



Introduce your budding athlete to the fun and endurance building world of sports! Basketball Fundamentals is co-ed programs and a great way for your PreK-6th grader to develop hand-eye coordination, balance skills and learning basic fundamentals of Basketball. Come join our energetic staff at Rec Center Gym and have some fun! **Class session sizes are limited to 8 participants**

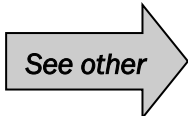


Session 1 (Chose your Grade level)/Day/Time)

- Session 1 (**Mondays**, Nov. 2nd, 9th, 16th)
 - _____ Prek-Kinder 3:30-4:15pm ~ \$28
 - _____ Prek-Kinder 4:30-5:15pm ~ \$28
- Session 1 (**Tuesdays** Nov. 3rd, 10th, 17th)
 - _____ 1st & 2nd Grade 3:30-4:15pm ~ \$28
 - _____ 1st & 2nd Grade 4:30-5:15pm ~ \$28
- Session 1 (**Wednesdays** Nov. 4th, 11th, 18th)
 - _____ 3rd & 4th Grades 3:30-4:15pm ~ \$28
 - _____ 3rd & 4th Grades 4:30-5:15pm ~ \$28
- Session 1 (**Thursdays** Nov. 5th, 12th 19th)
 - _____ 5th & 6th Grades 3:30-4:15pm ~ \$28
 - _____ 5th & 6th Grades 4:30-5:15pm ~ \$28

Session 2 (Chose your Grade level)/Day/Time)

- Session 2 (**Mondays**, Nov. 30th, Dec 7th, 14th)
 - _____ Prek-Kinder 3:30-4:15pm ~ \$28
 - _____ Prek-Kinder 4:30-5:15pm ~ \$28
- Session 2 (**Tuesdays** Dec. 1st, 8th, 15th)
 - _____ 1st & 2nd Grade 3:30-4:15pm ~ \$28
 - _____ 1st & 2nd Grade 4:30-5:15pm ~ \$28
- Session 2 (**Wednesdays** Dec. 2nd, 9th, 16th)
 - _____ 3rd & 4th Grades 3:30-4:15pm ~ \$28
 - _____ 3rd & 4th Grade 4:30-5:15pm ~ \$28
- Session 2 (**Thursdays** Dec. 3rd, 10th, 17th)
 - _____ 5th & 6th Grades 3:30-4:15pm ~ \$28
 - _____ 5th & 6th Grades 4:30-5:15pm ~ \$28



To Register:
HOW TO REGISTER
 go to www.countyrec.com

(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 Mail a check with your completed registration form to Jefferson County Public Works, 623 Sheridan St., Port Townsend, WA 98368. **Make check payable to JCPR**

- Limited class size to 8 participants;
- Location—Rec Center Gym (620 Tyler St in PT)
- Instructor Chris Macklin
- Bring water bottle
- Bring snack

Contact Chris Macklin for more info
cmacklin@countyrec.com

Voice: 360-385-2221/cell
 360.531.2333



JEFFERSON COUNTY PARKS AND RECREATION (JCPR)
ASSUMPTION OF RISK, RELEASE OF LIABILITY AND CONSENT

Jefferson County Parks and Recreation/623 Sheridan Street/Port Townsend, WA 98368
Chris Macklin, Assistant Recreation Manager; cmacklin@countycpr.com
W- 360-385-2221 Cell -360-531.2333



Basketball Fundamentals 2020

Participant First Name _____ Last _____ Age ____ Grade ____ M ___ F ___ Birthday _____
Mailing Address _____ City _____ Zip _____
Parent/Guardian One First Name _____ Last _____
Parent/Guardian Two First Name _____ Last _____
Home/Cell Phone _____ Alternate Phone _____ E-mail _____
Emergency Contact _____ Allergies? ____ If yes, what _____

Please read carefully - ASSUMPTION OF RISK, RELEASE OF LIABILITY AND CONSENT - 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 attached COVID-19 Safety Rules and Concussion Information Sheet, also available on the Jefferson County Parks and Rec website (www.countycpr.com) or available at the Rec Center, 620 Tyler Street or the Public Works Office, 623 Sheridan Street in Port Townsend.

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 County Rec Basketball Fundamentals 2020.



Signature of Parent or Guardian 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

Dear Families:

Please find below our COVID-19 Safety Rules and Concussion Information Form. Please go over this information with your participant (s) Thank You, Rec Staff



Jefferson County Parks and Recreation Basketball Fundamentals Programs COVID-19 Safety Rules

October 6, 2020

Jefferson County Parks and Recreation Sports Programs

Return to play” safety plan

October 6th, 2020

Washington States Sporting Activities COVID-19 Requirements

(LOW LEVEL COUNTY COVID ACTIVITY)

Self-screening is required: any participant or spectators, who are under quarantine, or have had any of the following COVID-19 symptoms in the previous 72 hours are not allowed to attend any Jefferson County Parks and Recreation programs: cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, or a new loss of taste or smell. Any individual who develops or displays any of these symptoms must remove themselves, or be removed by their parents or caregivers from the event immediately. Parks & Rec Staff have the right to ask parents and caregivers to remove any individual they observe with these symptoms.

All attendees must wash their hands or use hand sanitizer regularly; at least before they enter the event, after they use the restroom, immediately after the game, and when they leave the event.

A minimum of 6’ distance from household members, and face coverings are required in Washington State (when unable to maintain at least 6’ distance from non-household members) 2 except: participants are not required to wear face coverings, and are not required to maintain 6’ distance when they are actively playing. Players should wear face coverings and maintain 6’ distance when they arrive and leave the field/court. It is encouraged that all spectators wear face coverings at all times.

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.

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| 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 | 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 | 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 to soon?

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

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