



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING TEAMWORK



OUTDOOR SOCCER Coach's Handbook

Whatcom Family YMCA

1256 N. State Street, Bellingham, WA 98225
360 733 8630 whatcomymca.or

Fall Outdoor Soccer Leagues Practice Schedule

Downer Fields

September 2 - October 10, 2024

Mondays:

Mini Field 1:

Mini Field 2:

Mini Field 3:

4:00-4:45 pm: Team 1 5:00-5:45 pm: Team 2 5:50-6:35pm: Team 4	4:00-4:45 pm: Team A 5:00-5:45 pm: Team 3 5:50-6:35pm: Team 5	4:00-4:45 pm: 5:00-5:45 pm: Team B 5:50-6:35pm: Team C
--	--	--

Mini Field 4:

Mini Field 5:

4:00-4:45 pm: 5:00-5:45 pm: 5:50-6:35pm: Team 11	4:00-4:45 pm: 5:00-5:45 pm: 5:50-6:35pm: Team 12
---	---

Tuesdays:

Mini Field 1:

Mini Field 2:

Mini Field 3:

4:00-4:45 pm: Team 6 5:00-5:45 pm: Team 7 5:50-6:35pm: Team 9	4:00-4:45 pm: Team E 5:00-5:45 pm: Team 8 5:50-6:35pm: Team 13	4:00-4:45 pm: 5:00-5:45 pm: Team F 5:50-6:35pm: Team 14
--	---	---

Mini Field 4:

4:00-4:45 pm: 5:00-5:45 pm: 5:50-6:35pm: Team 10	
---	--

Fall Outdoor Soccer League Coaches

Downer Fields

September 2 - October 10, 2024

<u>Team</u>	<u>League</u>	<u>Coaches</u>	<u>Practice Time</u>
1 - Blue	3-4 yrs	Mike Cochiarella	Mon 4:00-4:45 pm
2 - Green	3-4 yrs		Mon 5:00-5:45 pm
3 - Navy	3-4 yrs	Josh Kaplan	Mon 5:00-5:45 pm
4 - Red	3-4 yrs	Christian McCall	Mon 5:50-6:35 pm
5 - Grey	3-4 yrs	Owen Bloom	Mon 5:50-6:35pm
6 - Yellow	3-4 yrs	Tori Elwood, Maddie Marvin & Leah Congdon	Tues 4:00-4:45 pm
7 - Orange	3-4 yrs	Nick Auld & Cara Wietstock	Tues 5:00-5:45 pm
8 - Purple	3-4 yrs	Jarred Bird & Stephanie Jones-Flores	Tues 5:00-5:45 pm
9- Purple	3-4 yrs	Daniel Parker	Tues 5:50-6:35pm
10- Blue	3-4 yrs	Diego Oropeza, Savannah Fuller & Renee Hernandez	Tues 5:50-6:35pm
A - Purple	5-6 yrs		Mon 4:00-4:45 pm
B - Green	5-6 yrs	Ty Chang	Mon 5:00-5:45 pm
C - Navy	5-6 yrs	Hillary Jones & Tina Garcia	Mon 5:50-6:35pm
E - Red	5-6 yrs	Heather Thomson, Kevin Cline & John Hughson	Tues 4:00-4:45 pm
F - Grey	5-6 yrs		Tues 5:00-5:45 pm
11 - Green	7-10 yrs		Mon 5:50-6:35 pm
12 - Purple	7-10 yrs	Nick Sotak	Mon 5:50-6:35 pm
13- Red	7-10 yrs	Bart Hawkinson	Tues 5:50-6:35pm
14- Blue	7-10 yrs		Tues 5:50-6:35pm

Fall Outdoor Soccer League Game Schedule 2024

September 2 - October 10 , 2024

<u>Wednesday 9/11</u>		
3-4yrs		
5:00pm	1 v 5	Field 1
5:00pm	2 v 6	Field 2
5-6yrs		
6:00pm	A v F	Field 1
7-10yrs		
6:00pm	11 v 13	Field 2
Team E: No Game		

<u>Thursday 9/12</u>		
3-4yrs		
5:00pm	3 v 7	Field 1
5:00pm	4 v 9	Field 2
5:00pm	8 v 10	Field 3
5-6yrs		
6:00pm	B v C	Field 1
7-10yrs		
6:00pm	12 v 14	Field 2
Team E: No Game		

