

ANACORTES PARKS AND RECREATION

2018 YOUTH SAILING TEAM REGISTRATION FORM

NAME _____ BIRTH DATE _____ Gender: F M

PARENT EMAIL _____ HEIGHT _____ WEIGHT _____

HOME ADDRESS _____ HOME # _____

PARENT'S NAME(S) _____ WORK # _____

EMERGENCY CONTACT _____ PHONE _____

**Registration fee of \$25 can be accompanied by this form (check) or paid online (Credit/Debit Card) at:
<https://anacortesparksandrecreation.sportsiteslabs.com/>

MEDICAL AND EMERGENCY INFORMATION

Physical Handicaps (Please specify missing or injured bodily parts, weakness, eye glasses, contacts, hearing aids, etc.)

Please check ✓ those that apply:

Chronic Ailments:

- Asthma, or other respiratory problems
- Circulatory or heart problems
- Diabetes or Hypoglycemia
- Epilepsy
- Hemophilia, or other bleeding problems (nose bleeds)

Allergies:

- Insect Bites
- Bee Stings
- Foods
- Others, if significant

Comments: _____

Current Medications if any: _____

Family Physician _____ Phone _____

I hereby authorize the Hospital to treat my child if he/she is presented to the emergency room for treatment in my absence.

Signature (Parent or Guardian)

HOLD HARMLESS FORM

ASSUMPTION OF RISK AND RELEASE FORM: Injuries to participants in small craft programs may occur from risks inherent in the sport or activity; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from use of transportation to and from regattas, races, and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might thrown overboard into the cold water; I may hit another boat or run into an obstruction or on to the shore, and the collision may injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold, and sun. I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries I will obey the directions of my instructors and will follow all the safety rules. I will tell my instructor about any limitations or medical restrictions on my participation.

I(we) am/are the parent(s) or legal guardian of the above-named child, who desires to be a participant in the City of Anacortes sponsored recreational activity of sailing. It is important to me(us) that this child be allowed to participate in this activity. I(we) understand there are special dangers and risks inherent in this activity, including but not limited to, the risk of serious physical injury, death or other harmful consequences which may arise directly or indirectly from the child's participation in this activity. Being fully informed as to these risks and in consideration of the City's allowing my child to participate in this sponsored activity I(we), on behalf of myself(ourselves) and on behalf of the above-named participant child, assume all risk of injury, damage and harm to the child which may arise from the child's participation in the activities. I(we) further agree, individually and on behalf of the above-named child, to release and hold harmless the City of Anacortes, the Port of Anacortes, its officials, employees, volunteers and agents and agree to waive any right of recovery that I(we) may have to bring a claim or lawsuit for damages against them for any personal injury, death or other harmful consequences occurring to the above-named child or me arising out of the Child's voluntary participation in this activity. I(we) grant my(our) full and voluntary consent for the above-named child to participate in the activity described above.

STUDENT'S SIGNATURE _____ DATE _____

PARENT/GUARDIAN SIGNATURE _____ DATE _____

OVER

OVER

STATEMENT OF UNDERSTANDING

THE SAILING CLUB YOU ARE ABOUT TO BEGIN IS AN EXCITING AND DEMANDING CHALLENGE, AND YOU NEED TO BE AWARE OF WHAT WILL BE INVOLVED IN THE PROGRAM AND BE WILLING TO STUDY AND PRACTICE TO ACHIEVE SUCCESS.

YOU WILL BE REQUIRED TO PROVIDE YOUR OWN PERSONAL FLOTATION DEVICE (PFD), WHICH MUST BE COAST GUARD APPROVED, THE PROPER SIZE FOR YOUR WEIGHT AND BUILD, AND BE FORM-FITTING AND COMFORTABLE, AS YOU WILL BE WEARING IT AT ALL TIMES. *DO NOT PURCHASE THE OLD ORANGE TYPE OF PFD.* PUT YOUR NAME ON IT WITH WATERPROOF INK. SHOES WILL ALSO BE WORN AT ALL TIMES, BOTH IN THE BOATS AND ON THE DOCKS AND PIERS. IT IS A GOOD IDEA TO BRING A CHANGE OF CLOTHES AND A TOWEL TO EACH DAY, AND A LOUD WHISTLE.

