

# South Bay Aquatics Parent Information

2220 Otay Lakes Road, Ste 502-755, Chula Vista, CA 91915  
(619) 865-4209 – Phone or Text [admin@southbayaquatics.org](mailto:admin@southbayaquatics.org)

*Welcome to SBA! Here you will find information regarding the swim team.*

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**POOL LOCATIONS** Refer to [www.southbayaquatics.org](http://www.southbayaquatics.org) for current locations/hours

(MD) Mater Dei High School, 1615 Mater Dei Dr, Chula Vista, 91913

\*(EL) Eastlake, Eastlake Greens Pool, 2405 Clubhouse Drive, Chula Vista 91915

(\*must be resident of Eastlake Association to swim at pool)

(LV) Loma Verde Pool, 1420 Loma Lane, Chula Vista, 91911 (closed for remodel – start Sept 2021)

## PROCESS TO JOIN

### Step 1: TESTING

Most groups have a waiting list due to space limitations; new and returning swimmers are required to take a swim test to get on the waiting list or start/return. Contact [Admin@southbayaquatics.org](mailto:Admin@southbayaquatics.org) for information on scheduling a swim test and to join the current waiting list. Locations and times depend on the group for which your swimmer is testing.

***Test Requirements: The swimmer must swim 50 yards freestyle with breathing; 25 yards backstroke and be deep water safe.***

### Step 2: CREATE ONLINE ACCOUNT

SBA carries hundreds of swimmers each month; therefore, each swimmer **must** create an online account to have access to the pools. This is essential for communication and invoicing. Weekly informational texts/emails are generally sent out by each coach to their specific group as well as team communication as needed. Most general information is sent to the parents through email. A valid email address is required. **ALL EMAILS/CELL PHONE NUMBERS MUST BE VERIFIED TO RECEIVE MESSAGES.**

To register, go to [www.southbayaquatics.org](http://www.southbayaquatics.org). On the left side of the home page under **START REGISTRATION** is a link that will take you through a series of pages to complete.

**Terms to know:**

**Account** refers to the parent/guardian responsible for the swimmer.

**Member** refers to the swimmer.

A valid email address and phone number along with other pertinent information are required. During the initial registration, you must pay by credit card. Once the Admin approves the account, you will have access to update/view your account. All payments must be made by credit card or ACH/Bank Draft. If you have any questions or issues creating the account, please email [admin@southbayaquatics.org](mailto:admin@southbayaquatics.org). Only ONE account is needed per swimmer. Multiple swimmers are tied to the email address.

**Step 3: TRIAL PERIOD**

If the swimmer passes the swim test, they may start the Two-Week Trial Period upon space availability. The start date of the Trial may depend on a waiting list at the pool. The Admin or coaches will notify you of a waiting list. **Before starting the trial period, you will need to contact the Admin to show an ORIGINAL birth certificate or passport to verify name and date of birth.** (More information below under Step 4: Obtain a USA Swimming Card/ID)

**TWO WEEK TRIAL PERIOD:**

We offer **NEW SBA SWIMMERS** a **ONE TIME** two (2) week tryout for \$25. It is for two (2) continuous weeks and cannot be broken up over a longer period of time. The fee is due at the start of the tryout and will be charged when you register.

If the coach decides the swimmer is ready to continue, the remaining day(s) of the month will be prorated and due after the two-week trial has ended (if applicable). The full monthly fees are due at the beginning of the following month. *\*The only time fees are not prorated is if the tryout covers the last 2 weeks of a month.* Swimmers continuing after the trial period are required to get a USA swim card. More information below.

**CURRENT and RETURNING SWIMMERS:**

SBA is a year-round swim program, and it is expected swimmers will take time off throughout the year for various reasons. An important thing to keep in mind is **it the parent's responsibility to inform SBA if you plan to be gone 30 days or longer.** Email [admin@southbayaquatics.org](mailto:admin@southbayaquatics.org) before the end of the previous month to have your account suspended. Suspended accounts will not be billed. All billing automatically occurs on the 1st day of each month for all active accounts. **Note: Monthly fees are not prorated after the initial tryout period (if applicable) and are assessed whether a swimmer attends 1 practice a month or 20+, so returning before the end of the month will generate the full monthly fee.**

The two-week tryout offer is only valid once. If a swimmer returns after an extended break, they are not eligible to go through the tryout again.

