Testing Center or you can get your physical with your own doctor.

The sport physical is valid for one year from the date signed by the physician on the physical form. But the date MUST not pre-date June 15th (of the summer preceding the school year).

STUDENTS, WHO THINK THEY MIGHT PARTICIPATE IN A SPORT FOR THE UPCOMING SCHOOL YEAR, MUST HAVE A SPORT PHYSICAL TO TRY-OUT. PLEASE DON'T WAIT UNTIL THE LAST MINUTE TO COMPLETE THESE FORMS. THANK YOU.

All questions may be addressed to the office at 909-984-1756 at extension 17 or email them to [dparkes@ocschools.org](mailto:dparkes@ocschools.org).

**Make Copies of All Documents! Retain for your records!**

# ONTARIO CHRISTIAN SCHOOL - PARENT / ATHLETE COMMITMENT FORM (Page 1)

*This form is required for athletic participation at Ontario Christian High School.*

\_\_\_\_\_  
LAST NAME

\_\_\_\_\_  
FIRST NAME

\_\_\_\_\_  
GRADE

\_\_\_\_\_  
SPORT (S)

Dear OCS Parents and Athlete:

We are pleased that your son/daughter is contemplating the opportunity to participate in athletics at OCS. We feel it is very important to share some basic guidelines regarding the commitment both you and your athlete are about to make, and thereby, have your support throughout the season.

We suggest that this decision be a prayerful one, considering both the benefits and constraints involved in being a team member. Each season lasts approximately three months, with practices lasting roughly two hours after school every day and contests usually twice weekly. Since practices and games are mandatory, it is each player's responsibility to make necessary transportation arrangements.

We have listed items that must be considered by each parent, athlete, and coach. These items will be discussed at the Parent/Team meeting with your coach. Should you be unable to attend, it is the parents and athlete's responsibility to become aware of the commitment rules and regulations.

Be certain your athlete is committed enough for this level of competition, and is willing to give time and effort both at practices and games for the whole season. Consider the time spent on sports and its impact on your family's mealtime and vacation plans, as well as the impact on study time. Also consider other activities such as drama, choral productions, or church activities.

The team needs your commitment to be successful. Please adjust your family travel plans to not conflict with competition, if at all possible.

Realize that there is the potential for injury in any sport. Your (parents) medical coverage is primary and the school's is secondary.

Be cognizant of the coach's requirements and goals, so you can better understand his/her methods and emphasis. Communicate your concerns – positive or negative – with the coach.

Consider and discuss with your athlete that their conduct should be a testimony for the Lord. We are a Christian school and, as such, all of us (coaches, players, and spectators) represent Jesus Christ and should behave as His ambassadors.

Evaluate the financial cost for participation in this team.

Be willing to support the team in whatever you can (i.e. transportation, refreshments, encouragement, attendance at contests, etc).

I HAVE READ PAGE ONE OF THE ATHLETIC COMMITMENT FORM, AND UNDERSTAND THE PRIVILEGE AND OBLIGATION OF THE SPORT AND I AGREE TO ABIDE BY THESE RULES TO THE BEST OF MY ABILITY.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

# ONTARIO CHRISTIAN SCHOOL - PARENT / ATHLETE COMMITMENT FORM (Page 2)

*This form is required for athletic participation at Ontario Christian High School.*

## I. PARENT'S PERMISSION

I have read and understand the requirements outlined in the OCS athletic handbook. I hereby give my consent for the above named athlete to compete in sports and to travel with the team to various events using transportation that qualifies under the OCS regulations. In case athlete is injured, the school person in charge of the team is authorized to have him/her treated. I also recognize that my son/daughter will be subject to current training rules and that failure to abide by these rules may result in his/her being dropped from athletics at Ontario Christian School. I also recognize that my son/daughter must make a total commitment to complete the entire season of the sport and participate in all scheduled contests and playoffs.

## II. ATHLETE'S AGREEMENT

I have read and understand the requirements outlined in the OCS athletic handbook. I also recognize that I will be subject to current academic and behavior rules and that failure to abide by these rules may result in my being dropped from athletics at Ontario Christian High School. I also recognize that I must make a total commitment to complete the entire season of the sport and available participate in all scheduled contests and playoffs. I further understand that while I participate for OCHS I am representing Jesus Christ and therefore my attitude needs to reflect Christian character, qualities, and growth.

## III. ASSUMPTION OF RISK IN INTERSCHOLASTIC SPORTS AGREEMENT

There is a risk of injury, both serious and minor, associated with participation in any interscholastic sport. The risks may increase with physical contact, running, jumping or otherwise leaving one's feet, diving, sliding, or from moving objects that are thrown or used in a given sport. The risks include, but are not limited to, injury to the head, neck or spine (including paralysis); injury to the muscular or skeletal systems; injury to internal or external organs; loss or damage to sight, hearing or teeth; death; long or short-term disability.

