



RIDGEWOOD HIGH SCHOOL
627 East Ridgewood Avenue
Ridgewood, New Jersey 07451

Keith Cook
Athletic Director
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Dear Athletic Parents/Guardians,

This packet includes six informational sheets and two returnable forms. Please review each document with your son/daughter, print and complete the RHS Athletic Acknowledgement Form and RHS Emergency Information Card and return both forms to the Athletic Office (room 117) before the start of the season.

Please read each of the six informational sheets below before signing the RHS Athletic Acknowledgement Form:

1. RHS Hazing Policy

Hazing is an activity that has no place in athletics and is not tolerated in any form at Ridgewood High School.

2. Sudden Cardiac Death in Young Athletes

3. NJSIAA Sports-Related Concussion and Head Injury Fact Sheet

An informational sheet required by the NJSIAA

4. NJSIAA Steroid Testing Policy

An explanation of the NJSIAA required consent to random testing policy

5. NJSIAA Banned Substances

A summary of the NJSIAA drug policy

6. RHS Extra Curricular Code

Consequences for violating the extracurricular code can be extensive. Both student/athlete and parent/guardian must review this form.

Please return these two completed forms to the Athletic Office (room 117):

1. RHS Athletic Acknowledgement Form

Must be signed by the athlete and parent/guardian

2. RHS Emergency Information Card

Athletes will not be able to participate in pre-season practices until the forms have been submitted. If you have any questions, please contact me at 201-670-2800 or at kcook@ridgewood.k12.nj.us.

Sincerely,

Keith Cook
Interim Athletic Director