## MONTHLY FEES AND GROUP TIME COMMITMENTS

Bronze (45 minutes weekdays) - \$100 per month

Silver (45 minutes weekdays + up to 30 minutes of dryland at pool) - \$100 per month

Age Group Development (1.5 hours weekdays) \$120 per month

Age Group Elite (2 hours Monday-Saturday) \$140 per month

\*Senior Groups: (time standards - not age based)

Senior Development (2 hours weekdays) \$120 per month

Senior Performance Development (2 hours Monday-Saturday) \$140 per month

Senior Elite (2 hours Monday-Saturday plus additional workouts during peak season) \$160 per month

*\*The senior groups may incorporate up to 30 minutes of dry land activities before swimming and also have additional morning workouts throughout the season. Some dryland activities incur additional costs.*

Monthly fees are due on the first day of the month and late after the 10<sup>th</sup> of each month. A late fee of 10% will be added after the 10<sup>th</sup> day unless other arrangements are made by the first day of the month. **Note: Monthly fees are not prorated after the initial tryout period (if applicable) and are assessed whether a swimmer attends 1 practice a month or 20+.**

Accounts are required to keep a valid credit/debit card or automatic bank draft active. Coaches are no longer be able to accept cash/check payments at the pool. Arrangements can be made with the admin to collect cash or checks; additionally, checks can be mailed to SBA; however, you are encouraged to go online and make a credit/debit payment at any time on your account and to avoid any late fees. Credit card payments are paid automatically online through the Team Management website on the 1st day of each month or the 1st day of the first month of the quarter, if paying quarterly. Please email the Admin at [admin@southbayaquatics.org](mailto:admin@southbayaquatics.org) with any issues regarding adding credit/debit card/ACH information.

### **DISCOUNTS:**

We offer a \$10 monthly sibling discount for any additional active swimmer(s) **in the same household**. The first swimmer is full price. All additional siblings must be registered, and the discount will automatically be applied each month.

We offer a 10% discount if a swimmer pays quarterly\*: Jan-Mar, Apr-Jun, Jul-Sept, and Oct-Dec. This fee is due the first month of each quarter. *So, for example, if a swimmer is in the Bronze group, the quarterly fee is \$270.00 (\$100 x 3 months x 10% off.) If there is a second swimmer in the household who is also in the Bronze group, that swimmer's quarterly fee is \$243.00 (\$100 - \$10 sibling discount = \$90 x 3 months x 10% off.)* Quarterly fees are not prorated and suspending/leaving the team during a quarter will revert to the regular monthly amount due for each month attended during the quarter.

\*10% quarterly discount does not apply to swimmers with Free/Reduced Lunch rates.

Finally, we offer a 25% monthly discount for swimmers who are approved for the Free/Reduced Lunch Program through their school district. For the 2022-23 school year, if your school district provides free meals to all students, the Nutrition Approval letter from the swimmer's school district cannot be used. Instead, go to page 2 of [this link](#) and submit one of the USA Swimming approved documents. Documentation **MUST** be emailed to the Admin to receive the 25% discount. Paper copies are not accepted. A new approval letter or document is needed **each new school year** to keep the discount. Also, Outreach cannot be combined with the \$10 sibling discount or any other discount. The discounted rate takes effect on the month following receipt of the letter. **NO EXCEPTIONS.**

#### **REFUNDS:**

Refunds are issued on a case by case basis. **It is the responsibility of the parent to notify SBA when swimmers are taking a leave of absence.** Accounts are not automatically refunded if your swimmer does not attend for a calendar month. If approved, no more than **1 month of fees** charged will be refunded, and only applies to the month contacted. **NO EXCEPTIONS.** (Ex. Parent emails on January 1 to stop account; only January fees will be refunded).

#### **Step 4: OBTAIN A USA SWIMMING CARD/ID:**

To start the trial period, each new swimmer must have their name and date of birth verified by the admin. Contact [admin@southbayaquatics.org](mailto:admin@southbayaquatics.org) to send a photo of your swimmer's ORIGINAL birth certificate or passport to verify the information against the registration. After the two week trial period, each swimmer is **required** to register with USA Swimming...**NO EXCEPTIONS!** It is for catastrophic liability insurance while at SBA functions (meets, practices, etc.). It is also required to enter sanctioned swim meets. The information for the swim ID is taken from the verified documents and the online registration form, so be sure your name/address/phone/email are correct. New swimmers **MUST** register at the conclusion of the trial period; returning swimmers will automatically be registered upon return to SBA (if applicable).