I understand that in entering this sailing club I agree to obey all program rules as set forth by the program director and the coach, that I will use the utmost care in the use of the boats and equipment, that I will not engage in any horseplay or other disruptive behavior. I understand that failure to attend regularly, arrive promptly and abide by the rules may result in my suspension from the program.

STUDENT'S SIGNATURE _____ DATE _____

PARENTAL AGREEMENT (if student is a minor):

I understand the contents of this statement and agree to see to it that my child adheres to the program rules. I agree to assume the obligation for the expenses of repair and/or replacement of program equipment that is attributable to my child's reckless or irresponsible behavior. I agree to make an appointment for a parent-coach conference if requested.

PARENT/GUARDIAN SIGNATURE _____ DATE _____

OVER

OVER

CITY OF ANACORTES PARKS & RECREATION CONCUSSION MANAGEMENT INFORMATION SHEET

A 2009 act requiring the adoption of policies for the management of concussion and head injury in youth sports; amending the Revised Code of Washington 4.24.660 and adding section RCW 28A.600.190 “Zackery Lystedt Law” states, in part, the following:

Each school district's board of directors shall work in concert with the Washington Interscholastic Activities Association (WIAA) to develop the guidelines and other pertinent information and forms to inform and educate coaches, youth athletes, and their parent(s)/legal guardian(s) of the nature and risk of concussion and head injury including continuing to play after concussion or head injury. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the youth athlete and the athlete's parent/legal guardian prior to the youth athlete's initiating practice or competition.

After reading this information on youth head injuries and the awareness information provided on a separate “Sudden Cardiac Arrest Awareness Information Sheet,” please sign the “Youth Athlete/Parent/Legal Guardian Concussion and Sudden Cardiac Arrest Awareness Compliance Statement.” The signed Compliance Statement must be returned to the youth sports association or City of Anacortes and is good only for the current sports season.

Concussion Management 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 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:

- 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

Sailors Code of Conduct

- I promise to maintain a positive attitude and to be responsible for my conduct at all times while participating in APRD Youth Sailing Team activities.
- I will treat my team members, coaches, competitors, regatta officials, hosts, and all others with respect, regardless of gender or abilities.
- I will attend practices and clinics and will listen and learn from my coaches.
- I will not swear at, intimidate, or harass anybody, including my teammates.
- I will be organized, prepared, and responsible for my own equipment.
- I will obey event and team rules, on and off the water.
- I will not use, or tolerate the use by other team members of alcohol, tobacco, or non-prescribed drugs.
- I will respect the property of others, and will not use other's equipment without permission.
- I will take personal responsibility for all equipment including boats and rigging, understanding that I will be financially liable for intentional or careless damage caused by me.
- I will follow all safety procedures given by coaches and other responsible adults, understanding that safety in all sailing activities is paramount.
- I will be present and ready to sail at the scheduled start time for both practice and regattas.
- I will respect the authority of chaperones, especially with regard to co-ed, overnight accommodations at multi day regattas.
- I will be polite to and thank race officials, event organizers, chaperones, and volunteers.

I will read and agree to abide by any disciplinary actions referenced in the Team Handbook should I violate this code of conduct.

Sailor's Signature_____ Date:_____

Parent's
Signature_____ Date:_____

Disciplinary Actions

APRD Youth Sailing Team employs a zero tolerance policy with regards to prohibited activities during program hours, on program premises and during travel events. This includes the use of illegal drugs, alcohol, tobacco, inappropriate use of controlled substances, and the carrying of firearms or illegal weapons. Violation of the zero tolerance policy could result in immediate dismissal from the APRD Youth Sailing program. There will be no refunds or pro-ration of fees for suspensions or expulsions in connection with misconduct. The APRD Recreation Manager and coaches are responsible for enforcing certain rules and may discipline APRD Youth Sailing Team participants when rules are broken at practices or while coaching at regattas. When a sailor is under the supervision of a parent team leader, the parent team leader has been provided guidelines to enforce rules and regulations consistent with the APRD Youth Sailing Team Disciplinary Action contained herein. In all cases the decision of the APRD is final. The guidelines are as follow:

Level 1 Infractions - Disciplined at coach discretion and may include limiting practice time, isolation, exercises, or other testing.

