

ADDITION TO 2018/2019 COMPETITIVE BASKETBALL TEAM ROSTER

League Participant Waiver/Release

I am fully aware of the risk inherent in this activity, including physical injury, damage to my property, or other consequences that may arise or result directly or indirectly from the activity. Being fully informed as to these risks and in consideration of the privilege of participating in this activity, I assume all risk of injury, damage and liability. I agree to defend, indemnify and hold harmless the City of Tumwater and its officials, employees and agents from any claim or lawsuit for injury, illness, damage or other loss incurred during the period covered by this activity.



I consent to my child's participation in the activity/program of the Parks & Recreation Department and authorize the City of Tumwater and its employees or agents to provide emergency medical treatment for my child on my behalf. To the best of my knowledge, my child has no physical or other condition that would interfere with her/her participation. I give my permission to have my photo, or photo of my child or children taken during the classes and activities to be used for publicity purposes by the Parks and Recreation Department.

Player's Name: _____ Date of Birth: _____

Coach playing for: _____ Grade Level: _____ Gender: _____

Name of Parent/ Guardian: _____

Signature: _____ Date: _____

Concussion Information Acknowledgment

Please sign to confirm that you have read and understand the information below:

_____	_____	_____
Player's Signature	Player's Printed Name	Date
_____	_____	_____
Parent's Signature	Parent's Printed Name	Date

House Bill 1824 requires the adoption of policies for the management of concussion and head injuries in youth sports. **This Bill requires all players and parents to read the following Concussion Information Sheet and sign above to indicate they have read and understand the information.**

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

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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 yourself, seek medical attention right away.

Symptoms may include one or more of the following:

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| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness or change in sleep patterns | <ul style="list-style-type: none">• Amnesia• “Not feeling right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems• Repeating the same question/comment |
|---|---|

Signs observed by teammates, parents and coaches include:

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| <ul style="list-style-type: none">• Appears dazed• Vacant facial expression• Confused about assignments• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or displays incoordination• Answers questions slowly | <ul style="list-style-type: none">• 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 |
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If a child keeps 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 coaches, parents, administrators, 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 “Zackery Lystedt Law” requires the consistent and uniform implementation of the long and well-established concussion guidelines that have been recommended for several years. If you think your child may have a concussion, inform his/her coach. It’s better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current information on concussions, go to: www.cdc.gov/ConcussionInYouthSports/

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