#### **Documents needed for first time registering :**

\* **Original Birth Certificate, Passport or Passport Card (for name/birthday verification) The documents will be verified before the start of the trial period.**

Starting September 1, 2022 for the 2023 year, USA Swimming is changing the way IDs are to be issued. New swimmers getting ID numbers issued for the first time after September 1, 2023 will have a different process to follow. Parents will have to self-register and pay for the new and renewed USA Swim ID cards. Details are still being worked out with USA Swimming on exact procedure.

For the rest of August, new and renewed USA Swim IDs are registered electronically through SBA. SBA will bill your account and charge your credit/debit cards or ACH draft. For August, all new accounts will be getting FLEX cards issued. (Fees are \$20 for FLEX and \$79 for Premium). FLEX allows swimmers to participate in 2 sanctioned swim meets per calendar year; premium (formerly year round) has no meet restrictions. FLEX cards can only be upgraded to the same year Premium cards by paying the difference. (e.g. 2022 FLEX can upgrade 2022 Premium for \$59; 2022 FLEX cannot upgrade to 2023 Premium)

Like SBA, USA Swimming offers a discount on registration for swimmers normally approved for the Free/Reduced Lunch Program through their school district. Like the SBA reduced rate, you can use the same information you submitted for the monthly rates to obtain an Outreach USA Swimming card. Emailed .pdf or .jpg are acceptable; no paper copies. The fee is \$7 and has no meet restrictions. Go to page 2 of [this link](#) and submit one of the USA Swimming approved documents.

### **Annual Renewals:**

**Every** swimmer must have a valid USA Swim ID number before returning to the pool. IDs are renewed each calendar year. Birth certificates/Passports only need be shown to get the ID number issued; renewals do not require documentation. Through August, only registrations electronically submitted through SBA are accepted. The physical office of SBA's governing body (SI Swimming) is permanently closed; therefore, no individual registrations will be accepted by the swim office registrar. Beginning in September for the 2023 swim year, the process is changing to a self-registration/renewal that each member will need to register through USA Swimming to get an ID number issued. More details will be released as they become available.

\*If the swimmer qualifies for the Free/Reduced Lunch Program, a copy of the documents listed on the Outreach link must be submitted each school year (September) with the registration information to continue receiving the reduced USA Swimming Registration fee.

### **SWIM MEET ENTRIES**

Swim meet schedules for each season can be found on SBA's website under Team Events or on our LSC website [www.si-swimming.com](http://www.si-swimming.com). This is a great place to find local swimming information. Upcoming meets, results from past meets, forms, and other information can all be found on the website listed above.

There is a \$2 Administrative Fee for each swimmer upon entering a swim meet. Meet formats and instructions to enter/pay are online under each meet listed. Most meets are entered online only on the website whereby swimmers can pay online themselves or be billed/charged for the entries. All payments should be made online. Information as to when the entries are due for specific swim meets is on the Team Events tab, located on the SBA website ([www.southbayaquatics.org](http://www.southbayaquatics.org)). The deadline for meet entries is generally on a Sunday, up to 2 weeks before the designated swim meets. The meet entries **MUST BE REGISTERED ONLINE**. Credit cards are generally billed a few days after the deadline passes. For questions regarding an entry, ask your swimmer's coach. **Late entries (if accepted) will be charged double and are at the discretion of the host team. No Exceptions.**

### **REFUNDS / NO SHOWS / SCRATCHED EVENTS:**

If you register for a swim meet, you are responsible for the meet fees **even if you do not attend the meet for any reason**. To avoid being charged for the meet, you **MUST** decline by the deadline. Once the deadline passes, SBA pays for the meet entries on the swimmers' behalf and is not refunded for missed events. Keep in mind you may enter any number of qualified events; however, if the meet has entry limits, you will need to scratch extra events. There are no refunds for scratched events. Always read the meet information sheet for entry limits. **There are NO EXCEPTIONS to these rules.**

## **PARENTS AND VOLUNTEERING**

Most COVID restrictions have been lifted now and parents are allowed to return to the pool deck in limited fashion. Each meet is different, so it is vital to read the meet program for each meet your swimmer will enter. Going forward, parents **MUST** complete the Safe Sport Modules (Parent's Guide to Misconduct in Sports) to be allowed on the deck; lack of completion does not excuse volunteering duties. Fines will still apply. More information is listed further in the packet.

