PARENTS

If you do not wish for your child to be coached by a particular person, you have two options available:

Option # 1:

Volunteer to coach a team yourself and be selected to do so.

Option # 2

Talk to the coach in person yourself before the draft and politely let he/she know that you do not wish to be drafted by him or her.

Winfield Park and Recreation
HB108

Alabama *Signed into law by the governor on June 9, 2011*

- HB 108 requires that youth athletes and their parents must be educated about the nature of concussion and brain injury. On a yearly basis, a concussion and head injury information sheet must be signed and returned by the youth athlete and his/her parent prior to starting the sports season.
- Coaches must receive annual training to learn how to recognize the symptoms of a concussion and how to seek proper medical treatment for a person suspected of having a concussion.
- A youth athlete suspected of sustaining a concussion or brain injury in practice or a game must immediately be removed from play and cannot return to play until a written clearance is received from a licensed physician.

Concussion Information Sheet

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. 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	• Amnesia
• "Pressure in head"	• "Don't feel right"
• Nausea or vomiting	• Fatigue or low energy
• Neck pain	• Sadness
• Balance problems or dizziness	• Nervousness or anxiety
• Blurred, double, or fuzzy vision	• Irritability
• Sensitivity to light or noise	• More emotional
• Feeling sluggish or slowed down	• Confusion
• Drowsiness	• Change in sleep patterns
• Repeating the same question/comment	• Feeling foggy or groggy
• Concentration or memory problems (forgetting game plays)	

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	• Answers questions slowly
• Moves clumsily or displays incoordination	• Slurred speech
• Shows behavior or personality changes	• Seizures or convulsions
• Can't recall events prior to hit	• Can't recall events after hit
• Any change in typical behavior or personality	• Loses consciousness

What can happen if my child keeps on playing with a concussion or returns to 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 athlete will often under report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for 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.

You should also inform your child's coach if you think that your child may have a concussion.
Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.
For current and up-to-date information on concussions you can go to:

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

The City of Winfield Park and Recreation Department Parent Code of Conduct. As a parent,

♣ I will remember that children participate to have fun and that the game is for the children, not the adults.
♣ I (and my guests) will follow the rules and regulation of the City of Winfield Park and Recreation Department.
♣ I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game and practice.
♣ I (and my guests) will not engage in any kind of unsportsmanlike conduct with any umpire, referee, coach, player or parent, such as booing or taunting, refusing to shake hands or using profane language or gestures.
♣ I will not encourage any behaviors or practices that would endanger the health and wellbeing of the players.
♣ I will never harass, ridicule or criticize officials, players, opposing coaches or spectators either directly or indirectly at any time, before, during or after a game or practice.
♣ I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
♣ I will teach my child to treat other players, coaches, umpires and spectators with respect, regardless of race, creed, color, sex or ability.
♣ I will praise my child for competing fairly and trying hard.
♣ I will not ridicule or yell at my child or other players for making a mistake.
♣ I will promote the emotional and physical well-being of the players ahead of any personal desire I may have for my child to win.
♣ I understand that violations of the Parent Code of Conduct may result in disciplinary action outlined in the Zero Tolerance Policy.

WINFIELD PARK AND RECREATION/FAMILY BEHAVIOR POLICY

In addition to the Parent Code of Conduct My family and I will:

- Encourage good sportsmanship by demonstrating positive support for players, coaches, and officials at practices and games.
- Demand a drug and alcohol free environment for my family and will refrain from their use at practices and games.
- Remember that the game is for children and not for adults.
- Make youth sports fun for children
- Expect my family to treat other players, coaches, officials and fans with respect.
- Remember that it is my responsibility to make sure that my child attends practices and games. I understand that being late to and/or absent from practices/ games consistently can lead to loss of playing time by my child.
- Be an example of good sportsmanship at all times. I understand that a display of poor sportsmanship can lead to partial or permanent suspension from this sports program. Unsportsmanlike conduct is defines as but not limited to the following:
  - ***a.*** Harassment of players, officials, spectators ***b***. Use of profane language and/or gestures
  - ***c***. Public threats of physical violence.

I have read and understood this form and have been given a copy for my review.

Parent/ Guardian signature Date

(Copies of this code of conduct are available at the front desk and online at www.winfieldparkand rec.org)

WAIVER OF LIABILITY FORM

Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus ("COVID-19") has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. The Winfield City Park and Recreation Board (hereinafter the "Board") has put in place preventative measures to reduce the spread of COVID-19. However, the Board cannot guarantee that I will not become infected with COVID-19. Further, attending any program or activity at the City Park Complex increases my risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 while attending events at the City Park Complex and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the City Park Complex may result from the actions, omissions, or negligence of myself and others, including, but not limited to, City Park Complex employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my attendance at the City Park Complex. On my behalf, I hereby release, covenant not to sue, discharge, and hold harmless the City of Winfield, the Winfield Park and Recreation Board, and their employees, agents, representatives, volunteers, coaches and assistant coaches of and from all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any claims based on the actions, omissions, or negligence of the City of Winfield, the Winfield Park and Recreation Board, and their employees, agents, representatives, volunteers, coaches and assistant coaches , whether a COVID-19 infection occurs before, during, or after attending any City Park Complex program or activity.

_____	_____	_____	_____
Participant's Signature (if not a minor)	Date	Participant's Printed Name (Please print legibly)	Age

PARENTAL CONSENT: I am the minor's parent or guardian named above and I understand the nature of the Waiver of Liability above and verify and consent to the minor attending the City Park Complex. On the minor's behalf, I hereby release, covenant not to sue, discharge, and hold harmless the City of Winfield, the Winfield Park and Recreation Board, and their employees, agents, representatives, volunteers, coaches and assistant coaches from all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. On behalf of the minor, I understand and agree that this release includes any claims based on the actions, omissions, or negligence of the City of Winfield, the Winfield Park and Recreation Board, and their employees, agents, representatives, volunteers, coaches and assistant coaches, whether a COVID-19 infection occurs before, during, or after attending in any City Park Complex program or activity.

_____	_____	_____
Parent/Guardian Signature (If under age 18, Parent/Guardian must sign)	Date	Printed Name of Parent/Guardian