

## JUNIOR ROWING SIGNED AGREEMENTS

### **Bainbridge Island Rowing Code of Conduct**

#### ATHLETE/COACH/PARENT CODE OF CONDUCT AND GRIEVANCE PROCESS

I consent to abide by the below described Rules of Conduct while I am associated with, participate with or are under the auspices/control of the Bainbridge Island Rowing (BIR). I understand that violations may result in full or partial forfeiture of a registered athlete, coach, and/or parents' privileges without recourse and/or other disciplinary proceedings as outlined by BIR'S Disciplinary Process.

1. In accordance with US Rowing, as well as BIR rules governing athletes', 1/17/18 and parents' conduct, BIR registered athletes, coaches, and parents shall demonstrate good sportsmanship. This includes, but is not limited to, avoiding the following misconduct:

- Hazing or taunting or mocking an athlete, coach, regatta official or any person participating in or conducting a BIR sanctioned program or event. This includes communications taking place via social media;
- Physically or verbally abusing an athlete, coach, or race official or any person participating in or conducting a BIR sanctioned event including but not limited to making derogatory comments about such person's race, sex religion, age, disability, national origin, or sexual orientation;
- Using obscene gestures, profane or unduly provocative language toward an athlete, coach, parent, regatta official, or any person participating in or conducting a BIR sanctioned program or event.
- Publicly and unduly criticizing an athlete, coach, race official, or any person participating in or conducting a BIR sanctioned program or event including but not limited to, inciting others to engage in conduct in violation of the Rules;
- Negative recruiting by making unduly derogatory statements about the members or coaches of another team;

- Although BIR is a physical sport, athlete and coach members of are expected to refrain from engaging in any act with the intent to cause injury to another athlete;
  - Coaches shall not engage in any inappropriate financial or sexual relationships with athletes.
2. Athletes, coaches, and parents of BIR shall not use, possess, or provide alcohol, illegal substances, or drugs (except as prescribed by a licensed physician) in violation of federal, state, or local laws.
  3. Firearms, ammunition, knives, and all other items that could be construed as a weapon are prohibited while on BIR grounds or at BIR sanctioned events.
  4. Misconduct including, but not limited to, inappropriate horseplay, property damage, theft, fighting, or any act considered to be in violation of federal, state, local laws or that of a host country is prohibited.

#### PENALTIES/DISCIPLINARY PROCESS

The BIR Board of Directors reserves the right to implement the penalty that most appropriately aligns with the severity of the violation.

Athletes who are suspended or dismissed from a BIR program with respect to a violation of the BIR Athletic Code of conduct will NOT be entitled to any refund or reduction in fees.

1. Reprimand. The offending person (or parent) is to be advised of the offense and informed either orally or in writing that further misconduct will result in a more severe penalty.
2. Suspension. The offending person (or parent) is to be advised, in writing, that he or she has been suspended from all BIR activities for a specific number of regattas or days.
3. Dismissal. The offending person (or parent) is to be advised, in writing, within 15 days of the Board vote, that he or she has been dismissed from BIR for the remainder of the current season.
4. Barred. The offending person (or parent) is to be advised, in writing, within 15 days of the Board vote, that he or she has been barred from participation in BIR permanently or for a time period to be determined by the Board.

5. Appeal Process. The offending person shall have the right to appeal to the Board, any action taken by the Board, within 15 days of the written notice.

Your signature indicates your agreement. If athlete is under 18, a parent must co-sign this agreement.

Player Name (Printed): \_\_\_\_\_

Player Signature: \_\_\_\_\_

Parent Name (Printed): \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_

**Attendance Agreement**

All athletes are expected to be in attendance at all team practices and competitions unless for excused illness or by prior coach approval. Penalty for failure to attend all team practices and competitions may include: removal from next competition and, for repeat offenses, short or longer term removal from the team.

Your signature indicates your agreement. If athlete is under 18, a parent must co-sign this agreement.

Player Name (Printed): \_\_\_\_\_

Player Signature: \_\_\_\_\_

Parent Name (Printed): \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_

## Student-Parent Concussion and Sudden Cardiac Awareness Form

BAINBRIDGE ISLAND ROWING believes participation in athletics improves physical fitness, coordination, self-discipline, and gives students valuable opportunities to learn important social and life skills. With this in mind it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a parent/guardian or student you play a vital role in protecting participants and helping them get the best from sport. Player and parental education in this area is crucial which is the reason for the Concussion Management and Sudden Cardiac Arrest Awareness information sheet attached. Refer to it regularly. This form must be signed annually by the parent/guardian and student prior to participation in BAINBRIDGE ISLAND ROWING athletics. If you have questions regarding any of the information provided in the pamphlet, please contact the athletic director at your school.