<u>Wednesday 9/18</u>		
3-4yrs		
5:00pm	1 v 9	Field 1
5:00pm	2 v 8	Field 2
5:00pm	7 v 10	Field 3
5-6yrs		
6:00pm	A v E	Field 1
7-10yrs		
6:00pm	11 v 14	Field 2
Team C: No Game		

<u>Thursday 9/19</u>		
3-4yrs		
5:00pm	3 v 5	Field 1
5:00pm	4 v 6	Field 2
5-6yrs		
6:00pm	B v F	Field 1
7-10yrs		
6:00pm	12 v 13	Field 2
Team C: No Game		

<u>Wednesday 9/25</u>		
3-4yrs		
5:00pm	4 v 5	Field 1
5:00pm	2 v 3	Field 2
5:00pm	6 v 10	Field 3
5-6yrs		
6:00pm	A v C	Field 2
7-10yrs		
6:00pm	11 v 12	Field 2
Team B: No Game		

<u>Thursday 9/26</u>		
3-4yrs		
5:00pm	7 v 1	Field 1
5:00pm	9 v 8	Field 2
5-6yrs		
6:00pm	E v F	Field 1
7-10yrs		
6:00pm	13 v 14	Field 2
Team B: No Game		

Wednesday 10/2

3-4yrs

5:00pm	1 v 8	Field 1
5:00pm	4 v 2	Field 2
5:00pm	5 v 10	Field 3

5-6yrs

6:00pm	C v F	Field 1
--------	-------	---------

7-10yrs

6:00pm	11 v 13	Field 2
--------	---------	---------

Team A: No Game

Thursday 10/3

3-4yrs

5:00pm	3 v 9	Field 1
5:00pm	6 v 7	Field 2

5-6yrs

6:00pm	E v B	Field 1
--------	-------	---------

7-10yrs

6:00pm	12 v 14	Field 2
--------	---------	---------

Team A: No Game

Wednesday 10/9

3-4yrs

5:00pm	6 v 9	Field 1
5:00pm	3 v 1	Field 2
5:00pm	4 v 10	Field 3

5-6yrs

6:00pm	A v B	Field 1
--------	-------	---------

7-10yrs

6:00pm	11 v 14	Field 2
--------	---------	---------

Team F: No Game

Thursday 10/10

3-4yrs

5:00pm	2 v 5	Field 3
5:00pm	7 v 8	Field 1

5-6yrs

6:00pm	C v E	Field 1
--------	-------	---------

7-10yrs

6:00pm	12 v 13	Field 2
--------	---------	---------

Team F: No Game

- **Games and practices are held at Downer Fields located by Arne Hanna. Check signage or game schedule upon arrival for field assignment.**

Volunteer Guidelines WHATCOM FAMILY YMCA

1. Provide for the safety of the children at all times:
 - a. Will have basic first-aid equipment at all times.
 - b. Will make sure a responsible adult is with the kids at all times.
 - c. Will be aware of the nearest phone.
2. Provide a positive role model:
 - a. Will use appropriate and positive language around children at all times.
 - b. Will not smoke in the presence of program participants.
 - c. Will not be under the influence of alcohol or drugs during any YMCA sponsored event.
 - d. Will attempt to be responsible for behavior of parents in the event their behavior is not appropriate.
3. Plan and prepare lessons for practices:
 - a. Will be physically and mentally prepared for practice (i.e. proper equipment, know practice site and time, lesson plan prepared, etc.)
 - b. Each practice will help children learn and improve their skills.
4. Make practice fun as well as instructional:
 - a. Each practice session should consist of the following:
 - i. Warm-up
 - ii. Skill development games
 - iii. Game or modified game
5. Participate in Orientations and Trainings:
 - a. Will be familiar with, and follow, the YMCA program goals, objectives and philosophy.
6. Find own replacement:
 - a. If absent will have assistant coach or other responsible parent fill in.
 - b. Will make every effort not to cancel practice.
7. Contact the YMCA Youth Sport Coordinator immediately in the event of an emergency, and you are unable to continue your coaching obligation

These expectations have been written to ensure the Whatcom Family YMCA has the highest quality of coaches working with our children. Thank you for your time and effort, and have a great season!

Signature:

Date:

CHILD/ADULT ABUSE RECORD SEARCH GUIDELINES

Refer to Revised Code of Washington (RCW) 43.43.830-43.43.845 for complete information. Child/Adult Abuse Information Act background checks may be conducted by Washington State businesses or organizations. Other states must conduct searches under the Criminal Records Privacy Act, RCW 10.97.

