



**New Hampshire Youth Football & Spirit Conference  
Medical Clearance Form 2019**

**ASSOCIATION NAME - \_\_\_\_\_**

***Must be Signed & Dated after January 1st, 2019***

I, hereby my signature below, do certify that I am licensed by the state and am qualified in determining that: (Childs Name: ) \_\_\_\_\_ is physically fit and I have found no medical or observable conditions which would contra-indicate him/her from participating in youth flag football, tackle football, cheer, dance or athletic activities. I am therefore clearing this individual for athletic participation.

*The following are example of skills and abilities that a participant needs to have:*

*Cheer participant needs: ability to support team members in a pyramid/stunt, lifting or pulling a team member up over their shoulders, pulling or lifting themselves up on another teammate, coordination to move in unison, able to be in cold weather, and to be able to stand for duration of 2-3 minutes for competition, follow direction of coaches.*

*Football participant needs: physical contact, short burst of running, balance and coordination, leg and arm strength, and able to be in cold weather, follow direction of coaches.*

This form must be signed by any Licensed State Examiner; (i.e. Medical Doctor, Registered Physician Assistant, Registered Nurse Practitioner, etc.) that the candidate is physically fit.

<p><b><i>Signature &amp; Date:</i></b> <b><i>(Must be dated after January 1st, 2019)</i></b></p>	<p><b><i>Please Print - or - Use Office Stamp Here:</i></b> Print Name Clearly - Including Office Address:</p>
--	--

PLEASE NOTE: If this Medical Clearance is voided by injury, accident, or illness, it will be the responsibility of the Parent/Legal Guardian to notify the participants Coach and League Officials. It will also be the responsibility of the Parent / Legal Guardian to obtain WRITTEN permission from his/her physician to resume participation. A "Doctors Resume Participation Medical Clearance Form" is available from the league or you may have the doctor supply his/her own WRITTEN Clearance as long as it is on the doctor's official stationary and includes the following statement: "(Participants Name) is physically fit and I have found no medical or observable conditions which would contra-indicate him/her from participating in youth flag football, tackle football, cheer, dance or athletic activities. I am therefore clearing this individual for athletic participation.

This statement must be supplied by the physician attending to the injury, accident, or illness.

This form can be modified or substituted ONLY to comply with local and/or state laws or due to medical practitioner regulations.



**New Hampshire Youth Football & Spirit Conference  
Mild Traumatic Brain Injury (MTBI) / Concussion  
Annual Statement and Acknowledgement Form**

I, \_\_\_\_\_ (athlete), acknowledge that I have to be an active participant in my own health and have the direct responsibility for reporting all of my injuries and illnesses to the organizations staff (e.g., coaches, team physicians, and athletic training staff). I further recognize that my physical condition is dependent upon providing an accurate medical history and a full disclosure of any symptoms, complaints, prior injuries and/or disabilities experienced before, during or after athletic activities.

By signing below, I acknowledge:

- My organization has provided me with specific educational materials including the CDC Concussion fact sheet (<http://www.cdc.gov/concussion/HeadsUp/youth.html>) on what a concussion is and has given me an opportunity to ask questions. FACT sheets are different for Parents, Coaches, and Players.
- I ACKNOWLEDGE THAT I HAVE READ THE FACT SHEET on the CDC website for Parents and Players.
- I have fully disclosed to the staff any prior medical conditions and will also disclose any future conditions.
- There is a possibility that participation in my sport may result in a head injury and/or concussion. In rare cases, these concussions can cause permanent brain damage, and even death.
- A concussion is a brain injury, which I am responsible for reporting to the team physician, athletic trainer, coach, parent volunteer, or official.
- A concussion can affect my ability to perform everyday activities, and affect my reaction time, balance, sleep, and classroom performance.
- Some of the symptoms of concussion may be noticed right away while other symptoms can show up hours or days after the injury.
- If I suspect a teammate has a concussion, I am responsible for reporting the injury to the staff.
- I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion related symptoms.
- I will not return to football or cheerleading/dance participation until my symptoms have resolved AND I have written clearance to do so by a qualified health care professional.
- Following concussion the brain needs time to heal and you are much more likely to have a repeat concussion or further damage if you return to play before your symptoms resolve.

Based on the incidence of concussion as published by the CDC the following sports have been identified as high risk for concussion; baseball, basketball, diving, football, pole vaulting, soccer, softball, spirit line, wrestling, lacrosse, mixed martial arts, and rugby and cheer.

I represent and certify that I and my parent/guardian have read the entirety of this document and fully understand the contents, consequences and implications of signing this document and that I agree to be bound by this document.