Therefore, as a pre-condition to being permitted to participate in any interscholastic sport sponsored by OCS, each student and their parent shall read this agreement in order to make an educated choice to participate or not participate. Your signature will signify your recognition of the possible health risks involved and your informed consent to them.

I have read the above (Assumption of injury risks in interscholastic sports) and understand its contents. I acknowledge the risk of injury that may result from participation in an OCS sports program and am willing to and hereby do voluntarily assume all risks of harm associated with my participation.

I certify that I have been examined by a qualified physician for a pre-participation physical examination and have been cleared to participate in interscholastic sports at OCS.

In consideration of OCS permitting me to participate in its interscholastic sports program or related activities, I agree, for myself, my heirs, or my legal representatives, to release OCS, its trustees, officers, agents, employees, or insurers, from any action, claim, or demand that I, my heirs, or my legal representatives have or may have, for any and all personal injuries I may suffer or sustain regardless of cause or fault, as a result of my voluntary participation in the OCS sports program or related activities, on or off campus.

I knowingly intend my signature on this Agreement to be a complete defense to any legal proceeding that may be brought by anyone on their own or on my behalf for any injury I may suffer or sustain as a result of voluntarily participating in OCS interscholastic sports program or related activities, and further intend this Agreement to be a complete and total release of liability for all negligent acts, failures to act, or breaches of duty owed to me, which result in my personal injury or death as a result of my voluntary participation in the OCS interscholastic sports program or their related activities, on or off campus.

NOTE: The following label appears on all football helmets: WARNING: NO HELMET CAN PREVENT ALL HEAD OR NECK INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN FOOTBALL. Do not use this helmet to butt, ram or spear an opposing player. This is in violation of the football rules and such use can result in severe head or neck injuries, paralysis or death to you and possible injury to your opponent.

I HAVE READ PAGE TWO OF THE ATHLETIC COMMITMENT FORM, AND UNDERSTAND THE PRIVILEGE, OBLIGATION, AND RISK OF THE SPORT AND I AGREE TO ABIDE BY THESE RULES TO THE BEST OF MY ABILITY. I HAVE READ AND BECOME FAMILIAR WITH THE OCHS ATHLETIC HANDBOOK.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

## ONTARIO CHRISTIAN SCHOOL – ATHLETIC POLICY AGAINST HAZING

*This form is required for athletic participation at Ontario Christian High School.*

\_\_\_\_\_  
LAST NAME

\_\_\_\_\_  
FIRST NAME

\_\_\_\_\_  
GRADE

\_\_\_\_\_  
SPORT (S)

Ontario Christian School strives to maintain a healthy athletic program in which all students feel safe and welcome, and can be proud of the school and the athletic programs they represent.

I understand that hazing of any kind is not allowed on this campus and in the athletic program. This includes mental, verbal and physical acts. I further understand that it is my duty to report any acts of hazing that I see to a coach, teacher, or administrator on campus.

By signing below, I agree to uphold this policy and understand that any violation will result in my immediate suspension from athletics and further disciplinary action outlined in the school policy and procedures.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

### Definition of Hazing

Hazing in any form, including initiation, which is degrading, is strictly forbidden by California State Law. No student shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, personal degradation, or disgrace, resulting in physical or mental harm to any fellow student or person. Intimidation: involves threats of mental or physical harm of pressure. Examples of this behavior include, but are not limited to, bullying, domineering, extorting, or otherwise attempting to influence someone with the use of frightening actions and/or words. Severe cases of intimidation are classified as assault. In an assault, no blows need to occur. Just the fact that they could occur constitutes a criminal act.

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## ONTARIO CHRISTIAN SCHOOL – STEROID USE POLICY AGREEMENT

*This form is required for athletic participation at Ontario Christian High School.*

As Approved by the CIF State & CIF Southern Section:

In May 2005, the California Interscholastic Federation adopted a new bylaw, which requires, as a condition of membership, that all participating schools adopt policies prohibiting the use and abuse of anabolic steroids. Prior to participating in athletics, student and parents/guardians must sign an agreement that the student will abide by the district's steroid prohibition. The new CIF bylaws also prohibit schools from accepting sponsorships from manufacturers of performance-enhancing supplements and prohibit coaches from promoting such substances. The following is the CIF STATE APPROVED LANGUAGE ON STEROIDS by Pat Chiappetta – published on July 14, 2005. The language listed below may be used as a guideline to assist schools that are developing their "conditions of participation for student athletes" and specifically with the new requirement under By-Law 524.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 524).

By signing below, both the participating student-athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We also recognize that under CIF By-Law 200 D there could be penalties for false or fraudulent information. We also understand that the Ontario Christian School policy regarding the use of illegal drugs will be enforced for any violations of these rules (please note the OCS Student Handbook).

