

Registration Form

North Harford Rec Council, Inc

Instructions: please print this form, complete it and mail it with payment to the respective program chairperson.

Rec Program Name:

Child's Name: Boy Girl

Street Address: Date of Birth:

City, State, Zip: Uniform Size:

Parent Name(s): Home Phone:

Email: Cell Phone:

PARENT OR GUARDIAN, PLEASE READ AND SIGN BELOW:

I understand that my child will **NOT** be covered by any program insurance, and I agree that I will not hold the team, program, coach, instructor, or NORTH HARFORD RECREATION COUNCIL responsible for any injuries received while participating in any North Harford Rec. program. I agree to demonstrate good sportsmanship at all times during practices and games, toward the coaches, officials, players and league personnel. I have read and understand the information below regarding concussions and suggested protocol.

WHAT IS A CONCUSSION? A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding" or "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. 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:

Signs Observed by Parents or Guardians:	Symptoms Reported by Athlete
<ul style="list-style-type: none">• Appears dazed or stunned• Is confused about assignment or position• Forgets an instruction• Is unsure of game, score, or opponent• Moves clumsily and/or answers questions slowly• Loses consciousness (even briefly)• Shows behavior or personality changes• Can't recall events prior to and/or after hit or fall	<ul style="list-style-type: none">• Headache or "pressure" in head• 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 and/or just 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.

Parent / Guardian Signature: _____

Yes, I can help with one or more of the following: Coaching Fundraising

Please make checks payable to **NHRC** Check Number: Cash:

Any allergies, physical or medical conditions the coach should be aware of:

I would like to make an additional donation to the North Harford Rec Program: \$