1. Searches may be conducted only on prospective employees, volunteers, or adoptive parents.

Background checks may be conducted on prospective employees, volunteers, or adoptive parents who will or may have unsupervised access to children under sixteen years of age, developmentally disabled persons, or vulnerable adults. The background check is for initial employment decisions only.

Background checks on current employees or volunteers should be done through the Criminal Records Privacy Act, RCW 10.97.

2. Applicants must be notified an inquiry may be made.

A business or organization shall not make an inquiry to the Washington State Patrol unless the business or organization has notified the applicant who may be offered a position as an employee or volunteer that an inquiry may be made.

3. A business or organization must prepare a disclosure statement to be signed by the applicant before a background check may be conducted.

A business or organization shall require each applicant to disclose whether the applicant has been:

- (a) Convicted of a crime;
- (b) had findings made against him or her in any civil adjudicative proceeding;
- (c) has both a conviction and findings made against him or her.

4. Applicants must be notified of the response.

The requesting agency shall notify the applicant of the Washington State Patrol's response within ten days after receipt. The employer shall provide a copy of the response to the applicant and shall notify the applicant of such availability.

Notes:

- "Business or organization" means a person, business, or organization licensed in this state, any agency of the state, or other governmental entity, that educates, trains, treats, supervises, houses, or provides recreation to developmentally disabled persons, vulnerable adults, or children under sixteen years of age, or that provides child day care, early learning, or early learning childhood education services, including but not limited to public housing authorities, school districts, and educational service districts.
- The business or organization shall use this record only in making the initial employment or engagement decision. Further dissemination or use of the record is prohibited. A business or organization violating this subsection is subject to civil action for damages.
- Responses are limited to **Washington State records only.**

NOTE: The requested record information is furnished solely on the basis of name and/or description similarity with the subject of your inquiry. Positive identification or non-identification can only be effected upon receipt of fingerprints.

Child Abuse Reporting Procedures

The YMCA promotes a positive guidance and discipline policy with an emphasis on positive reinforcement, redirection, prevention and the development of self-discipline. At no time will the following disciplinary techniques be tolerated: physical punishment, striking, biting, kicking, squeezing, shaming, withholding food or rest-room privileges, confining children in small locked rooms, or verbal or emotional abuse.

Affectionate touch and the warm feelings it brings are important factors in helping a child grow into a loving and caring adult. YMCA staff and volunteers, however, need to be sensitive to each person's need for personal space (i.e., not everyone wants to be hugged). The YMCA encourages appropriate touch; at the same time, however, it prohibits inappropriate touch or other means of sexually exploiting children.

In the event of an accusation of child abuse, the YMCA will take prompt and immediate action as follows:

1. At the first report or allegation that child abuse has occurred, the employed staff person it has been reported to will notify the program director, who will then review the incident with the YMCA executive director or his or her designate. If the program director is not immediately available. This review by the supervisor cannot in any way deter the reporting of child abuse by the mandated reporters. Most states mandate that all teachers and child care providers report information they have learned in their professional roles regarding suspected child abuse. In most states, mandated reporters are granted immunity from prosecution.
2. The YMCA will make a report in accordance with relevant state or local child abuse reporting requirements and will cooperate to the extent of the law with any legal authority involved. (Note: YMCA staff should find out about reporting requirements before the occurrence of any incident.)
3. In the event the reported incident involves a program volunteer, employed staff, or YMCA member, the executive director will immediately, without exception, suspend the volunteer or staff person from the YMCA until an investigation is complete. Accused should be suspended immediately and removed from the program in which the allegation occurred.
4. The parents or legal guardian of the child or children involved in the alleged incident will be promptly notified in accordance with the directions of the relevant state or local agency. If more than one set of parents is involved (e.g., child on child abuse), the YMCA's responsibility is to keep the names and contact information of those involved confidential. People may learn that information some other way, such as through other children, but YMCA staff and volunteers should not provide it. The YMCA needs to protect itself from disclosing information on a minor.
5. Whether the incident or alleged offense takes place on or off YMCA premises, it will be considered job related (because of the youth-involved nature of the YMCA).
6. Reinstatement of the program volunteer, employed staff person or YMCA member will occur only after all allegations have been cleared to the satisfaction of the executive director or his or her designate.
7. All YMCA staff and volunteers must be sensitive to the need for confidentiality in the handling of this information and therefore should discuss the incident only with the executive director or his or her designate.
8. All full-time and part-time employees and program volunteers must read and sign this policy.

