

JEFFERSON COUNTY PARKS AND RECREATION SPRING 2019 YOUTH OUTDOOR SOCCER

Registration Deadline – Friday, March 8th



Prek – 2nd

*PreK/Kinder / 1st & 2nd Grades In separate
 Co-ed Division*

- \$65 includes sales tax and a custom cotton tee shirt.
- Games will be played at Memorial Field and HJ Carroll Park **4:30PM**
- Games and practices will be held on **Mondays and Wednesdays.**
- Coaches are referees. (Teams are CO-ED).
- The league will commence with practices starting April 8th and will conclude end of May
- _____ Yes, I made the check out for \$70 and I would like \$5 to go towards the scholarship program.



3rd – 6th Grade

*3rd & 4th / 5th & 6th Grades In separate
 Co-ed Division*

- \$65 includes sales tax and a custom cotton tee shirt.
- Games will be played at Memorial Field and HJ Carroll Park **5:30PM**
- Games and practices will be held on **Mondays and Wednesdays.**
- Coaches are referees. (Teams are CO-ED).
- The league will commence with practices starting April 8th and will conclude end of May
- _____ Yes, I made the check out for \$70 and I would like \$5 to go towards the scholarship program.

WWW.COUNTYREC.COM



Sign up today!!!

Credit card now
 accepted for online
 registration only -
 see below for details



HOW TO REGISTER

****NEW ONLINE PAYMENT OPTION!!****

(Credit Card payment—online only) Register online at CountyRec.com and view the CART to check out with a major credit card (a non-refundable 3% credit card fee will apply). **OR** Register in person at the Rec Center in Uptown Port Townsend or at Jefferson County Public Works, 623 Sheridan St, Port Townsend – **check or cash ONLY.** **OR** Mail a check with your completed registration form to Jefferson County Public Works, 623 Sheridan St., Port Townsend, WA 98368. **check or cash ONLY.**

Please make checks payable to Jefferson County Parks and Recreation

***REGISTRATION FORMS RECEIVED AFTER MARCH 8th WILL BE PLACED ON A WAITING LIST AND A \$10 LATE FEE WILL APPLY.**

Call or email anytime for more information: 360.385-2221 ~ cmacklin@countyrec.com.



PLEASE DON'T WAIT UNTIL THE DEADLINE ~ HELP US PLAN AHEAD!

WE NEED COACHES

YES, I WOULD LIKE TO BE A VOLUNTEER COACH

Name _____

Phone _____

Email: _____

All P&R volunteers working with youth must pass a background check. Please go to www.countyrec.com to download a form or stop by the Public Works office 623 Sheridan St. in PT. (please bring two forms of I.D.). All P&R volunteers must submit this form at least two weeks prior to events.

COACHES ONLY MEETING DATES

Pre-k/Kinder- Wednesday, March 13th: 5:30pm

1st and 2nd Grade- Wednesday, March 13th: 5:30 pm

3rd and 4th Grade- Wednesday, March 13th: 6:30pm

5th and 6th Grade- Wednesday, March 13th: 6:30 pm

Meeting Information: Port Townsend Rec Center, 620 Tyler Street. Get your team rosters & equipment. Learn league details.

*******PLEASE TURN PAGE OVER and sign waiver on the back*******

Assumption of Risk, Release of Liability and Consent to Participate Rec Spring Outdoor Soccer 2019

Participant First Name _____ Last _____ Age ____ Grade(Fall 18) ____ M__ F__ Birthday _____
Mailing Address _____ City _____ Zip _____
Parent/Guardian One First Name _____ Last _____
Parent/Guardian Two First Name _____ Last _____
Home Phone _____ Alternate Phone _____ E-mail _____
Emergency Contact _____ Phone _____
Allergies/Special Needs _____ If yes, what _____
T-Shirt Size (please circle one): YXS YS YM YL YXL AS AL AXL AXXL

Please read carefully ~ Assumption of Risk, Release of Liability and Consent to Participate~ Please read carefully ~