More so than swimmers, parents are the most valuable asset to SBA's success, and volunteering is essential. Normally each year our team hosts 5-6 swim meets, and those meets would not be possible without parent support. **In order to register for any swim meet, swimmers are required to have a parent volunteer at the meets and cannot check in for events until a parent/volunteer is on the schedule (home meets).**

**For non SBA hosted (away) meets, all parents are required to volunteer at the meet. This usually involves lane timing; however, certain meets have other responsibilities. At the end of this packet is the VOLUNTEERING POLICY. Please read over it carefully and contact the admin if you have any questions/concerns.**

If the facility allows parents on campus, during practice, parents **MUST** remain in the spectator areas of the pools and not disturb the coaches or swimmers. If you have a question for the coach, please email them first and arrange to talk to them before or after the practice.

Children/Swimmers **MUST** be picked up within 15 minutes of their scheduled end of practice time or they may be assessed a late pick-up fee. Be on time or check with other parents if you need to car pool.

## **FUNDRAISING**

SBA is a non-profit swim team that runs primarily on monthly fees from the general membership. In order to keep the monthly fees as low as possible, SBA hosts swim meets and small optional fundraisers throughout the year. There is only one **MANDATORY** fundraiser for the team. Fees and donations collected throughout the year are used to help defray pool costs, purchase and maintain team equipment and keep monthly fees at a reasonable rate.

### **SWIM-A-PALOOZA (MANDATORY FUNDRAISER)**

Once a year SBA hosts a Swim-A-Palooza. This is the **one mandatory** fundraiser for our team. Traditional year round swimmers and swimmers joining during the summer season are required to participate. There is a minimum of \$100 for **EACH SWIMMER**. Swimmers can make a flat donation or swim up to 200 laps during the designated Swim-A-Palooza day. More information is available during the fundraising campaign. Prizes and other incentives are offered for raising the most funds during the campaign.

### **ADDITIONAL INFORMATION UNFORSEEN CIRCUMSTANCES:**

While we try to get information out early for planned pool closures, there are times when a pool will close unexpectedly and/or practice times/locations change. The plan in place is to notify all parents as soon as we are notified; however, to do that effectively, we need all parents to have their contact information up to date and verified on the SBA website. Please have not only the Account page updated, but also the Member page (swimmer's page) as well so coaches can send out messages quickly and to each active member. Each account and member page should have an email address and cell phone number. Once those are entered, you will receive an email/text asking to verify, please answer accordingly. Additionally, check Instagram, Twitter and Facebook for up-to-date SBA information. **Coaches have their own group chats (Remind, Group Me, etc); be sure to get your information to them as Coaches have the most up to date pool information.**

### **DELINQUENT ACCOUNT POLICY:**

SBA is a non-profit swim club that relies almost exclusively on membership dues to operate. Through a contract with the LSC (our governing swim body) for our timing system, we are able to keep the fees lower than any other swim team in the area. With that in mind, it is important to keep all accounts current. If a situation arises, please do not hesitate to contact the admin to discuss options. (Article II, Section 5.B of the By-laws state in part that any membership with dues more than 30 days in arrears and without a payment plan arranged by the treasurer or site manager shall be terminated. Furthermore, Article III, Section 2.A states in part that members who have not paid fees by the 10th of the month shall not be permitted to enter the pool until fees are paid current.)

### **SBA PARENT VOLUNTEER POLICY**

South Bay Aquatics (SBA) is a parent run non-profit organization. SBA is able to keep the monthly fees low by implementing several revenue generating activities like running the timing for most LSC sanctioned meets and hosting 5-6 swim meets a year. The other major factor in keeping fees low is volunteering.

After careful review of our current practices as well as researching policies/practices of other teams locally and regionally, the Board implemented the following guidelines for volunteering obligations:

- \* Our hosted (home) swim meets (5-6/yr.), **REQUIRE** a 2-4 hour volunteer block during each meet depending on meet length and number of SBA swimmers entered. Swimmers cannot check in unless parents are signed up for volunteering slots.
- \* For non-hosted (away) meets, all families are **REQUIRED** to volunteer **in EACH session** they have a swimmer competing. The majority of volunteering at away meets is lane timing unless it is a championship level meet.

A team parent meeting for all away meets is set for 30 minutes before the start of each session. During this time, parents meet each other and arrange how their time block will be managed. To ensure fairness, just as the swimmers have a check-in cutoff, so will the parents.

