

APPENDIX C
SPORT PARENT/GUARDIAN CODE OF ETHICS

Children's sports are supposed to be fun for the children. Unfortunately, too many adults don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect, and too many children are leaving sports activities because the fun is unfairly taken away by adults. The emotional elements of character-building and ethics in sports are embodied in the concept of sportsmanship, trustworthiness, respect, responsibility, fairness, caring, and good citizenship. Therefore, the following is for parents to abide by at every Recreation activity, and by doing so, help reinforce what sports are all about fun for everyone. Failure of sport parent/guardian to sign this document may result in their child/children not being allowed to participate in any Recreation Department activity. For the purpose of the document, the use of "child" also means "children.

1. I will encourage my child to participate in sports or recreational activities.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will attempt to learn the rules of the game and the policies of the league.
5. I will strive to be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice, or other sporting event.
6. I will not engage in unsportsmanlike conduct with any official, coach, player, or parent, such as booing and taunting, refusing to shake hands, or using profane language or gestures or trash-talking.
7. I will not encourage any behavior or practices that would endanger the health and well-being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance, and will praise my child for competing fairly and trying hard.
11. I will not ridicule or yell at my child or other participant for making a mistake or losing a game or competition.
12. I will emphasize skill development and practices and how they benefit my child over winning, and de-emphasize games and competitions in the lower age groups.
13. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
14. I will respect the officials and their authority during games, and will not question, discuss, or confront coaches at the game field but will take time to speak with the official(s) at an agreed upon time and place.
15. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
16. I will demand a sports environment for my child that is free from drugs and alcohol, and will refrain from possessing or using such at all Recreation activities, on Recreation property and/or in Recreation facilities.
17. I will not smoke or use tobacco products, to include but not limited to, snuff and chewing tobacco, at all Recreation activities, on Recreation property, and/or in Recreation facilities.

I agree to abide by this Code of Ethics and understand that if I fail to do so, I will be subject to disciplinary action that could include, but is not limited to, (1) verbal warning by official, head coach, and/or head of league organization, (2) written warning, (3) parental game suspension with written documentation of incident kept on file by organizations involved, (4) season suspension, and/or (5) any penalty as set out in the Recreation Board By-Laws, which include immediate ejection from Recreation property and/or facility with (a) minimum penalty of a written reprimand; (b) suspension of seven (7) days plus the next scheduled game; (c) suspension for up to twelve (12) months from the day of infraction; (d) temporary or permanent restrictions from Recreation property, facilities and/or activities; and/or (e) jeopardize a team's participation in Recreation programs. If circumstances warrant, the Recreation Director or the Recreation Board may initiate criminal charges through the proper law enforcement agencies. Such action will initially be determined by the Recreation Director.

PARENT/GUARDIAN SIGNATURE

DATE

PRINTED NAME

PHONE

MAILING ADDRESS

NAME(S) OF CHILD/CHILDREN PARTICIPATING

SPORT

COMMUNITY YOUTH SPORTS ASSOCIATION

Please initial to acknowledge receipt of
concussion information: _____



Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF 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 an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to

Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (<i>even briefly</i>)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can’t recall events <i>prior</i> to hit or fall	Confusion
Can’t recall events <i>after</i> hit or fall	Just not “feeling right” or “feeling down”

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

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

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date