

## TERRA NOVA HS FOOTBALL PROGRAM - SUPPLEMENTAL FORMS

### ACKNOWLEDGEMENT & ACCEPTANCE OF TNHS FOOTBALL PROGRAM'S GUIDELINES TO TIGER PRIDE, DISCIPLINE & VICTORY

I verify by my signature below that I have read, understand and agree to adhere to all of the guidelines included in the Terra Nova High School Football Program's "**Player Guide to Tiger Pride, Discipline & Victory**". I also understand that the guidelines listed therein will be enforced by the coaching staff in-season and out-of-season 24 hours a day, 7 days a week, 365 days a year ... for the entire 4 years of my participation in the Terra Nova Football Program.

X \_\_\_\_\_ X \_\_\_\_\_  
*Athlete's Signature* *Parent/Guardian Signature*

Date: \_\_\_\_\_ Date: \_\_\_\_\_

### HELMET WARNING

The Jefferson Union High School District requires that each football player and parent verify that they have read and understand the warning notice posted on each Terra Nova High School football helmet, face mask and chin strap.

A copy of the warning statement is provided below ...

#### WARNING

**NO HELMET CAN PREVENT SERIOUS 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. Contact in football may result in **CONCUSSION-BRAIN INJURY** which no helmet can prevent. Symptoms include: loss of consciousness or memory, dizziness, headache, nausea or confusion. If you have symptoms, immediately stop playing and report them to your coach, trainer and parents. Do not return to a game or practice until all symptoms are gone and you have received **MEDICAL CLEARANCE**. Ignoring this warning may lead to another and more serious or fatal brain injury.

I verify by my signature below that I have read and understand the helmet, facemask and chin strap warning printed above:

X \_\_\_\_\_ X \_\_\_\_\_  
*Athlete's Signature* *Parent/Guardian Signature*

Date: \_\_\_\_\_ Date: \_\_\_\_\_

### AGREEMENT FOR STUDENT ATHLETE & PARENT/GUARDIAN REGARDING USE OF STEROIDS

As a condition of membership in the California Interscholastic Federation (CIF), the Board of Trustees of the Jefferson Union High School District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids. CIF Bylaw 524 requires that all participating students and their parent/guardians sign this agreement.

By signing below, we agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.

We recognize that under CIF Bylaw 200.D, the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information to the CIF.

We understand that the student's violation of the district's policy regarding steroids may result in discipline against him/her, including, but not limited to, restriction from athletics, suspension or expulsion.

X \_\_\_\_\_ X \_\_\_\_\_  
*Athlete's Signature* *Parent/Guardian Signature*

Date: \_\_\_\_\_ Date: \_\_\_\_\_