

South Bay Aquatics Information

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

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

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POOL LOCATIONS

(Temporarily Closed due to COVID; refer to www.southbayaquatics.org for current locations/hours)

(LV) Loma Verde Pool, 1420 Loma Lane, Chula Vista, 91911 – Limited use during COVID

(MD) Mater Dei High School, 1615 Mater Dei Dr, Chula Vista, 91913 – Closed for COVID

*(EL) Eastlake, Eastlake Greens Pool, 2405 Clubhouse Drive, Chula Vista 91915 – Closed for COVID

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

(MV) Monte Vista High School, 3230 Sweetwater Springs Blvd., Spring Valley, CA 91977 – Limited use

PROCESS TO JOIN

Step 1: TESTING

Due to COVID restrictions, swim tests are limited. Most groups have a waiting list due to space limitations; new and returning swimmers should go through the swim test to get on the waiting list. Contact Admin@southbayaquatics.org for information on swim tests 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 emails are generally sent out by each coach to their specific group as well as team communication as needed. Often the fastest way to communicate with all parents is 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. 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. Admin will approve the account, and you will have access at that point 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. Only ONE account is needed per swimmer. Multiple swimmers are tied to the email address.

Step 3: TRY-OUT

If the swimmer passes the swim test, they may start the Two-Week Tryout upon space availability. The start date of the Tryout may depend on a wait list at your pool. Please check with the Admin to see if there is a wait list.

TWO WEEK TRYOUT:

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 week(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 are also 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 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

- Bronze (1 hour / Monday-Thursday) - \$100 per month
- Silver (1 hour / Monday-Thursday) - \$100 per month
- Age Group Development (1 ½ hours / Monday- Friday) \$120 per month
- Age Group Elite (2 hours / Monday-Saturday) \$140 per month

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

Senior Development (1 ½ - 2 hours / Monday-Friday) \$120 per month

Senior Performance Development (1 ½ -2 hours / Monday-Saturday) \$140 per month

Senior Performance (2+ hours / 6+ days week) \$160 per month

Senior Performance Elite (2+ hours / 6+ days week) \$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 10th of each month. A late fee of 10% will be added after the 10th 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. Because of COVID, cash/check payments are no longer accepted; however, you are able to go online and make a credit/debit payment at any time on your account. Credit card payments are paid automatically online through the Team Management website on the 1st of each month or the 1st of the first month of the quarter, if paying quarterly. Please email the Admin at 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 (\$1000 x 3 months x 10% off.) If there is a second swimmer in the household who is also in the Bronze group, then 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 if suspending/leaving the team during a quarter will revert to the regular monthly amount due for each month attended during the quarter.

Finally, we offer a 25% monthly discount for swimmers who are approved for the Free/Reduced Lunch Program through their school district. A copy of the Nutrition Approval letter from the swimmer's school district **MUST** be emailed to the Admin to receive the 25% discount. Paper copies are not accepted. A new Approval letter is needed **each new school year** to keep the discount. Also, it 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.** Because of COVID and some schools not in actual class, USA Swimming put out the following guidelines for eligibility for the "Free/Reduced Lunch Program" SBA offers. Click on the link below to see if your swimmer falls into one of the categories listed and provide proof of information to receive the 25% monthly discount as well as the discounted USA Swim Card.

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

<https://www.si-swimming.com/wp-content/uploads/2020/05/2021-Application-SI-Y-R-Outreach-Athlete.pdf>

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. **NO EXCEPTIONS.**

Step 4: OBTAIN A USA SWIMMING REGISTRATION CARD:

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 swim meets and swim practices. It is also required for entering swim meets. The information for the swim card is taken from the online registration form, so be sure your name/address/phone/email is correct. New swimmers **MUST** register after 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)*
- * A completed Swimmer Verification Form from the coach indicating which card (FLEX or Premium)
- * Since 2019, new and renewed USA Swim cards are registered electronically through SBA. SBA bills your account and charges your credit/debit cards or ACH draft. (Fees are \$20 for FLEX and \$77 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 be upgraded to Premium cards by paying the difference, provided the cards are issued for the same year. (e.g. 2021 FLEX can upgrade 2021 Premium for \$57; 2021 FLEX cannot upgrade to 2022 Premium)

*The documents will be verified at the pool and returned to you.

