

QUEEN ANNE LACROSSE CLUB
PARENT/GUARDIAN AND PLAYER
CODE OF CONDUCT AGREEMENT

The Queen Anne Lacrosse Club acknowledge that sports and competition rely on the basic values of sportsmanship and ethical conduct; respect, fairness, civility, and honesty. Therefore the Club requires it's members (athletes, coaches, and parents) to adhere to the standards these values create.

Parents, players and coaches are required to follow the club's code of conduct. **Players** or **parents** who violate these rules may be disciplined at the game (told to leave). Violations may result in a variety of consequences, including player suspension and parental bans. Coaches are responsible for their players and for controlling their sidelines. Disruptive players or parents who do not follow coaches instructions will not be tolerated.

Code of Conduct for Players

1. Learn and observe the rules of the game.
2. Treat other players as you wish to be treated - do not abuse or ridicule other players, officials, coaches or spectators. Control your play and discipline yourself. Do not play wildly and jeopardize your safety or that of other players. Hold your temper and control your anger. Play clean and fair. Use your skill and talent.
3. Listen to your coaches and accept their advice with respect.
4. Respect referees - do not question their decisions.
5. Demonstrate good sportsmanship on and off the field of play.
6. Show respect for towards all coaches, players and referees/officials at all times. Do not fight, use foul language or argue at any time.
7. Attend practices, games, meetings and any other team function on time.
8. Win with grace and lose with dignity. You and your club will be judged by your behavior.

Code of Conduct for Parents and Guardians

1. Support the efforts of the coaches and the club. Set a good example by always showing good sportsmanship. Always be supportive of your child, their teammates and coaches. Remember that every player on the team is a contributing player. Spread your encouragement equitably amongst the team.
2. Never badger the opposition or argue with their supporters. Be appreciative of good play from both sides.
3. Never harass or badger the coaches or the referees. Parents who incur an un-sportsmanlike behavior penalty risk being disqualified from further participation.
4. Never cross the field barriers during a game.
5. After each match, have a positive attitude and show an appreciation for the importance of your child's effort. Remember that playing the game well is more important than winning.
6. Support the team and club by volunteering your services when needed. The only reason your child can play lacrosse is because of volunteers.

We, the undersigned, have read, understand and agree to abide by the above guidelines. We agree to accept actions taken for failure to abide by these guidelines.

Signature of player

Date

Signature of Parent/Guardian

Date

QUEEN ANNE LACROSSE CLUB

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:

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| <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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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?

QUEEN ANNE LACROSSE CLUB

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/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date