Signature

Date

Bathroom Procedures

The YMCA promotes a positive guidance and discipline policy with an emphasis on positive reinforcement, redirection, prevention and the development of self-discipline. At no time will the following disciplinary techniques be tolerated: physical punishment, striking, biting, kicking, squeezing, shaming, withholding food or rest-room privileges, confining children in small locked rooms, or verbal or emotional abuse.

Affectionate touch and the warm feelings it brings are important factors in helping a child grow into a loving and caring adult. YMCA staff and volunteers, however, need to be sensitive to each person's need for personal space (i.e., not everyone wants to be hugged). The YMCA encourages appropriate touch; at the same time, however, it prohibits inappropriate touch or other means of sexually exploiting children.

In the event of an accusation of child abuse, the YMCA will take prompt and immediate action as follows:

1. At the first report or allegation that child abuse has occurred, the employed staff person it has been reported to will notify the program director, who will then review the incident with the YMCA executive director or his or her designate. If the program director is not immediately available. This review by the supervisor cannot in any way deter the reporting of child abuse by the mandated reporters. Most states mandate that all teachers and child care providers report information they have learned in their professional roles regarding suspected child abuse. In most states, mandated reporters are granted immunity from prosecution.
2. The YMCA will make a report in accordance with relevant state or local child abuse reporting requirements and will cooperate to the extent of the law with any legal authority involved. (Note: YMCA staff should find out about reporting requirements before the occurrence of any incident.)
3. In the event the reported incident involves a program volunteer, employed staff, or YMCA member, the executive director will immediately, without exception, suspend the volunteer or staff person from the YMCA until an investigation is complete. Accused should be suspended immediately and removed from the program in which the allegation occurred.
4. The parents or legal guardian of the child or children involved in the alleged incident will be promptly notified in accordance with the directions of the relevant state or local agency. If more than one set of parents is involved (e.g., child on child abuse), the YMCA's responsibility is to keep the names and contact information of those involved confidential. People may learn that information some other way, such as through other children, but YMCA staff and volunteers should not provide it. The YMCA needs to protect itself from disclosing information on a minor.
5. Whether the incident or alleged offense takes place on or off YMCA premises, it will be considered job related (because of the youth-involved nature of the YMCA).

6. Reinstatement of the program volunteer, employed staff person or YMCA member will occur only after all allegations have been cleared to the satisfaction of the executive director or his or her designate.
7. All YMCA staff and volunteers must be sensitive to the need for confidentiality in the handling of this information and therefore should discuss the incident only with the executive director or his or her designate.
8. All full-time and part-time employees and program volunteers must read and sign this policy.

Signature

Date

BASIC FIRST AID INFORMATION

Even when everyone works to prevent emergencies, injuries and illness do occur anywhere and at anytime. It is important all YMCA staff have a basic understanding of the general procedures for injury and sudden illness. As YMCA staff you will be required to know and correctly respond to emergencies covered in this handout.

Know location of first aid supplies. Always follow precautions to prevent disease transmission such as using disposable gloves and breathing barriers.

Most Common First Aid Situations

Injuries to Muscles, Bones And Joints

Injuries to muscles, bones and joints are common athletic injuries. There are four types of muscle, bone and joint injuries: fractures, dislocations, sprains and strains. You do not need to know the type of injury because the care you give is the same. Individuals are rarely unconscious and will let you know if they wish for 911 to be called.

- Provide a cold pack or ice to affected area and elevate the injury above the level of the heart to control swelling.
- If the victim is leaving the scene with assistance from family or a friend, immobilize the injured body part by supporting the area above and below injured area.
- Try to keep the victim from leaving the premises alone. Encourage them to call a friend or family member for assistance.

Cuts and Abrasions

Cuts and abrasions are soft tissue injuries to the skin. If a cut is deep, call victim's friend or family member or call 911 for assistance.

- Cleanse affected area thoroughly with soap and warm water - do not cleanse severe open wounds.
- Apply direct pressure to wound until bleeding stops - pinch open cut closed and bandage.
- Put a sterile bandage on wound to protect it from infection.
- For more serious wounds, cover with sterile gauze pad and cover the dressing with a roller bandage and tie knot directly over the wound.
- Direct pressure and elevation will help control bleeding.

