

# Kalama Youth Basketball

## Kalama 8-Mile League Youth Basketball Registration Form

(One form must be completed per participant. Please sign form in both designated areas.)

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Gender - **Boy / Girl** (please circle one)  
Parent/Guardian \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Email Address \_\_\_\_\_ Coach Request \_\_\_\_\_

Shirt size: (circle one) **YS YM YL AS AM AL** - Are you interested in coaching?! **YES / NO** If yes, please give name/ coaching experience.

Does your child have any medical conditions or allergies of which staff should be made aware of? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, please explain: \_\_\_\_\_

### PERMISSION Form:

I certify that my child has been examined by a physician and found to be in good health and able to compete in all activities without restriction. Furthermore, I authorize the instructors of this activity to act for me according to their best judgment in an emergency requiring medical attention. I hereby release the Kalama School District, and its employees from all claims resulting from any injury my son/daughter may sustain while participating in this activity. I have no knowledge of any physical impairment that would affect or be affected by my son/daughter's participation in this program. In the event of any emergency in which my son/daughter requires medical care, I hereby give my consent for medical treatment and permission to the attending physicians to hospitalize, secure proper treatment and order injections, anesthesia's or surgery. I will be responsible for any medical or other charges in connection with this activity.

Insurance Company Policy # \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

## KSD Concussion and Sudden Cardiac Arrest Information Sheet

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. 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.** 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 and do not allow them to return to play until cleared by a licensed physician that is trained in the evaluation and treatment of concussions/brain injuries.

### Symptoms may include one or more of the following:

Headaches, "Pressure in head", Nausea or vomiting, Neck pain, Balance problems or dizziness, Blurred, double, or fuzzy vision, Sensitivity to light or Noise, Irritability, Feeling foggy or More emotional, groggy, Confusion, Change in sleep patterns, Amnesia, "Don't feel right", Fatigue or low energy, Sadness, Nervousness or anxiety,

**Signs observed by teammates, parents and coaches include:** Appears dazed/uncoordinated, , Answers questions slowly, Vacant facial expression, , Confused about assignment, Slurred speech, Shows behavior or personality changes, Forgets plays, Is unsure of game, score, or opponent, Can't recall events prior to hit, Moves clumsy, Can't recall events or moments after hit, Seizures or convulsions, Any change in typical behavior or personality, Loses consciousness, Concentration or memory problems, Repeating the same question/comment. You should also inform your child's coach if you think that your child may have a concussion. When in doubt, the athlete sits out. For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/headsup/youthsports/parents>

**Sudden Cardiac Arrest (SCA)** is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year. SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis"). For more information on SCA, please visit: [www.uwspportscardiology.org](http://www.uwspportscardiology.org)

### If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise · Chest pain with exercise · Excessive shortness of breath with exercise · Palpitations (heart racing for no reason) · Unexplained seizures · A family member with early onset heart disease or sudden death from a heart condition before the age of 40.

### I have read and understand the KSD Youth Sports Concussion and SCA Informational Handout.

Parent or Legal Guardian Printed \_\_\_\_\_

Parent or Legal Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

Please return this form **with payment** to the **Kalama High School** office by **November 9th**

Make check payable to Kalama High School Boys/Girls Basketball.

Multiple Player Discount available. 1 child \$60, 2 children \$100, 3 children \$120