

CIF Newsletter

Parents

October 2020




COVID-19 Resources

The CIF is continuously monitoring the directives and guidelines released from the Governor's Office, the California Department of Education, the California Department of Public Health, and local county health departments and agencies as these directives and guidelines are followed by our member schools/school districts with student health and safety at the forefront.

The State CIF website (<https://www.cifstate.org/covid-19/index>) is kept up to date with the latest COVID-19 information and resources in regards to education-based athletics.

Visit our resources pages for our latest releases and CIF Guidelines for Return to Physical Activity/ Training. There is also information from the California Department of Public Health on guidance for youth sports.

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Nominate Today!

Free Online Courses!



The National Federation for State High School Associations (NFHS) offers several FREE online courses at <https://nfhslearn.com/courses>.

While the month of September was National Suicide Prevention Awareness Month, we wanted to continue to highlight the course [Student Mental Health and Suicide Prevention](#).

It's widely known that stress, anxiety and depression create challenges for both society and individuals, including inter-scholastic students. And severe conditions can lead to the worst outcomes, such as suicide.

The NFHS is proud to bring you this course on Student Mental Health and Suicide Prevention in response to this reality. With a focus on wellness, including both physical and psychological, this course highlights causes, strategies and provides helpful resources.

Another course offered is [Appearance and Performance Enhancing Drugs and Substances](#).

The use of Appearance and Performance Enhancing Drugs and Substances, or APEDS, affects every school. To help the interscholastic community address this issue, the NFHS has created this APEDS course. The course explains what APEDS are, what forms they take, and what their effects can be on students. It highlights the reasons why students use APEDS in and out of athletics and gives guidance and resources for detecting and preventing the use of APEDS. No matter what your relationship is to high school activities, this information will be beneficial to you.

The last course we want to highlight is [Understanding Vaping and E-Cigarettes](#).

Vaping is the act of inhaling an aerosol created by an e-cigarette or similar device. The term "vaping" misleads the user into thinking they are inhaling a vapor and something potentially safe or at least harmless. This is just one reason why the NFHS, with support from the Office of the U.S. Surgeon General, has created Understanding Vaping and E-cigarettes. This course helps dispel such misconceptions and highlights specific risks such as nicotine addiction for youth who try vaping and e-cigarettes.