- All participants are advised that Jefferson County Parks and Recreation Programs (JCPR) may involve some strenuous physical activity. Some (such as sports, games, drills, climbing, hiking, swimming, or running), present a risk of injury higher than that which people normally face in their everyday lives. This risk of injury cannot be wholly relieved by any preventive measures, whether restrictive rules, training, equipment or personal discipline. The decision whether to engage in any particular activity that forms part of the overall program shall be entirely the participant's. Participation in the program in no way obligates anyone to engage in any activity they do not feel they can accomplish.
- On behalf of my minor child, (or on my own behalf, if an Adult Participant), I expressly acknowledge my full understanding of the risks of injury, including serious injury, disability or death that arise from participation in the JCPR Program. I acknowledge that I have had full opportunity to discuss the nature and extent of these risks with officials of the JCPR in order to inform myself fully on this subject. Based on that full understanding, I freely and knowingly assume all such risks, whether specifically known and unknown. I accordingly assume full and sole responsibility for my (or my minor child's) participation in the JCPR Program. I understand that I must report any existing medical, physical or mental condition which may affect my ability, or the ability of my minor child, to participate in JCPR Program, to the group leader before the program commences.
- On behalf of myself and on behalf of my minor child (to the extent allowed by law), I hereby release and forever discharge JCPR, and all of the employees, officers, volunteers or agents of those entities, including as well any third party sponsors of JCPR but not limited to damage to property, personal injury, disability or death, resulting from my or my minor child's involvement in any aspect of the JCPR Program. This release applies whether the alleged injuries or damages arise from the negligence of any of the parties released in the previous sentence or not, to the fullest extent allowed by law.
- To the fullest extent allowed by law, I, for myself and/or my minor child, and for any of our respective heirs, assigns, personal representatives and next of kin, hereby agree to indemnify and hold harmless all the parties released in Article 3 hereof from and against any and all liabilities arising from my participation in the JCPR Program. This undertaking to provide indemnity shall apply to the fullest extent allowed by law, even if the liability asserted against any of the indemnified parties arises wholly or partially from that party's negligence.
- On behalf of myself and on behalf of my minor child, we have read and understand the Concussion Information Sheet which is available on the Jefferson County Parks and Rec website (www.countyrec.com) or available at the Rec Center 620 Tyler Street or the Public Works Office 623 Sheridan Street in Port Townsend.

(Fill in the Blanks Below)

I HAVE READ THIS ASSUMPTION OF RISK, RELEASE OF LIABILITY AND CONSENT. I FULLY UNDERSTAND ITS TERMS AND THAT BY MY SIGNATURE I GIVE UP CERTAIN RIGHTS I MIGHT OTHERWISE HAVE UNDER LAW. I hereby consent to allow my child to participate in the JCPR Program under the terms as set forth in this Assumption of Risk, Release of Liability and consent Agreement. The JCPR Program for which this consent is given is called and is the **Rec Spring Outdoor Soccer 2019.**

Signature of Parent or Guardian _____ Date _____

Signature of Participant (18 Years & Older) _____ Date _____

PHOTOGRAPH – VIDEO CONSENT

I hereby grant permission for myself or my child to be photographed or videotaped, without compensation, by JCPR, understanding that the same is intended for publication by print media, INTERNET newspaper, television, video or motion picture. I additionally consent to the use of my name in connection with the publication of photographs/video taken of me.

Signature of Parent or Guardian _____ Date _____

Signature of Participant (18 Years and Older) _____ Date _____

Neither the Port Townsend, Chimacum, Quilcene, nor Brinnon School Districts sponsor this program and assumes no liability for it. In consideration of the privilege to distribute materials, the aforementioned Districts shall be held harmless from any cause of action filed in any court arising out of the distribution of these materials.

Dear Families:

Please find below our Concussion Information Form. Please go over this information with your participant(s) Thank You, Rec Staff



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.

<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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
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<ul style="list-style-type: none">• Appears dazed• Vacant facial expression• Confused about assignment• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or displays in-coordination• Answers questions slowly	<ul style="list-style-type: none">• 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
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What can happen if my child keeps on playing with a concussion or returns too soon?

Adapted from the CDC and the 3rd International Conference on Concussion in Sport

Document created 6/15/2009

****OVER****

Concussion Information Sheet

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 athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, Coaches, parents and students is the key for 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 also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 6/15/2009