Like SBA, USA Swimming offers a discount on registration for swimmers approved for the Free/Reduced Lunch Program through their school district. A copy of the current school year Nutrition Approval letter from the swimmer's school district **MUST** be submitted to SBA prior to the card issue. Emailed .pdf or .jpg are acceptable; no paper copies. The fee is \$7 and has no meet restrictions.

Annual Renewals:

Every swimmer must have a valid USA Swim card before returning to the pool. Cards are renewed each calendar year. No Birth Certificate/Passport is needed after the initial/new registration above. Starting September 2019, the swim office will only accept registrations electronically submitted through SBA. The physical swim office is permanently closed; therefore, no individual registrations will be accepted by the swim office registrar.

*If the swimmer qualifies for the Free/Reduced Lunch Program, a copy of the District Approval Letter or other document 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. 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. 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). The deadline for meet entries is generally on a Tuesday, a week and a half before the designated swim meets. The meet entries **MUST BE REGISTERED ONLINE**. Credit cards are generally billed by the end of the week. For questions regarding an entry, please ask the swimmer's coach. **Late entries (if accepted) will be charged double and are at the discretion of the host team. As of late, no late entries have been accepted at meets.**

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**. 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

During COVID restrictions, some of the policies below are suspended due to the fact parents are not allowed on the pool deck and a limited number of parents can be offered a timing slot (to be on the deck). In order to be considered to be on the deck, parents **MUST** complete the Safe Sport Modules (Parent's Guide to Misconduct in Sports). More information is listed further in the packet.

After swimmers, parents are the most valuable asset to SBA's success, and volunteering is essential. Each year our team hosts 3-5 swim meets, and those meets would not be possible with 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.

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 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 accessed 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 fundraisers throughout the year. 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-THON (MANDATORY FUNDRAISER)

Once a year SBA hosts a USA Swimming sponsored Swim-A-Thon. 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-Thon 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 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. 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.

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 are encouraging all swim team to become a Safe Sport Recognized Club. The goal is to have each club certified before the end of September. USA Swimming set a goal of all sanctioned swim clubs will be Safe Sport Certified by September 1, 2021. Part of that includes 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. Going forward, only those parents who have completed the course will be allowed on deck.

For athletes:

1. Visit 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.

Important Websites & Email Addresses:

www.southbayaquatics.org – SBA’s Official Website

www.si-swimming.com – San Diego/Imperial Swimming Website

www.usaswimming.org – USA Swimming Website

admin@southbayaquatics.org – SBA Admin

sba.info.krissy@aol.com – SBA General Information

treasurer@southbayaquatics.org – SBA Treasurer

President@southbayaquatics.org – SBA President

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:

CoachDoug@southbayaquatics.org – Doug Russell, Head Coach / Senior Elite Coach

Sba.info.krissy@aol.com – Krissy Payton, Senior Lead Coach / Senior Performance Coach

nedsmaggiora@gmail.com – Ned Maggiora, Age Group Elite Coach

CoachVanessa@southbayaquatics.org – Vanessa Manuel, Senior Performance Development Coach

CoachJen@southbayaquatics.org – Jennifer Mills, Senior Development Coach

CoachAdriana@southbayaquatics.org – Adriana Meza, Bronze and Silver Coach

CoachAndy@southbayaquatics.org – Andy Randazzo, Bronze, Silver and Age Group Development Coach

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



CONCUSSION INFORMATION SHEET

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 or 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

Zurich Concussion Conference (2012) - Consensus statement on concussion in sport: the 4th 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

National Federation of State High School Associations - 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 (three pages) from _____
South Bay Aquatics_____.

(Name of USA Swimming Team).

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.