**Parents are expected to be present at the parent meeting (and fulfill your timing slot) in order to receive credit for volunteering. The Parent Board voted to implement a \$20 FINE billed**

**to your account for EACH parent meeting missed (this could result in several fines for multiple sessions/multiple days).**

It is the **PARENT’S** responsibility to be present or have a representative responsible for fulfilling your volunteering obligations. **This applies even if your coach allows you to show up at the meet after the session starts (ex: relay only swimmers).** The goal is to have fair, widespread parent participation. \*You cannot send your swimmer entered in the meet to the meeting to represent you. **Parent meetings are scheduled 30 minutes before the start of the session.**

## **SAFE SPORT FOR PARENTS/SWIMMERS REQUIREMENTS**

USA Swimming and San Diego-Imperial Swimming, our governing bodies require all swim teams to be a Safe Sport Recognized Club. SBA is a Safe Sport Recognized club. Part of maintaining our recognized status is that all SBA parents of swimmers of all ages as well as all athletes 12 and over complete the Safe Sport modules. Once your swimmer/athlete is registered, you can register for the module.

The courses are all offered through USA Swimming and as parents/swimmers complete the courses, the information is updated automatically. This course has to be taken annually by each member of SBA, board members and coaches included.

Courses are completed through the USA Swimming LEARN platform. If the course provides a certificate of completion at the end, please forward to [admin@southbayaquatics.org](mailto:admin@southbayaquatics.org). Going forward, only those parents who have completed the course will be allowed on deck.

For athletes:

1. Visit [www.usaswimming.org/learn](http://www.usaswimming.org/learn).
2. Enter your last name, first name and date of birth into the search parameters boxes. Click “Search”.
3. Click “Continue” next to your name.
4. Click “Go to Learn”. 5. Select “Courses” at the top.
6. For athletes ages 12-18, click on the Safe Sport for Athletes course and complete the course using the prompts.
7. For athletes over the age of 18, click on SafeSport Training for Adult Athletes.

For parents:

1. Visit <https://learn.usaswimming.org/>
2. Click “Register”.
3. Click “Create Account” in the Non-Member Access box.
4. Follow the prompts to register an account.
5. Click “Courses.”
6. In Parent’s Guide to Misconduct in Sport, select “Add to Cart”.
7. Click “Checkout”.
8. Enter the requested billing address information and click “Order”. [Note: the course is free]
9. Click “Dashboard”. 10. Select the Parent’s Guide to Misconduct in Sport course to start.
11. Complete the course using the prompts.

12. Forward certificate to [admin@southbayaquatics.org](mailto:admin@southbayaquatics.org)

## IMPORTANT WEBSITES & EMAIL ADDRESSES

[www.southbayaquatics.org](http://www.southbayaquatics.org) – SBA’s Official Website

[www.si-swimming.com](http://www.si-swimming.com) – San Diego/Imperial Swimming Website

[www.usaswimming.org](http://www.usaswimming.org) – USA Swimming Website

[admin@southbayaquatics.org](mailto:admin@southbayaquatics.org) – SBA Admin

[treasurer@southbayaquatics.org](mailto:treasurer@southbayaquatics.org) – SBA Treasurer

[President@southbayaquatics.org](mailto:President@southbayaquatics.org) – SBA President

[teamstore@southbayaquatics.org](mailto:teamstore@southbayaquatics.org) – Team Store (team shirts, hoodies, caps, etc)

<https://www.swimwestusa.com/collections/south-bay-aquatics> - Team Store (suits, parkas, gear)

Password: gosouthbay

### Coaches:

[CoachAnhton@southbayaquatics.org](mailto:CoachAnhton@southbayaquatics.org) – Anhton Tran, Interim Head Coach / Senior Performance Coach

[Nedsmaggiora@gmail.com](mailto:Nedsmaggiora@gmail.com) – Ned Maggiora, Head Age Group Coach, Age Group Elite

[CoachJen@southbayaquatics.org](mailto:CoachJen@southbayaquatics.org) – Jennifer Mills, Senior Development Coach

[CoachAdriana@southbayaquatics.org](mailto:CoachAdriana@southbayaquatics.org) – Adriana Meza, Age Group Development Coach

[CoachAndy@southbayaquatics.org](mailto:CoachAndy@southbayaquatics.org) – Andy Randazzo, Bronze and Age Group Development Coach

[CoachNicole@southbayaquatics.org](mailto:CoachNicole@southbayaquatics.org) – Nicole Moran – Bronze and Silver Coach

[CoachRyoko@southbayaquatics.org](mailto:CoachRyoko@southbayaquatics.org) - Ryoko Gidley – Bronze Coach

(619) 865-4209 – Team Admin – Text message preferred



## **CONCUSSION INFORMATION SHEET**

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### **Dear Parent/Guardian and Athletes,**

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

### **What is a Concussion?**

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe.

