



REGISTRATION FORM

Soccer Division

Basketball Grade

Swim Lessons Session Level Time

Other

PARTICIPANT INFORMATION					
Last Name:		First Name:		Middle Initial:	
Mailing Address:			City:		Zip:
Home Phone:		Date of Birth:		Age:	Grade:
				Male	Female
SHIRT SIZE:	Youth Small Adult Medium	Youth Medium Adult Large	Youth Large Adult X-Large	Adult Small Adult XX-Large	
List any medical problems or prohibitions participant has:					

PARENT / GUARDIAN INFORMATION					
Father/Guardian Name:			Mother/Guardian Name:		
Work Phone:		Cell Phone:		Work Phone:	
				Cell Phone:	
Email			Email		
List an emergency contact if someone other than parent/guardian:				Phone:	

ATHLETIC RELEASE, WAIVER OF LIABILITY AND ASSUMPTION OF THE RISK AGREEMENT

In consideration of being allowed to participate in the Escalon Babe Ruth athletic sports or recreational programs/classes, and related events and activities, the undersigned acknowledges, appreciates, and agrees that **the risk of serious injury including, but not limited to, permanent paralysis and/or other disability, injury, and death, is significant and does exist, even though particular rules, equipment, and personal discipline may reduce the risk.** Therefore:

1. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE ABOVE NAMED ORGANIZATION the City of Escalon, its Council, Commissioners, officials, its employees** or others, and assume full responsibility for my participation;
2. I willingly agree to comply with the stated and customary terms and conditions of participation. If I observe any unusual significant hazard during my presence or participation, I will either remove the hazard, if possible, or discontinue my participation and/or bring such hazard to the attention of the nearest official immediately; and
3. I, for myself, my heirs, assigns, personal representatives and next of kin, hereby **RELEASE AND HOLD HARMLESS** to the fullest extent permitted by law the above named organization, their officers, officials, agents, employees, volunteers, other participants, sponsors, advertisers and owners and lessors of premises used to conduct the event, for **ANY AND ALL INJURY, DISABILITY, DEATH,** or loss or damage to person or property, **ARISING FROM THE NEGLIGENCE** of the above named organization.

FOR MINORS (UNDER 18 AT THE TIME OF REGISTRATION) This is to certify that I, as parent or legal guardian, have legal responsibility for this participant. I have read and understand the significance of this **RELEASE AND WAIVER** and do consent and agree to his/her waiver, release and assumption of the risk as provided above. I release and agree to indemnify and hold harmless the above named organization and associated persons from any and all liabilities for injury or damage to the above minor while participating in these programs **ARISING FROM THE NEGLIGENCE** of the above named organization and associated persons.

CONCUSSION INFORMATION (See Reverse)

By signing this form, you acknowledge that you have read the Heads Up Concussion Information Sheet. Your child will receive a copy of the Heads Up Youth Sports Parents Fact Sheet from their coach or instructor prior to the start of the activity.

Participant Signature (Parent/Legal Guardian if under 18) _____ Date signed: _____

Would you like to contribute \$1.00 to Escalon Recreation Scholarship Fund for disadvantaged youth? **YES**
NO

FOR OFFICE USE ONLY:			
Date _____	Amount \$ _____	<input type="checkbox"/> Cash <input type="checkbox"/> Check # _____	Receipt # _____



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - › Work with their coach to teach ways to lower the chances of getting a concussion.
 - › Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - › Ensure that they follow their coach's rules for safety and the rules of the sport.
 - › Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent. Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.
- Can't recall events *prior to* or *after* a hit or fall.

Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision. Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

What Are Some More Serious Danger Signs Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away. Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

Concussions affect each child and teen differently.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.

To learn more, go to www.cdc.gov/HEADSUP