Level 2 Infractions - Review for suspension from one or more future practices or regattas.

Level 3 Infractions - Possible removal from practice and review for expulsion.

Level 4 Infractions - Removal from practice and review for expulsion.

Level 1 Infractions:

Failure to obey coaches' instructions.

Failure to display good sportsmanship including foul language.

Level 2 Infractions:

Failure to obey coaches directions after repeated (more than two) warnings.

Level 3 Infractions:

Purposely damaging or destroying property of others and/or deliberate or careless disregard to equipment.

Repeated incidents of behavior unbecoming a member of the APRD Youth Sailing Team.

Lying to Judges or Jury about Racing Rules of Sailing violations.

Behavior or conduct which reflects poorly on the APRD Youth Sailing Team. These behaviors could include, but are not limited to: bad treatment of or talking back to judges, coaches, volunteer chaperones, regattas officials, hosts, my team members' or other competitors.

Unexcused absence or leaving practice, regatta, or overnight accommodation area.

Level 4 Infractions:

Stealing.

Using drugs, alcohol, tobacco or non-prescribed drugs.

The carrying of firearms or illegal weapons.

Repeated violation of Level 1, 2, or 3 infractions.

- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents- legal guardians, and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays lack of coordination
- Answers questions slowly
- 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

What can happen if my child keeps on 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 severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often underreport symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents/legal guardians, and athletes is the key for youth athletes’ safety.

If you think your child has suffered a concussion:

Any athlete 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” in Washington 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.” “[He or she] may not return to play until the athlete is evaluated by a licensed health-care provider trained in the evaluation and management of concussions and has 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. It is better to miss one game than miss the whole season so when in doubt, the athlete should sit out.

RETURN TO PARTICIPATION PROTOCOL

If the youth athlete has been diagnosed with a concussion he/she MUST follow a progressive return to participation protocol (under the supervision of an approved health care provider) before full participation is authorized.

The return to play protocol may not begin until the athlete is no longer showing signs or symptoms of concussion. Once symptom free, the athlete may begin a progressive return to play. This progression begins with light aerobic exercise only to increase the heart rate (5-10 minutes of light jog or exercise bike) and progresses each day as long as the athlete remains symptom free. If at any time symptoms return, the athlete is removed from participation.

Additional information regarding concussion management is available from the Centers for Disease Control and Prevention (CDC) at:

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

CITY OF ANACORTES PARKS & RECREATION
STUDENT/PARENT/GUARDIAN SUDDEN CARDIAC ARREST AWARENESS
INFORMATION SHEET

What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called “commotio cordis”).

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gasping). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!

**YOUTH ATHLETE/PARENT/LEGAL GUARDIAN CONCUSSION AND SUDDEN
CARDIAC ARREST AWARENESS COMPLIANCE STATEMENT**

CITY OF ANACORTES PARKS AND RECREATION

**Youth Athlete/Parent/Legal Guardian
Concussion and Sudden Cardiac Arrest Awareness Statement**

The City of Anacortes Parks and Recreation Department believes participation in athletics improves physical fitness, coordination, self-discipline, and gives youth athletes valuable opportunities to learn important social and life skills.

With this in mind it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a parent/legal guardian or youth athlete you play a vital role in protecting participants and helping them get the best from sports.

Athlete and parental education in this area is crucial which is the reason for the Concussion Management and Sudden Cardiac Arrest Awareness information you received. Refer to it regularly.

This form must be signed annually by the parent/legal guardian and youth athlete prior to participation in athletics played on City of Anacortes premises. If you have questions regarding any of the information provided in the information sheets, please contact the City of Anacortes Parks & Recreation Department

**I HAVE RECEIVED, READ AND UNDERSTAND THE INFORMATION PRESENTED
IN THE CONCUSSION MANAGEMENT AND SUDDEN CARDIAC ARREST
AWARENESS SHEETS.**

Youth Athlete Name (Printed)

Youth Athlete Name (Signed)

Date

Parent/Legal Guardian Name (Printed)

Parent/Legal Guardian Name (Signed) Date