

Central Seattle Lacrosse Club Liability Waivers

Participation in Lacrosse involves the potential for serious injury. As parent or legal guardian of _____, I authorize the coaches, agents, and/or medical personnel to arrange for or render care in any emergency, including Aid Car, EMS, or emergency room transportation, and consultation or treatment by a medical professional or specialist.

I understand that every effort will be made to contact me beforehand regarding medical treatment of participant. I accept full responsibility for the cost of treatment and do hereby release and discharge the Central Seattle Lacrosse Club, its coaches, agents, and volunteers, from any and all claims of injuries, losses or damages suffered by the participant during lacrosse-related activities.

Parent/Guardian Signature(s)

Date

Boys Youth Lacrosse Of Washington
Amateur Athletic
Minor Waiver And Release Of Liability

In consideration of being allowed to participate in any way in the Boys Youth Lacrosse Of Washington athletics and sports program and related events and activities, the undersigned:

1. Agree that the parent(s) and /or legal guardian(s) will instruct the minor participant that prior to participating he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death and severe social and economic losses which might result not only from their own actions, inactions or negligence, but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assume all the foregoing risk and accept personal responsibility for the damages following such injury, permanent disability or death.
4. Release, waive, discharge and covenant not to sue the Boys Youth Lacrosse Of Washington organization, its affiliated organizations, their administrators, directors, agents, coaches, and other employees of the organizations, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims , demands losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of releasees or otherwise.

I/WE HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

PARENT OR GUARDIAN (SIGNATURE AND RELATIONSHIP)
DATE

PARENT OR GUARDIAN (SIGNATURE AND RELATIONSHIP)
DATE

PRINTED NAME OF PARENT OR GUARDIAN(S)

PRINTED NAME OF PARTICIPANT

Washington Boys Youth Lacrosse Codes Of Conduct

COACH SECTION

- 1) Coaches will always be fair, firm and consistent.
- 2) Coaches will promote a positive attitude and lead by example.
- 3) Coaches will stress teamwork and respect with each and every athlete.
- 4) Coaches will listen to their players concerns and try to help them any way they can.
- 5) Coaches use of profanity, drugs, alcohol or tobacco during any BYLW event(including practices) is prohibited.
- 6) Coaches will allow each athlete the opportunity to compete and excel
- 7) Coaches must submit to a Washington State background check before allowed to coach, a copy must be on file with Program Director.
- 8) Coaches will strictly adhere to the policies and procedures of BYLW.
- 9) Coaches will not engage in violent conduct, or verbal abuse towards any player, parent, or referee / official in BYLW.
- 10) Coaches who do not comply with the rules as outlined in BLYW or sport rule package run the risk of expulsion.

PARENT / GUARDIAN SECTION

- 1) Parents should support the efforts of the volunteer coaches and of BYLW.
- 2) Parents should set the right example for your child by always showing good sportsmanship.
- 3) Parents will not argue with a coach, referee or official at any BYLW event.
- 4) Parents use of profanity, drugs, alcohol or tobacco during any BYLW event is prohibited.
- 5) Any parent who crosses the field barriers during a game risks their child being disqualified from BYLW.
Parents and spectators are to be situated on the opposite side of the field from the players box (where applicable).
- 6) Parents who incur an un-sportsmanlike behavior penalty risk their child being disqualified from further participation.
- 7) Parents should never voice any complaints or concerns towards coaches, referees or league officials in front of the children.
- 8) Understand that your child will be given every opportunity to participate; however, the safety of our athletes is our #1 concern.
- 9) Parents should praise your child's efforts and always offer your support. Please allow

your child to play as a child and have fun.

10) Parents who do not comply with the rules as outlined in BYLW or sports rule package run the risk of expulsion.

PLAYER SECTION

- 1) Players will try their very best to support their team.
- 2) Players will be team players and always put the team first.
- 3) Players will stay within the team areas of the sidelines during games.
- 4) Players will accept their coaching and be ready to learn and have fun.
- 5) Players will listen to the coaches and follow the rules of BYLW and of the sport.
- 6) Players will demonstrate good sportsmanship on and off of the field of play and will not be malicious or retaliate with their lacrosse stick.
- 7) Players will attend all practices, games, meetings and any other team function on time.
- 8) Players will show respect towards all coaches, players and referees / officials at all times.
- 9) Players will not fight, use foul language or argue with coaches, teammates, or referees / officials.
- 10) Players who do not comply with the rules as outlined in BYLW or sports rules package run the risk of expulsion.

Participant's Signature

Parent's Signature

Coach's Signature

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
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Sensitivity to light and noise
- Drowsiness
- Changes in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- 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 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, it's 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:
[CDC Youth Concussion Information](#)

By clicking "I Agree," my player(s) and parent(s)/guardian(s) acknowledge that we have read and agree to both the Liability Waiver(s) and the Concussion Information presented above.