

Blaine School District #503 ~ Use of Athletic Facilities

WAIVER AGREEMENT

By signature below, I understand and agree to the following statements and facts:

1. In consideration for permission from the Blaine School District #503 to allow me the use of the Blaine School District athletic facilities and athletic equipment, the undersigned hereby covenant and agrees to protect, indemnify, and hold harmless the district and its officers, employees, and volunteers from any claims, liabilities, damage, allegations, or rights of action directly or indirectly resulting from the use of the athletic facilities or equipment.
2. I understand that the district has the right to revoke permission for this activity at any time.
3. I understand that I can be held responsible for damage to district property or equipment in my use and agree to take all necessary precautions to protect district property from damage.
4. I understand the district has made every attempt to provide equipment that meets recognized safety standards, but acknowledge the district does not guarantee the safety of the equipment.
5. I understand the risks and dangers of using athletic equipment, and the consequences of not following safety rules, not wearing proper clothing and footwear, and not using equipment properly, including (but not limited to) the possibility of bone fracture, muscle injuries, skin infections, and head trauma.
6. I understand that the district is not responsible for my bodily injury or property damage when I am using
7. this facility and equipment.
8. I agree to be responsible for my medical expenses incurred due to injuries or other conditions while involved in the use of the facility and equipment.
9. I have no permission or authority to allow any other individual the use of the facilities or equipment.
10. I understand that the district provides no supervision and no training on the use of equipment.
11. I agree to abide by the safety rules, use proper precautions, and wear recommended clothing and footwear while using the facilities and equipment.
12. I agree to immediately stop using the equipment or facilities if I find any defects in either, to take equipment out of commission, and immediately file a written report of the defect to the district.
13. I am responsible for cleaning up the facilities and equipment after using them.
14. I understand the physical activities I am engaging in and am physically fit and able to participate.

I have read all of the above and by signature below acknowledge I understand these conditions and terms, and agree to them, as stated.

Adult Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Adult Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Minor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Minor's Name: \_\_\_\_\_

Name of Sport: \_\_\_\_\_

## Concussion Information Sheet – Blaine School District/Blaine Youth Sports

**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, 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 and coaches include:**

·Appears dazed, Vacant facial expression, Confused about assignment, Forgets plays, Is unsure of game, score, or opponent, Moves clumsily or displays incoordination, 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 to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to 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 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 game than miss the whole season. And when in doubt, the athlete sits out.

### RETURN TO PARTICIPATION PROTOCOL

If your child has been diagnosed with a concussion, they 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 participant 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 child remains symptom free. If at any time symptoms return, the athlete is removed from participation.

*Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document \*created 6/15/2009*

Date: \_\_\_\_\_ Sport: \_\_\_\_\_

Student/Athlete Name: \_\_\_\_\_ Student/Athlete Signature: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_