Student Athlete:

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_

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

Parent or legal guardian must print and sign name below and indicate date signed.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_

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

## **Nashua PAL Force**

### **Anti-Bullying Contract**

Bullying is an unwanted, aggressive behavior that involves a real or perceived power imbalance between individuals with the intent to cause harm. In situations involving children, both those who are bullied and who bully others, many suffer serious, lasting problems.

**Verbal bullying** is saying or writing mean things. Examples include: Teasing, name calling, taunting, and threatening to cause harm.

**Social bullying**, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Examples include: Leaving someone out of the activity on purpose, telling others not to be friends with someone, spreading rumors about someone, embarrassing someone in public, posting embarrassing pictures, videos, rumors sent by email, text or social media sites.

**Physical bullying** involves hurting a person's body or possessions. Examples include: hitting, kicking, pinching, spitting, tripping, pushing, taking or breaking someone's things, making mean or rude hand gestures.

#### **Athletes, Parents, Coaches and Board members** **agree to the following:**

- I will NOT Bully teammates, parents, coaches, board members, or game officials.
- I will stand up for myself, walk away, or ask a teammate, parent, coach, or board member for help if a teammate, parent, coach or board member bothers me.
- Report bullying to a coach, a parent, or Nashua PAL Force board member when you see it.
- Work together and treat others with respect so bullying does not happen.
- Report any cyberbullying to your parents, coach, or Nashua PAL Force board member immediately.

#### **Policy & Consequences:**

(Applies to athletes, parents, coaches, and board members)

The Nashua PAL Force board of directors will review all issues and make findings.

- Every attempt will be made to adequately investigate and fairly assess the severity of an alleged bullying incident. All parties involved will be kept informed and required to cooperate fully with Nashua PAL Force to remedy the situation.
- Disciplinary actions for those individuals found to have violated the Anti-Bullying Contract
  - a. First offense verbal and written warning (athletes, parents, coaches, and board members)
  - b. Second offense game and practice suspension for 1 week
  - c. Third offense Banned from participating in Nashua PAL Force

Athlete Signature \_\_\_\_\_ DATE \_\_\_\_\_

Parent Signature \_\_\_\_\_ DATE \_\_\_\_\_

## NHYFSC & Nashua PAL Force SOCIAL MEDIA CONTRACT 2019

This policy contains guidelines for the NHYFSC & Nashua PAL Force community engaging in social media use.

Social media refers to any online tools or functions that allow people to communicate and/or share content via the internet. This social media policy applies to platforms including but not limited to Facebook, Twitter, SMS, Snapchat, etc. Any other online technologies that allow individual users to upload and share content.

When using social media, the lines between public and private, personal and professional, may be blurred. When posting content online there is potential for that content to become publicly available through a variety of means, even if it was intended to be shared privately. Therefore, you should refrain from posting any content online that you would not be happy for anyone to see. If you are online, you are on the record—much of the content posted online is public and searchable. Be sure to always act responsibly and ethically.

In circumstances where guidance about social media issues have not been given in this policy, we suggest you use common sense or seek out advice from those who have approved this policy.

### **Athletes, Parents, Coaches and Board members agree to the following:**

- I will NOT post or share any content that is abusive, harassing, threatening, demeaning, derogatory, negative, or defamatory regarding the NHYFSC, Nashua PAL Force, teammates, parents, coaches, board members, or game officials.
- I will NOT post or share any content that includes insulting, obscene, offensive, provocative, or hateful language.
- I will NOT post or share any content, which if said in person during the playing of the game would result in a breach of the rules of the game
- I will NOT post or share any content in breach of NHYFSC, Nashua PAL Force, anti-discrimination, racial discrimination, sexual harassment, or other similar policy.
- I will NOT post or share anything that is dishonest, untrue, or misleading.

### **Policy & Consequences:**

(Applies to athletes, parents, coaches, and board members)

The Nashua PAL Force board of directors will review all issues and make findings.

- Every attempt will be made to adequately investigate and fairly assess the severity of an alleged social media violation incident. All parties involved will be kept informed and required to cooperate fully with Nashua PAL Force to remedy the situation.
- Disciplinary actions for those individuals found to have violated the Social Media Contract. (The conference/association is not restricted to applying the sanctions in any particular order or as listed but rather may assess a sanction based on the nature of the offense.)

Verbal and written warning (athletes, parents, coaches, and board members)

Game and practice suspension for 1 week

Additional violations to include additional suspension. Length to be determined by the conference / local association which could include permanently banned from participating in Nashua PAL Force & NHYFSC

Athlete Signature \_\_\_\_\_ DATE \_\_\_\_\_

Parent Signature \_\_\_\_\_ DATE \_\_\_\_\_