2015 SPRING GIRLS RECREATION VOLLEYBALL LEAGUE

This will be a recreation league, with teams forming in NK and CK, competing weekday evenings between Apr and the first week of June. Open gyms start Wed, Mar 18. CK teams will practice in CK gyms/NK teams will practice in NK gyms (as gyms are available.) There will be 3 levels of competition: beginner, intermediate, and advanced.

Please mail completed form to:
City of Poulsbo P&R Basketball,
200 NE Moe Str., Poulsbo, WA 98370

FOR MORE INFO, CALL
City of Poulsbo Parks and Recreation
360-779-9898
Fax: 360-779-5917 or contact by email to:
jschiel@cityofpoulsbo.com

Fee: $125 Seasons of experience: ___ Played on a school team? yes ___ no ___

PRINT FULL NAME CLEARLY GRADE
PLAYER ADDRESS/CITY/ZIP
HOME PHONE AGE BIRTHDATE SCHOOL ATTENDED

PARENTS - Please print legibly! TEE SHIRT SIZE
Email:

Parental/Legal Guardian Assumption of Risk, Waiver and Release

I (we) am/are the parent(s) or legal guardian of _____________________________ (Child’s Name) who desires to be a participant in the City of Poulsbo’s sponsored recreational activity of ___________ (Volleyball, Team and league practices and games, etc.) (Describe)

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 of Poulsbo allowing my child to participate in this sponsored activity and/or use of the City of Poulsbo’s facilities 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 or use of the City of Poulsbo’s facilities. I (we) further agree, individually and on behalf of the above-named child, to release and hold harmless the City of Poulsbo, 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.

I hereby consent to allow my child’s picture or likeness to appear in any official document, Member website, sponsor advertisement and/or Member produced television coverage of sponsored recreational activity without compensation to me.

Parent(s) / Legal Guardian Signature(s) Date Parent(s) / Legal Guardian Printed Name(s) Date

Parent(s) / Legal Guardian Address Email Phone/cell

Child Participant Address Phone
North Kitsap School District
Concussion Fact Sheet
for High School Sports
Fact sheet for STUDENT-ATHLETES

What is a concussion?
A concussion is a brain injury that:
- Is caused by a bump, blow, or jolt to the head.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Can occur during practices or games in any sport.
- Can happen even if you haven’t been knocked out.
- Can be serious even if you’ve just been “dinged” or had your “bell rung.”

How can I prevent a concussion?
It’s different for every sport. But there are steps you can take to protect yourself from concussion.
- Follow your coach’s rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets). In order for equipment to protect you, it must be:
  - Appropriate for the game, position, and activity
  - Well maintained
  - Properly fitted
  - Used every time you play

What are the symptoms of a concussion?
- Nausea (feeling that you might vomit)
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Headache
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems (forgetting game plays)
- Confusion

What should I do if I think I have a concussion?
- Tell your athletic trainer, coaches and your parents. Never ignore a bump, blow, or jolt to the head. Also, tell your coach if one of your teammates might have a concussion.
- Get a medical check up. A licensed health care professional can tell you if you have had a concussion and when you are OK to return to play.
- Give yourself time to recover. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause permanent brain damage, and even death in rare cases. Severe brain injury can change your whole life.

How do I know if I’ve had a concussion?
You can’t see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up days or weeks after the injury. It’s best to see a health care professional if you think you might have a concussion. An undiagnosed concussion can affect your ability to do schoolwork and other everyday activities. It also raises your risk for additional, serious injury.

It’s better to miss one game than the whole season.

Information from:
Department of Health and Human Services- Center for Disease Control and Prevention
http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm
North Kitsap School District
Concussion Fact Sheet
for High School Sports
Fact Sheet for Parents

What is a concussion?
A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even a “ding” or a bump on the head can be serious.

What are the signs and symptoms of concussion?
You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or can take days or weeks to appear. If your teen reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

<table>
<thead>
<tr>
<th>Signs observed by athletic trainer, coaches, parents or guardian</th>
<th>Symptom reported by athlete</th>
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</thead>
<tbody>
<tr>
<td>• Appears dazed or stunned</td>
<td>• Headache</td>
</tr>
<tr>
<td>• Is confused about assignment</td>
<td>• Nausea</td>
</tr>
<tr>
<td>• Forgets plays</td>
<td>• Balance problems or dizziness</td>
</tr>
<tr>
<td>• Is unsure of game, score, or opponent</td>
<td>• Double or blurry vision</td>
</tr>
<tr>
<td>• Moves clumsily</td>
<td>• Sensitivity to light or noise</td>
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<tr>
<td>• Answers questions slowly</td>
<td>• Feeling sluggish</td>
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<tr>
<td>• Loses consciousness</td>
<td>• Feeling foggy or groggy</td>
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<tr>
<td>• Shows behavior or personality changes</td>
<td>• Concentration or memory problems</td>
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<tr>
<td>• Can't recall events prior to hit</td>
<td>• Confusion</td>
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<tr>
<td>• Can't recall events after hit</td>
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What should you do if you think your teenage athlete has a concussion?

• Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your teen to return to sports.

• Keep your teen out of play. Concussions take time to heal. Don’t let your teen return to play until a health care professional says it’s OK. Athletes who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your teen for a lifetime.

• Tell your teen’s athletic trainer and coaches about any recent concussion. Athletic Trainers and coaches should know if your teen had a recent concussion in ANY sport. Your teen’s athletic trainer and coaches may not know about a concussion your teen received in another sport or activity unless you tell them. Knowing about the concussion will allow the athletic trainer and coach to keep your teen from activities that could result in another concussion.

• Remind your teen: It’s better to miss one game than the whole season.

It’s better to miss one game than the whole season.

Information from:
Department of Health and Human Services- Center for Disease Control and Prevention
http://www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm