

SAINT FRANCIS XAVIER ATHLETIC ASSOCIATION

2016-2017

PARENTAL PERMISSION AND CONSENT TO TREAT FORM

List all teams student is participating in during the 2016-17 season: \_\_\_\_\_

Participant's Name: \_\_\_\_\_ BirthDate: \_\_\_\_\_ Age \_\_\_\_\_

Participant's Address: \_\_\_\_\_

Parish: \_\_\_\_\_ School: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_ E-Mail \_\_\_\_\_

Home Address: (if different from above) \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work phone: \_\_\_\_\_ Cell: \_\_\_\_\_

I, \_\_\_\_\_, (parent/guardian name) grant permission for \_\_\_\_\_ (student name) to participate in **ST. FRANCIS XAVIER ATHLETIC ASSOCIATION FOR THE 2016-17 SEASON**. I understand that the program will have competent adult supervision and reasonable and appropriate measures will be made to minimize the risk of injury and/or accident. I understand and have been informed that taking part in this youth event involves the risk of injury.

I hereby grant my consent for staff members and/or adult volunteers under whose auspices the program is conducted, to secure all necessary emergency medical care and/or treatment that may be necessary for my child during the entire event including any necessary transportation, if provided by a staff member or adult volunteer. I release and hold harmless any said staff member or adult volunteer from any liability, who in good faith is placed in a position requiring decisions to be made for emergency care or medical treatment of the above-named young person. In case of accident, injury or loss, neither my family nor I will hold the diocese, the parish, nor any person or affiliate organization associated with the event, responsible or liable.

In the event of an emergency, if you are unable to reach me at the above number, contact:

Name and Relationship: \_\_\_\_\_ Phone \_\_\_\_\_

Family Physician \_\_\_\_\_ Phone \_\_\_\_\_

Allergic reactions (medications, foods, insects, etc.) \_\_\_\_\_

(Medication(s) currently being taken: \_\_\_\_\_

My child has special medical/mental conditions: Yes \_\_\_ No \_\_\_ (if yes, please describe)

Insurance Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

\*\*Parents/guardians of participants are advised that photograph or videotape of participants may be used in publications, websites or other materials produced from time to time by the Office for Youth and Young Adult Ministry or the Diocese of Harrisburg. (Participants would not be identified, however, without specific written consent.) Parents/guardians who do not wish their child to be photographed or filmed should so notify the CYO in writing. Please note that the CYO has no control over the use of photographs or film taken by media that may be covering the event in which your child participate.

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

No child will be permitted to participate in practices or games without a current "Permission to Treat" form on file with St Francis Xavier CYO.

**I have read the SFX CYO Code of Conduct, concussion and cardiac arrest documents and abide by the content.**

\_\_\_\_\_ Date \_\_\_\_\_

Check # \_\_\_\_\_ Amt \_\_\_\_\_

**Parents: please read the Code of Conduct below with your son or daughter.** Parents will be required to sign agreeing that players, family members, and guests will abide by guidelines listed below.

### **ST FRANCIS XAVIER CYO CODE OF CONDUCT**

The Catholic Youth Organization (CYO), through the vehicle of sports, provides opportunities for young people to be involved in competition to develop physical fitness, self-discipline, mental alertness and attitudes of sportsmanship, based on Christian principles of fair play and cooperation, under well organized and properly supervised forms of athletics. The guiding principle behind the enforcement of this code is that the behavior of everyone involved in CYO should not detract from the children's enjoyment of the sport.

#### **1. COACHES**

##### **Acceptable standards of coaching behavior include:**

- Set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior;
- Respect the judgment of officials; abide by rules of the event;
- Treat opposing coaches, participants and fans with respect;
- Instruct participants in sportsmanship and demand they display good sportsmanship;
- Coach in a positive manner, reflecting Christian values;

##### **Penalties:**

- Any coach ejected from a game/match because of unsportsmanlike conduct will be suspended for the next games/matches and may be subject to additional penalties.
- Any coach who physically abuses another person may be suspended for the remainder of the season and may be disqualified from CYO participation
- Any coach who physically abuses an official will be suspended for the remainder of the season and may be disqualified from CYO participation.

#### **2. PLAYERS**

##### **Acceptable standards of participant behavior include:**

- Treat opponents with respect; shake hands prior to and after contests;
- Respect the judgment of officials and abide by the rules of the contest;
- Accept seriously the responsibility of representing the school or parish by displaying positive behavior at all times.
- Play in a positive manner, reflecting Christian values. Do not bait or taunt opponents.

