

# OLYMPIA LACROSSE CLUB

---

## Participant Waiver & Release

I understand that lacrosse is a strenuous and dangerous sport and could cause severe injury. I, the undersigned, parent/guardian of this applicant, a minor, do hereby authorize the Directors, Staff, Coaches, and/or medical persons to arrange for, or render care for any emergency due to injury, including Aid Care, EMS, or emergency room transportation and consultation or treatment by medical or dental professionals or specialists. In addition, I accept full responsibility for the cost of treatment and I hereby release and discharge the Directors, Staff, Coaches and/or medical persons of the Olympia Lacrosse Club and any sponsoring organizations from any and all claims for personal injuries. In absence of signature, payment of player registration and participation on a team of the Olympia Lacrosse Club shall constitute acceptance of the conditions set forth in this release and waiver statement.

## Parent & Player Code of Conduct

### PARENT / GUARDIAN SECTION:

- 1) "HONOR THE GAME" of lacrosse. Teach and practice good sportsmanship at all times. You are role models!
- 2) Parents will support the efforts of the volunteer coaches and of OLC.
- 3) Parents will not argue with a coach, referee or official at any OLC event.
- 4) Parents' use of profanity, drugs, alcohol or tobacco during any OLC event is prohibited.
- 5) Any parent who crosses the field barriers during a game risks their child being disqualified from the game. 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 unsportsmanlike 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 during play.
- 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 OLC or US Lacrosse run the risk of expulsion.

### PLAYER SECTION:

- 1) HONOR THE GAME" of lacrosse. Display good sportsmanship at all times on and off the field. Set a positive example.
- 2) Players will try their very best to support their team.
- 3) Players will be team players and always put the team first.
- 4) Players will stay within the team areas of the sidelines during games.
- 5) Players will accept their coaching and be ready to learn and have fun.
- 6) Players will listen to the coaches and follow the rules of OLC and of the sport.
- 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 OLC or US Lacrosse run the risk of expulsion.

-Continued -

## Concussion Information

For Athletes and Parents/Legal Guardians

Effective July 26, 2009, the Lystedt Law, Hb 1824, requires that every nonprofit youth sports organization shall comply and provide a statement regarding the management of concussion and head injury as set forth under the law. The new law requires that:

1. A Concussion information sheet must be signed annually by all parents and athletes; acknowledging the risk of head injury prior to participation.
2. A youth athlete suspected of sustaining a concussion or head injury must be removed from play.
3. An athlete who has been removed from play must receive written clearance from a licensed health professional prior to returning to play.

Signs and symptoms of a concussion: (Can be observed by teammates, parents or coaches. Signs may show up right away or can take hours or days to appear. If your child reports any symptoms of concussion, seek medical attention right away.)

Headaches	Pressure in head	Nausea/vomiting	Neck pain
Dizziness	Blurred vision	Sensitive to light	Feeling sluggish
Feeling foggy	Drowsiness	Amnesia	Irritability
Over emotional	Confusion	Appears dazed	Forgets plays
Slurred speech	Clumsiness	Can't recall hit	Sadness
Loss of consciousness	Answers questions slowly	Seizures/convulsion	Unsure of game, score
Incoordination	Can't recall events after hit	Changes in behavior/personality	Fatigue/low energy
Vacant facial expressions	Concentration problems		

To ensure compliance and for the protection of all athletes, the Olympia Lacrosse Club requires that all players, parents/guardians and coaches acknowledge they've read and understand OLC's policy on concussions.

### Sudden Cardiac Arrest

Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in young athletes during sports. Please review the Sudden Cardiac Arrest information sheet provided.

### **Signature for Participant Waiver & Release, Parent & Player Code of Conduct and Concussion & SCA Information:**

Participant Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Gender: M / F

\_\_\_\_\_  
(Parent/Guardian Signature) (Date)

\_\_\_\_\_  
(Parent/Guardian Name Printed) (Date)