I HAVE RECEIVED, READ AND UNDERSTAND THE INFORMATION PRESENTED IN THE [CONCUSSION RECOGNITION AND SUDDEN CARDIAC ARREST AWARENESS Information Sheets](#).

Your signature indicates your agreement. If athlete is under 18, a parent must co-sign this agreement.

Player Name (Printed): \_\_\_\_\_

Player Signature: \_\_\_\_\_

Parent Name (Printed): \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_

**Medical Emergency Authorization**

As parent or legal guardian I authorize a qualified physician to examine the above named student and in the event of injury to administer emergency care and to arrange for any consultation by a specialist, including a surgeon, as deemed necessary to ensure proper care of any injury. Every effort will be made to contact parent or guardian to explain the nature of the problem prior to any involved treatment.

Your signature indicates your agreement. If athlete is under 18, a parent must co-sign this agreement.

Player Name (Printed): \_\_\_\_\_

Player Signature: \_\_\_\_\_

Parent Name (Printed): \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Primary Insured: \_\_\_\_\_

Insurance ID: \_\_\_\_\_

**Medical Coverage**

I have medical coverage for doctor’s services and hospitalization and will continue to keep it in force throughout the sports season. The name of the company providing insurance is entered in the Medical Emergency Authorization form above. I accept full responsibility for the cost of treatment for an injury which my child may suffer while taking part in the program.

Your signature indicates your agreement. If athlete is under 18, a parent must co-sign this agreement.

Player Name (Printed): \_\_\_\_\_

Player Signature: \_\_\_\_\_

Parent Name (Printed): \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_

**Inherent Risk Acknowledgement**

We accept and understand that the sport of ROWING involves certain inherent risks, dangers and hazards that may cause serious personal injury, including death, severe paralysis or brain injury necessitating long term care and significantly impairing enjoyment of life or life activities. We accept and understand that the above-described injuries and other injuries, including but not limited to: concussions; serious neck and spinal injuries potentially resulting in complete or partial paralysis; brain damage; blindness; serious injury to all internal organs; serious injury to all bones, joints, ligaments, muscles and tendons; contusions; dislocations; sprains; strains; and fractures, may occur as a result of participating in this sport.

We understand that the inherent risks of this sport cannot be eliminated without jeopardizing the essential qualities of the sport. We have reviewed all of these risks and we understand and appreciate them and still desire to participate in the activity. We certify that the rower named on this form has no medical or physical conditions which could interfere with or compromise his/her safety in participating in this activity. I authorize qualified emergency medical professionals to examine, and in the event of an injury or serious illness, to administer emergency medical care to the above-named player.

In the event it becomes necessary for BIR to obtain emergency medical care for the above-named player, we understand that neither the coaches nor Bainbridge Island Rowing assumes financial liability for the expenses incurred because of the accident, injury, illness and/or unforeseen circumstances.

I certify that my household has sufficient medical insurance to facilitate any necessary medical care that may be sustained by the above-named player.

HAVING READ THE STATEMENTS ABOVE, I ACKNOWLEDGE THAT I HAVE READ THIS DOCUMENT AND FULLY UNDERSTAND THE RISKS ASSOCIATED WITH PARTICIPATING IN THIS VOLUNTARY CLUB ATHLETIC PROGRAM. BY SIGNING BELOW, I CERTIFY THAT I HAVE READ THE ABOVE, UNDERSTAND ITS CONTENT AND WISH TO PARTICIPATE.

Your signature indicates your agreement. If athlete is under 18, a parent must co-sign.

Player Name (Printed): \_\_\_\_\_ Signature \_\_\_\_\_

Parent Name (Printed): \_\_\_\_\_ Signature \_\_\_\_\_

Date \_\_\_\_\_



## **BAINBRIDGE ISLAND ROWING - CONCUSSION 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. 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:**

- 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
- 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:**

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- 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 too 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 athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to 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 inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

### **RETURN TO PARTICIPATION PROTOCOL**

If your child has been diagnosed with a concussion they **MUST** follow a progressive return to participation protocol (under the supervision of an approved health care provider) before full participation is authorized. The return to play protocol may not begin until the participant is no longer showing signs or symptoms of concussion. Once symptom free, the athlete may begin a progressive return to play. This progression begins with light aerobic exercise only to increase the heart rate (5-10 minutes of light jog or exercise bike) and progresses each day as long as the child remains symptom free. If at any time symptoms return, the athlete is removed from participation.

## **SUDDEN CARDIAC ARREST INFORMATION SHEET**

SSB 5083 ~ SCA Awareness Act

**What is sudden cardiac arrest?** 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 is also the leading cause of sudden death in young athletes during sports.

**What causes sudden cardiac arrest?** 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"). While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. 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

### **How to prevent and treat sudden cardiac arrest?**

Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gasping). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm. Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!

**Center For Sports Cardiology**

[www.uwsportscardiology.org](http://www.uwsportscardiology.org)