Fainting and Sudden Illness

Many different sudden illnesses have similar signs and symptoms. These include feeling light headed or dizzy, sweating or weakness, nausea and pale, clammy skin.

- If a victim is not fully conscious always call 911 for assistance.
- Keep the victim lying down with head lowered and legs elevated.
- Loosen any tight clothing.
- Apply cool damp cloths to face and neck.
- Do not let the victim leave the premises alone, call a friend or family member for assistance.

Shock

Any serious injury or illness can cause the condition known as shock. Shock is a natural reaction by the body. It usually means the victim's condition is very serious. Symptoms include: rapid breathing, rapid pulse, pale coloring, restlessness and changes in consciousness.

- Call 911 for assistance.
- Monitor victim's airway, breathing and circulation.
- Control any external bleeding from an injury.
- Keep the victim from getting chilled or overheated.
- Elevate the legs if a head, neck, or back injury is not suspected.
- Comfort and reassure the victim until emergency medical personnel arrive and take over.
- Do not give food or drink to a victim of shock.

You may see a variety of injuries or illnesses in a public environment like the Y. People can be injured and become ill in many ways, and part of your job is to assist them effectively until emergency medical personnel arrive and take over. Remember you have a duty to respond, and your role is important for the safety and well-being of patrons of the Y. All staff are encouraged to seek First Aid and CPR training.

Soccer Rules WHATCOM FAMILY YMCA

Equipment

- Cleats and shin guards recommended.
- No jewelry is to be worn: watches, rings, necklaces, and bracelets.
- Protective pads may be worn.

Team

- Each 3-4 year old and 5-6 year old team consists of four players: three forwards and one goalie. The 7-10 year old teams will consist of six players: five forwards and one goalie.
- Players can use any part of their body, except their arms and hands.
- The goalie may use his hands near the goal (no off sides in Y soccer).

Timing and Substitutions

- The game consists of two eighteen minute halves with three substitutions per half. (Play until end of scheduled time). Halftime is five minutes.
- The clock continuously runs except for an injured player or coaches' timeout.
- Substitutes may enter the game during a dead ball.

The Goalie

- The goalie may touch the ball with his hands only when near their goal.
- The goalie may: drop kick the ball, place the ball on the ground and kick it, or roll/throw the ball to teammates.
- The goalie is to be left alone if: close to the goal or is in possession of the ball.

Restarting Play

- Goalie throw: awarded if the ball gets stuck behind the net.
- Throw in: awarded if the ball is unplayable at sidelines or out of bounds.

Personal Fouls

- Pushing others.
- Tripping others.
- Striking or swinging out of control.
- Kicking others deliberately.
- Holding onto others.
- Hand balls. Deliberately touching the ball with the arm or hands is a foul; using arms or hands to protect oneself from the ball is not a foul.

Team Fouls

- Dangerous play.
- Obstructing the path of others, similar to setting screens in basketball.
- Misconduct.

No score will be kept in the YMCA's Rookies Soccer League.

Soccer Practice WHATCOM FAMILY YMCA

YMCA Character Values

- Caring
- Honesty
- Respect
- Responsibility

Skills to Teach

- Dribbling
- Passing
- Shooting
- Goalie skills
- Positions and rules

Practice Plan Idea

- Warm-up, five to ten minutes.
- Introduce skill and proper techniques, two to five minutes.
- Fun game(s) that emphasize new skill, five to fifteen minutes per game.
- Introduce second skill and proper technique, two to five minutes.
- Fun game(s) that emphasize new skill and previous skill, five to fifteen minutes per game.
- Any game the team prefers, five to ten minutes.
- End of practice discussion circle, two to five minutes.

Practice Number One

- Follow the leader.
- Introduce passing and show technique, partners.
- Freeze tag.
- Water break.
- Introduce triangle passing, groups of three.
- Monkey in the middle.
- Red light, green light.
- Discussion.

At the Y, it's not whether you win or lose; it's how you learn the game

CONCUSSION YOUTH SPORTS A

Fact Sheet for PARENTS and COACHES

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding/" "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon— while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. Tell your child's coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It's better to miss one game than the whole season.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Concussion Information Sheet WHATCOM FAMILY YMCA

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 (forgetting game plays) • Repeating the same question/comment
Signs observed by teammates, parents and coaches include:	
<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets play • Is unsure of game, score, or opponent • Moves clumsily or displays incoordination • Answers questions slowly 	<ul style="list-style-type: none"> • Slurred speech • 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

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. 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 it is 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/>

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date