

2019 SUMNER FOOTBALL TEAM CAMP



Dates: June 25, 26 & 27

Location: **Rogers High School**
12801 86th Ave E, Puyallup

Time: 12pm - 4:30pm

Cost: \$60

Team Dinner and Lock-in
June 27th

Dinner will be in the SHS Commons @ 6:30pm
Lock-in until 11:30pm

Registration Check List

- Complete and Sign WAIVER & CONSENT TO MEDICAL TREATMENT
- Complete and Sign PARENTAL INFORMATION FOR MEDICATION
- Complete and Sign CONCUSSION INFORMATION SHEET
- Make Payment (\$60 Payable to SHS ASB) and Turn in completed forms to the SHS Bookkeeper

Note: online payment and registration is not available for this camp

WAIVER & CONSENT TO MEDICAL TREATMENT

PARTICIPANT NAME _____ I, the undersigned parent/legal guardian of the named participant, do hereby grant my permission and consent for said participant to receive emergency care if:

- Such care is deemed necessary by the staff in custody of my child during camp activities
- The proposed medical treatment or procedures are immediately or imminently necessary and any delay occasioned by an attempt to obtain my personal consent would reasonably jeopardize the life, health or well being of the participant affected
- I cannot be personally contacted

I also agree to pay all fees and costs associated and arising from this action to obtain medical treatment.

RELEASE OF LIABILITY

By signing this permission/waiver form, I expressly warrant that the participant named above is capable of withstanding the physical demands of activities involved in a sports camp. I also expressly assume all risks of the student or me participating in the activities, whether such risks are known or unknown to me at this time. I further release RISE Football (AT Sports Inc.) and its leaders, staff, volunteers or agents. I further agree to indemnify and hold harmless RFA and its leaders, staff, volunteers or agents from any and all claims arising from my participation in its activities and programs, or as a result of injury or illness of my child during such activities.

PUBLICITY OPT OUT

On occasion, photographs or videos may be taken for marketing purposes or website use. As well, you may share photos on social media with our company name, team names associated with the photo. Such photos shall be allowed to be used in future media belonging to RISE Football, unless indicated otherwise in writing with a proof of delivery to Rise Football Academy, 239 West Stuart Ave. Puyallup, WA 98371.

PERMISSION

I give my permission for the participant, my son/daughter _____ to attend this football activity and any subsequent activities I have joined or registered for up to one year after the date of this release. Furthermore, I acknowledge that I have read the above permission/waiver form and am familiar with the contents.

SIGNATURE OF PARENT/LEGAL GUARDIAN or PARTICIPANT IF OVER AGE 18

X _____ DATE _____

PRINTED NAME OF PARENT/LEGAL GUARDIAN or PARTICIPANT IF OVER AGE 18

Full Name _____

****Please note: Liability Waiver & Consent to Treat form must be signed & resubmitted annually****

PARENTAL INFORMATION FOR MEDICATION

PLEASE READ CAREFULLY AND NOTE FULL COMPLIANCE IS EXPECTED

1. All Medication

- Signed authorization note must accompany all medication
- All medications must be in the original labeled container (includes over the counter medications & vitamins). Bottle must be properly labeled with student's name, dosage & frequency
- Must be presented to coach/staff upon arrival and administered by them. No medications kept in bag/pocket

2. Inhalers

- If the participant is to carry an inhaler on his/her person, a parent must state this in writing on the authorization form

3. EpiPens

- A certified staff member must administer the EpiPen used for a life-endangering situation. Please describe specific reason for use & any specific instructions. Write **participant name** on Pen Emergency Case in permanent ink & notify lead staff person.

4. Insulin

- If a student requires blood glucose monitoring and insulin injections during camp, the student may continue self-administration. Please include a usual dosing schedule and check-in insulin and syringes to a staff member upon arrival.

AUTHORIZATION FOR ADMINISTRATION OF MEDICINE

Allergies: _____

Name of Medication & Dosage: _____

Time/Interval to be taken: _____

Inhaler/EpiPen Yes _____ No _____ Reason for use: _____

Special Instructions for Staff: _____

PLAYER NAME _____

PARENT NAME _____

SIGNATURE OF PARENT/LEGAL GUARDIAN: _____

X _____ Date _____

CONCUSSION Information Sheet



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - › Work with their coach to teach ways to lower the chances of getting a concussion.
 - › Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - › Ensure that they follow their coach's rules for safety and the rules of the sport.
 - › Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

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

Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*

To learn more, go to www.cdc.gov/HEADSUP



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

Concussions affect each child and teen differently. While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.



To learn more, go to www.cdc.gov/HEADSUP

You can also download the CDC *HEADS UP* app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

Revised 5/2015

Discuss the risks of concussion and other serious brain injury with your child or teen and have each person sign below.

Detach the section below and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injury.

I have read this fact sheet for parents on concussion with my child or teen and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian Name Printed: _____ Date: _____

Parent or Legal Guardian Signature: _____