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

# ONTARIO CHRISTIAN SCHOOL – CIF SS ATHLETE’S CODE OF ETHICS

*This form is required for athletic participation at Ontario Christian High School.*

\_\_\_\_\_  
LAST NAME

\_\_\_\_\_  
FIRST NAME

\_\_\_\_\_  
GRADE

\_\_\_\_\_  
SPORT (S)

## Code of Ethics – Athletes

Athletics is an integral part of the school’s total educational program. All school activities, curricular and extracurricular, 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. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. 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.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 524).

By signing below, both the participating student athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We recognize that under CIF Bylaw 200 D, there could be penalties for false or fraudulent information. We also understand that the Ontario Christian School policy regarding the use of illegal drugs will be enforced for any violations of these rules.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

*A copy of this form must be kept on file in the athletic director’s office at the local high school on an annual basis and the Principal’s Statement of Compliance must be on file at the CIF Southern Section office.*

# ONTARIO CHRISTIAN SCHOOL – VOLUNTEER TRANSPORTATION AGREEMENT

*This is a voluntary form that may be filed at the discretion of the parents only. It is not required for athletic participation.*

_____ PARENT/DRIVER'S LAST NAME		_____ FIRST NAME	_____ SPORT / GROUP
_____ Address		_____ City / State	_____ Zip
_____ Home Phone	_____ Work Phone	_____ Cell Phone	_____ Email
_____ Driver License #	_____ Insurance Provider		_____ Policy #

I volunteer to drive my personal vehicle to provide transportation for STUDENT EVENTS, during the school year. ONTARIO CHRISTIAN SCHOOL requires that each volunteer driver furnish the following information, for approval, prior to driving on its behalf. Please attach a copy of the following to this document:

- 1. Copy of a valid / current Driver's License**
- 2. Copy of Insurance ID Card showing effective dates of insurance coverage**
- 3. Copy of Insurance Declaration page showing the "Limits of Coverage"**

Note minimum acceptable limits:

	Bodily Injury	\$100,000 per person / \$300,000 per accident
	Property Damage	\$25,000 per accident
Or	Combined Single Limit BI/PD	\$300,000 per accident
	Medical Payments	\$5,000
	Uninsured Motorist	\$30,000 per person / \$60,000 per accident

I will be responsible for any comprehensive or collision losses or damage suffered by my automobile during the above referenced time period. I shall obey the traffic laws, including the requirement that all passengers use the lap belt and shoulder harness while the vehicle is in transit. If children under the age of Four years or weighing less than 40 pounds are being transported, then an approved car seat shall be used. I am not aware of any defect or mechanical problem with the vehicle that might pose a safety problem. Before signing, I understand that in accordance with California State Law, the insurance provided by the registered owner of the vehicle is primary. Any insurance carried by the organization that may be applicable is secondary. I understand that my personal insurance is primary coverage for all accidents and injuries incurred when I drive my vehicle or when my vehicle is used. I understand the school's insurance does not cover my vehicle or myself, only students on an official OCS sponsored event, such as athletics, advisories, service projects, etc. I also understand that any other children of parent drivers are not covered by the school's insurance; they are only covered by the drivers' insurance. I understand by law seat belts must be used.

I have read the above and I understand and agree with the above listed requirements.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

# ONTARIO CHRISTIAN SCHOOL – CAR POOL RELEASE OF LIABILITY FORM

*This is a voluntary form that may be filed at the discretion of the parents. It is not required for athletic participation.*

Name \_\_\_\_\_ Gender \_\_\_\_\_ Date of Birth \_\_\_\_\_

Parent/Guardian Name(s) \_\_\_\_\_

Grade \_\_\_\_\_ Sport(s) \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

The following permission form is to allow your child to ride with an alternative driver at the conclusion of away contests:

We the undersigned do hereby give permission for \_\_\_\_\_ to, leave an Ontario Christian High School home and or away sporting event following the conclusion of the event in the care of the following:

Name \_\_\_\_\_ Phone/Cell \_\_\_\_\_ Relationship \_\_\_\_\_

Name \_\_\_\_\_ Phone/Cell \_\_\_\_\_ Relationship \_\_\_\_\_

Name \_\_\_\_\_ Phone/Cell \_\_\_\_\_ Relationship \_\_\_\_\_

Name \_\_\_\_\_ Phone/Cell \_\_\_\_\_ Relationship \_\_\_\_\_

In consideration thereof, we do hereby release and discharge for ourselves, ours heirs, executors, administrators, and assigns, release and forever discharging Ontario Christian High School and its officers, agents, and employees of and from any and all claims, whatsoever kind or because of injury of any kind or nature which may occur to the student athlete listed above during said trip.

\_\_\_\_\_  
Athletic Director

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date