##### **Penalties:**

- Any player ejected from a game/match because of unsportsmanlike conduct will be suspended from the next game and may be subject to additional penalties.
- Any player who physically abuses another player, participant or official may be suspended from play for the remainder of the season and may be disqualified from CYO competition.

#### **3. SPECTATORS/ PARENTS**

##### **Acceptable standards of spectator behavior include:**

- Do not talk with coaches regarding play time or game day decisions until 24 hour following the game.
- Remember that the players are children and are playing for their enjoyment, not yours.
- Remain seated in the spectator area during the games;
- Respect decisions made by contest officials;
- Be a role model by positively supporting teams and by not shouting instructions or criticism to the players, coaches or officials. Do not coach from the stands.
- Make no derogatory comments or gestures to players, coaches, parents of the opposing team, officials or league administrators.

##### **Penalties:**

- Participating teams and their coaches are responsible for the conduct of their spectators.
- Any spectator who displays poor sportsmanship may be removed from the facility by an official, their team coach, a league official or the host gym person-in-charge.
- Any spectator who interferes with the conduct of a CYO activity may, at the discretion of the official, host site, parish/school representative, or the CYO, be barred from attendance at subsequent CYO activities.

**Parents and Players ::: Respect your coaches by arriving to practice and PICK UP on time, informing coaches if the player will be late or missing practice or a game, respectfully speak with the coach regarding game or practice questions.**

**Do Not Submit this form, Post for future reference.**

### **SECTION 3: UNDERSTANDING OF RISK OF CONCUSSION AND TRAUMATIC BRAIN INJURY**

#### **What is a concussion?**

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way a student's brain normally works.
- Can occur during Practices and/or Contests in any sport.
- Can happen even if a student has not lost consciousness.
- Can be serious even if a student has just been "dinged" or "had their bell rung."

All concussions are serious. A concussion can affect a student's ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving or exercising). Most students with a concussion get better, but it is important to give the concussed student's brain time to heal.

#### **What are the symptoms of a concussion?**

Concussions cannot be seen; however, in a potentially concussed student, **one or more** of the symptoms listed below may become apparent and/or that the student "doesn't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurred vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy or groggy
- Difficulty paying attention
- Memory problems
- Confusion

#### **What should students do if they believe that they or someone else may have a concussion?**

- **Students feeling any of the symptoms set forth above should immediately tell their Coach and their parents.** Also, if they notice any teammate evidencing such symptoms, they should immediately tell their Coach.
- **The student should be evaluated.** A licensed physician of medicine or osteopathic medicine (MD or DO), sufficiently familiar with current concussion management, should examine the student, determine whether the student has had a concussion, and determine when the student is cleared to return to participate in interscholastic athletics.
- **Concussed students should give themselves time to get better.** If a student has sustained a concussion, the student's brain needs time to heal. While a concussed student's brain is still healing, that student is much more likely to have another concussion. Repeat concussions can increase the time it takes for an already concussed student to recover and may cause more damage to that student's brain. Such damage can have long term consequences. It is important that a concussed student rest and not return to play until the student receives permission from an MD or DO, sufficiently familiar with current concussion management, that the student is symptom-free.

**How can students prevent a concussion?** Every sport is different, but there are steps students can take to protect themselves.

- Use the proper sports equipment, including personal protective equipment. For equipment to properly protect a student, it must be:

The right equipment for the sport, position, or activity;  
Worn correctly and the correct size and fit; and  
Used every time the student Practices and/or competes.

- Follow the Coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

**If a student believes they may have a concussion:** Don't hide it. Report it. Take time to recover.

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

# **Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form** *7/2012*

## **What is sudden cardiac arrest?**

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

## **How common is sudden cardiac arrest in the United States?**

There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year.

## **Are there warning signs?**

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness
- lightheadedness
- shortness of breath
- difficulty breathing
- racing or fluttering heartbeat (palpitations)
- syncope (fainting)
- fatigue (extreme tiredness)
- weakness
- nausea
- vomiting
- chest pains

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

## **What are the risks of practicing or playing after experiencing these symptoms?**

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who have SCA die from it.

## **Act 59 – the Sudden Cardiac Arrest Prevention Act (the Act)**

The Act is intended to keep student-athletes safe while practicing or playing. The requirements of the Act are:

*Information about SCA symptoms and warning signs.*

- Every student-athlete and their parent or guardian must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.
- Schools may *also* hold informational meetings. The meetings can occur before each athletic season. Meetings may include student-athletes, parents, coaches and school officials. Schools may also want to include doctors, nurses and athletic trainers.

*Removal from play/return to play*

- Any student-athlete who has signs or symptoms of SCA must be removed from play. The symptoms can happen before, during or after activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.