



Hold Harmless Agreement (Formerly called Participation Form)

This form must be signed and returned to the club's coach before the listed child\children can participate in Midlakes Swim League (MSL) swim team activities.

Club: _____ Membership # _____

Parent Name: _____ Home Phone: _____

Cell Phone 1: _____ Cell Phone 2: _____

Email Address 1: _____ Email Address 2: _____

Emergency Information and Medical Release

I hereby consent to participation by my child/children listed below on our club team in the Midlakes Swim League.

Athlete's First Name	Athlete's Last Name	Birthdate	Swim/Polo/Dive
			S P D

I understand this activity involves an element of risk of bodily injury, including, but not limited to, activities occurring in a pool, on a pool deck, on a starting block, around the facility, and/or while performing a racing start. We will assume all risks associated with and incidental to participating on a swim team.

My child/children have no special medical conditions, except those described below, and is fit to participate on a swim team.

Special medical conditions: _____

In consideration of the right and privilege for my child to participate, we hereby release, waive, and agree to hold harmless the Midlakes Swim League, this club, its members, directors, and employees, the club hosting the event, its members, directors, and employees, and coaches, organizers, and parent volunteers for any and all liability, claims, legal actions, and demands of any nature whatsoever which may arise from or in connection with the swim team or related activities.

I understand that events may take place away from our club. I understand that the coaches are not responsible for transportation to swim meets or related swim team activities.



Code of Conduct

As a member of the Midlakes Swim League, we agree to:

- Abide by the MSL Operating Plan.
- Consistently display respect, honesty and sportsmanship toward coaches, teammates, officials, volunteers, parents and competitors.
- Consistently display a positive and supportive attitude toward all teams, coaches, teammates and competitors.
- Refrain from inappropriate or unacceptable behavior such as:
 - The display or use of aggressive behavior or intentional contact.
 - The use of offensive language, including any derogatory reference to any person's race, sex, ethnicity or other characteristics.
 - Any activity which would detract from the positive image of the MSL.

All infractions that result in meet expulsion must be reported to the MSL board within three (3) days.

Any infraction of this code may result in, but is not limited to, the following actions by the Midlakes Swim League Board:

- Restriction from future competition for a designated period of time.
- Placement on probation for a designated period of time.
- Restriction from participation in championship competition.

Eligibility

The Operating Rules of the Midlakes Swim League state:

1. "All the contestants in league-sponsored meets **must be certified members of the club** they represent with the exception of diving which shall be governed by the approved dive operating plan. All certified club members shall enjoy full rights of participation in all activities sponsored by the Midlakes Swimming League.
2. **Only club members are eligible to swim for a member team. Club membership is determined by that club's by-laws.**
 - a. Each club shall provide a copy of its by-laws prior to the first day of practice.
 - b. A new club shall provide a copy of its by-laws prior to the first day of practice.
 - c. The league should be notified of any change to the membership requirements of a team prior to the first day of practice.
 - d. An eligible participant is one who:
 - 1) has the swimming privileges of the club's swimming facilities during the summer swim league season.
 - (a) Summer swim league season is defined from the first eligible day of Midlakes practice through the end of League Championships.
 - e. **Participation will not be allowed:**
 - 1) **If membership in the club is a result of seasonal or part-time employment**
 - (a) If a coach is also a swimmer, proof of club membership must be provided
 - 2) Due to inconsistent membership policy - participants must have been admitted on the same basis as all other members and without regard to ability.
 - 3) By using the membership of another family for the purposes of swimming"

I hereby authorize emergency medical/dental care and treatment for my child as necessary. I have read and agree to the release. Our family has discussed the league's Code of Conduct and understands what is expected of parents and swimmers. **We understand the Eligibility rules of the league and certify that our family meets these guidelines of club membership.**

Signature

Date



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.** 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:

<ul style="list-style-type: none">✓ 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	<ul style="list-style-type: none">✓ Amnesia✓ “Don’t feel right”✓ Fatigue or low energy✓ Sadness✓ Nervousness or anxiety✓ Irritability✓ More emotional✓ Confusion✓ Concentration or memory problems✓ Repeating the same question/comment
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Signs observed by teammates, parents and coaches include:

<ul style="list-style-type: none">✓ 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	<ul style="list-style-type: none">✓ 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✓ Slurred speech
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What can happen if my child keeps on playing with a concussion or returns too soon?

Adapted from the CDC and the 3rd International Conference on
Concussion in Sport Document created 9/15/2009

Midlakes Swim League

Concussion Information Sheet

Athletes with the signs and symptoms of concussion must 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 athletes is the key for athlete safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion must be removed from the meet 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 its better to miss one meet or practice 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/>

This form must be signed and dated by BOTH athlete and parent or guardian BEFORE the athlete can participate in practice or competition.

_____ Athlete Name Printed	_____ Athlete Signature	_____ Date
_____ Athlete Name Printed	_____ Athlete Signature	_____ Date
_____ Athlete Name Printed	_____ Athlete Signature	_____ Date
_____ Parent or Legal Guardian	_____ Printed Parent or Legal Guardian Signature	_____ Date