### **Signs and Symptoms of a Concussion**

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

### **Signs Observed by Coaches, Officials, Parents or Guardians**

- Appears dazed, stunned or confused
- Unsure about event, location of name of meet
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes – irritability, sadness, nervousness,
- emotional

Can’t recall events before or after incident

### **Symptoms Reported by Athlete**

- Any headache or “pressure” in head - how badly it hurts does not matter
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”
- Trouble falling asleep
- Sleeping more or less than usual

### **Be Honest**

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss practice or meets than the entire season... or risk permanent damage!

### **Seek Medical Attention Right Away**

Seeking medical attention on the day of the event is an important first step if you suspect or are told your swimmer has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities:

- No athlete should return to activity on the same day he/she gets a concussion
  - No athlete may return to training, regardless of sport, until he/she is cleared by a health care professional with a note specifying clearance. Athletes should NEVER return to the pool if they still have ANY symptoms..... in case an athlete returns with a note and then during the practice complains of a headache or other symptoms
- Parents and coaches should never pressure any athlete to return to play

### **The Dangers of Returning Too Soon**

Returning to the pool too early may cause Second Impact Syndrome (SIS) or Post Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

### **Recovery**

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete’s injury and their roles in helping the child recover. During the recovery time after a concussion, physical and mental rest is required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse

and cause the brain to heal slower. Studies show that children's brains take several weeks to heal following a concussion.

### **Returning to Daily Activities**

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur. 5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

### **Returning to School**

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
  - a. Increased problems paying attention.
  - b. Increased problems remembering or learning new information.
  - c. Longer time needed to complete tasks or assignments.
  - d. Greater irritability and decreased ability to cope with stress.
  - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help can be removed gradually.

### **Returning to the Pool**

1. Returning to the pool is specific for each person. As an example, California law requires written permission from a health care provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER be on deck, practice, or participate in competition if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
4. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.

## **Resources:**

**Insurance** - USA Swimming provides an excess accident medical insurance policy for USA Swimming members while participating or volunteering in a USA Swimming sponsored or sanctioned event. Details of the insurance coverage are on the USA Swimming website under Insurance and Risk Management.

**Centers for Disease Control and Prevention** - [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

**Zurich Concussion Conference (2012)** - Consensus statement on concussion in sport: the 4<sup>th</sup> International Conference on Concussion in Sport held in Zurich, November 2012. <http://bjsm.bmj.com/content/47/5/250.full>

**ODH Violence and Injury Prevention Program** - [www.healthyohioprogram.org/concussion](http://www.healthyohioprogram.org/concussion)

**National Federation of State High School Associations** - [www.nfhs.org](http://www.nfhs.org) – Index concussions and see “A parent’s guide to concussion in sports”.

## Acknowledgment of Receipt of Concussion Information Sheet

Pursuant to California Health and Safety Code §124235, a concussion and head injury information sheet shall be given by each youth sports organization offering an athletic program to each athlete in that program. The information sheet shall be signed and returned by the athlete and, if the athlete is 17 years of age or younger, shall also be signed by the athlete's parent or guardian before the athlete initiates practice or competition. The USA Swimming Concussion Information Sheet (three pages) is attached to this acknowledgment.

Please note, the information contained in the Swimming Concussion Information Sheet and this Acknowledgment is not medical advice and is no substitute for it.

I hereby acknowledge that I have received the USA Swimming Concussion Information Sheet (four (4) pages) from **SOUTH BAY AQUATICS**

I have read and understand its contents.

I also acknowledge that if I have any questions regarding the signs or symptoms of a concussion or other head injuries, the need to seek medical attention and the protocol for returning to daily activities, school and the swimming pool, I will consult with a licensed health care provider.

\_\_\_\_\_  
Athlete's Name

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's or Guardian's Name

\_\_\_\_\_  
Parent's or Guardian's Signature

\_\_\_\_\_  
Date

This signed acknowledgment may be returned through an electronic medium, including but not limited to, fax or electronic mail. Please check with your USA Swimming Team representatives regarding contact information.