

Last Name \_\_\_\_\_

## Swim Team Registration & Medical Form 2012

(Must be a paid SRC Member before signing-up)



You must submit all forms in this packet (registration, participation agreement, a concussion form for **EACH** child) to a swim team parent representative before you will be entered into SignUp Genius and be able to select your volunteer choices. Signup Genius will be turned on May 6.

### Contact Information

Name	Phone	Cell Phone	Email
PARENT/GUARDIAN			<input type="checkbox"/>
PARENT/GUARDIAN			<input type="checkbox"/>
EMERGENCY CONTACT			<input type="checkbox"/>

Check email address to be used for volunteering online with SignUp Genius.

### Swimmer Information

No.	Swimmer Name	Gender (circle one)	Birth Date	Age by June 15
1		M / F		
2		M / F		
3		M / F		

Please include any and all special medical conditions, allergies, medications and/or significant injuries that the swim team staff should be aware of:

I am a Jr. Member

### Parent/Guardian Release

I, parent or guardian of the children listed on this form, consent for medical care to be provided to him/her. I also give my consent in case I may not be reached, that my son/daughter may receive further medical care at a doctor's office, hospital, acute care clinic or emergency department. The emergency contacts listed above, have my permission to transport my son/daughter and to give consent or refuse treatment for him/her until I can be reached.

As in all active sports, there are risks and hazards, accidents may occur. Therefore, I recognize swimming/water polo is a rigorous sport and accept the risks inherent in the activity. I (we) agree to Release, Hold Harmless and Indemnify Somerset Recreation Club Inc., and its employees, volunteers and officers from all claims, liabilities or costs, which arise out of participation in this program.

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Please Print Name

# Somerset Swim Team Participation Agreement

*Commitment and Policies: Good sportsmanship is the focus of swim team at Somerset Rec Club. Swimmers will be surrounded by positive role models throughout the season. During the meets both swimmers and parents should be encouraging all team members and be respectful of opposing swimmers, parents, and coaches. Courtesy is to be shown towards all swimmers regardless of ability or which team they swim for. Swimmers should be thoughtful and respectful guests when at another pool. Swimmers should pick up after themselves in the locker rooms and deck area. They should also be considerate hosts when meets are at Somerset.*

## The Swimmer is responsible to:

1. Always put forth their best effort.
2. Commit to attend all possible workouts and all meets they are entered.
3. Treat coaches and parents with respect, whether with our team or the opponent.
4. Treat other swimmers with respect, whether a teammate or an opponent.
5. Encourage all teammates.
6. Listen to coaches and follow instructions for workouts and meets.
7. Come to workouts and meets prepared.
8. At meets, know their events and report on time to the appropriate lane.

Important Note: Somerset Rec Club has a **Zero Tolerance Policy** for disregarding physical boundaries and/or verbal assaults, and swimmers shall be disciplined for violations. **That means: Hands to yourself, and please, only nice things to say.**

## The Swimmer's Parents are responsible to:

1. Encourage swimmer participation and success with Swimmer Responsibilities.
2. Provide 4 shifts of volunteering at dual meets, and 1 shift at championship meets (Parent may elect to work an extra dual meet shift in lieu of their Championship Meet volunteer shift). Provide 2 food items for home dual meet concessions.
3. Be responsible for finding a substitute for any volunteer shifts that you are unable to attend.
4. Be aware of all communications from Coaches and Swim Team Parent Rep Coordinator.
5. Sign up on the vacation schedule in the pool office by the Friday prior to the swim meet when the swimmer will be absent. Alert the Head Coach immediately if for any reason your swimmer is unable to attend a meet they are signed up for.
6. Make sure that your swimmer arrives on time to the meets they are signed up for, prepared for the meet (with goggles, other gear, food, and beverages), and that your swimmer knows what events they are entered and proper lane.
7. Do not take your swimmer from a swim meet prior to the conclusion without checking with the coaches because substitute swimmers may be needed for relays at the end of the meet.
8. Do not interrupt coaches during practice or at meets.
9. Act respectfully at all times to coaches, parents, and swimmers on our team and other teams.

We, the swimmer and swimmer's parent(s), agree to abide by these policies and responsibilities, which will be enforced pursuant to the Swim Team Discipline Procedures.

\_\_\_\_\_  
Swimmer Name or Signature

\_\_\_\_\_  
Swimmer Name or Signature

\_\_\_\_\_  
Swimmer Name or Signature

\_\_\_\_\_  
Parent Signature for both Parents

\_\_\_\_\_  
Date



## Concussion Information Sheet

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 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 of concussion yourself, seek medical attention right away.

### Symptoms may include one or more of the following:

<ul style="list-style-type: none"><li>✓ Headaches</li><li>✓ “Pressure in head”</li><li>✓ Nausea or vomiting</li><li>✓ Neck pain</li><li>✓ Balance problems or dizziness</li><li>✓ Blurred, double, or fuzzy vision</li><li>✓ Sensitivity to light or noise</li><li>✓ Feeling sluggish or slowed down</li><li>✓ Feeling foggy or groggy</li><li>✓ Drowsiness</li><li>✓ Change in sleep patterns</li></ul>	<ul style="list-style-type: none"><li>✓ Amnesia</li><li>✓ “Don’t feel right”</li><li>✓ Fatigue or low energy</li><li>✓ Sadness</li><li>✓ Nervousness or anxiety</li><li>✓ Irritability</li><li>✓ More emotional</li><li>✓ Confusion</li><li>✓ Concentration or memory problems</li><li>✓ Repeating the same question/comment</li></ul>
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### Signs observed by teammates, parents and coaches include:

<ul style="list-style-type: none"><li>✓ Appears dazed</li><li>✓ Vacant facial expression</li><li>✓ Confused about assignment</li><li>✓ Forgets plays</li><li>✓ Is unsure of game, score, or opponent</li><li>✓ Moves clumsily or displays incoordination</li><li>✓ Answers questions slowly</li></ul>	<ul style="list-style-type: none"><li>✓ Shows behavior or personality changes</li><li>✓ Can’t recall events prior to hit</li><li>✓ Can’t recall events after hit</li><li>✓ Seizures or convulsions</li><li>✓ Any change in typical behavior or personality</li> <li>✓ Loses consciousness</li><li>✓ Slurred speech</li></ul>
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# What can happen if my child keeps on playing with a concussion or returns too soon?

Adapted from the CDC and the 3rd International Conference on  
Concussion in Sport Document created 9/15/2009

## Midlakes Swim League Concussion Information Sheet

Athletes with the signs and symptoms of concussion must 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 administrators, coaches, parents and athletes is the key for athlete safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion must be removed from the meet 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 new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time" and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one meet or practice than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

This form must be signed and dated by BOTH athlete and parent or guardian BEFORE the athlete can participate in practice or competition.

_____	_____	_____
Athlete Name Printed	Athlete Signature	Date
_____	_____	_____
Parent or Legal Guardian	Printed Parent or Legal Guardian Signature	Date

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