

BREAK AWAY SPORTS CENTER, INC. 5964 Executive Drive Fitchburg Wisconsin 53719; Phone: 288-9600

MUST READ & SIGN BEFORE PLAYER LISTED BELOW WILL BE ALLOWED TO PARTICIPATE

PRINT REQUIRES LEGAL SIZE PAPER (14inch by 8.5 inch)

PARTICIPANT (please print clearly): Last Name: First: Middle Initial:

M or F: Birth Date (mm/dd/yy):

Address: City: State: Zip:

Parent/Guardian #1 Telephone: #2: Telephone:

IN CASE OF EMERGENCY (I.C.E.): Physician’s Name: Clinic: Hospital:
(In the event that a hospital and/or clinic is NOT indicated, paramedics will make the decision where to take participant for medical care/treatment.)

Emergency contact (if other than Parent/Guardian): Relationship to participant: Telephone:

The following Release and Consent shall remain in effect for the duration of the 2019-2020 season through August 31, 2020

The undersigned, parent or legal guardian of the above player/participant ("the Participant") recognizes that athletic sports competition, trainings or play, including but not limited to lacrosse, are vigorous sports and activities that involve physical contact and that the Participant may suffer temporary or permanent serious physical injuries including, but not limited to, sprains, fractures, eye injuries, concussions, brain or spinal damage, paralysis or even death while playing, watching or attending a game, tournament, classes, party activities, rentals, practice or scrimmage, or by use of associated (instructional/training) equipment. The undersigned Participant, or parent/legal guardian of the Participant recognizes that the types of injuries and harm mentioned in the preceding sentence of this Release can arise from a wide spectrum of causes in regard to a sport and its related activities including, but not limited to, head injuries suffered by players impacting each other, goalposts, dasherboards (hockey boards), or the ground; violent or overly rough play; player fights; injuries caused by poor field conditions including potholes, holes or the like; or negligence or misconduct by coaches, parents, referees or other players. With full knowledge of the above-referenced risks and in consideration of Break Away Sports Center, Inc. accepting the Participant in a sports program(s) and or training at it’s facility or other venue(s), and pursuant to the recreational assumption of the risk statute, sec. 895.525 Wis. Stats., the Participant and I hereby accept and assume full responsibility for any and all harm caused by negligence, except by those caused by intentional and/or reckless action, and hereby release, discharge, and/or otherwise indemnify Break Away Sports Center, Inc., its staff, employee, directors and officers and its respective clubs, coaches and their staff, league and tournament sponsors and the directors and officers and any of their facilities and/or its related activities as to any claims and causes of action based on allegations of negligence by or on behalf of the Participant and his or her parents or legal guardians. I also agree that if any of the provisions are for any reason invalid, or unenforceable, in whole or in part, then such provision or provisions only shall be void and shall not affect any other provisions of this Agreement

If you have questions regarding the provisions of this Release or otherwise wish to negotiate any of the provisions of this Release, please contact the Manager of Break Away Sports Center, Inc. Please note that the Participant shall not be permitted to participate in any Break Away Sports Center, Inc., authorized program or game until this form is agreed upon and/or signed and returned to an authorized Break Away Sports Center, Inc. representative

I hereby represent/declare that the Participant is fit and healthy to participate in the rigors of sports competition and/or its related activities.

X Participant Parent/Guardian Signature Date

CONSENT FOR MEDICAL TREATMENT

I hereby authorize the following persons to administer emergency medical treatment to myself or my child, the Participant, for any injury or other medical emergency while at a practice, game, tournament, scrimmage, or playing at Break Away Sports Center Inc. or other venue(s): All coaches and managers of my child’s team, the team’s club, and/or Break Away Sports Center, Inc. management, employee, officers, game officials, sponsors officials or agents of any league or tournament that my child or participant may participate in. This consent also extends the right to those persons listed above to arrange for immediate medical treatment by a licensed physician and/or other trained medical personnel and agree to be responsible financially for the reasonable cost of each assistance or treatment. My child and I hereby release, hold harmless and indemnify the above-listed persons for any injury or damage related to administration of emergency medical care as authorized herein.

I have read and fully understand the above statements.

X Participant Parent/Guardian Signature Date

YOUTH PARTICIPANT UNDER 19: CONCUSSION PARTICIPATION REQUIREMENTS

As the Parent/Guardian of a youth participant, I agree that by signing this Form that I have received and read the Concussion Information Sheet on the reverse side to this Consent Form or available at Break Away Sports Center, Inc. In addition, I agree that if my child shows symptoms of a concussion or head injury that he/she is to be removed from the competition until such time that a healthcare professional can examine my child and provide written clearance to my Manager/Coach for my player to return to play soccer.

X REQUIRED Parent/guardian Signature of Participant Under 19 in Youth Activity Date I have read the “Concussion Information Sheet” if not printed on reverse side (Parent’s initial)

BREAK AWAY SPORTS CENTER, INC.: 5964 Executive Drive Fitchburg WI 53719; Phone:(608)288-9600; Fax:(608)288-8582

10/01/19

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Break Away Sports Center, Inc - Concussion Information Sheet (CIS)

Know Your Concussion ABC's

Access the situation

Be alert for signs and symptoms

Contact a health care professional

What Is A Concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head and can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

What Are The Signs And Symptoms Of A Concussion?

You can't see a concussion. Signs and symptoms of a concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports one or more of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

Signs And Symptoms Of A Concussion?

SIGNS OBSERVED BY OTHERS			SYMPTOMS REPORTED BY YOUR CHILD		
<ul style="list-style-type: none">• Appears dazed or stunned• Is confused about events• Answers questions slowly• Repeats questions• Can't recall events prior to the hit, bump, or fall• Can't recall events after the hit, bump, or fall• Loses consciousness (even briefly)• Shows behavior or personality changes• Forgets class schedule or assignments			<div>Thinking/Remembering:<ul style="list-style-type: none">• Difficulty thinking clearly• Difficulty concentrating or remembering• Feeling more slowed down• Feeling sluggish, hazy, foggy, or groggyPhysical:<ul style="list-style-type: none">• Headache or "pressure" in head• Nausea or vomiting• Balance problems or dizziness• Fatigue or feeling tired• Blurry or double vision• Sensitivity to light or noise• Numbness or tingling• Does not "feel right"</div>		
			<div>Emotional:<ul style="list-style-type: none">• Irritable• Sad• More emotional than usual• Nervous Sleep*:<ul style="list-style-type: none">• Drowsy• Sleeps less than usual• Sleeps more than usual• Has trouble falling asleep <small>*Only ask about sleep symptoms if the injury occurred on a prior day.</small></div>		

DANGER SIGNS: Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
 - Difficult to arouse
 - Severe headache or worsening headache
 - Weakness, numbness, or decreased coordination
 - Repeated vomiting or nausea
 - Slurred speech
- Convulsions or seizures
 - Difficulty recognizing people or places
 - Increasing confusion, restlessness, or agitation
 - Unusual behavior
 - Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Children and teens with a concussion should NEVER return to sports or recreation activities on the same day the injury occurred. They cannot return to their activities until a health care provider experienced in evaluating for concussion says they are symptom-free and provide written clearance to your coach in order to return to activity.

What should I do if my child or teen has a concussion?

1. Seek medical attention. A health care provider experienced in evaluating for concussions can direct concussion management and review when it is safe for your child to return to normal activities, including school (concentration and learning activities) and physical activity. If your child or teen has been removed from a youth athletic activity because of a suspected concussion or head injury, they may not participate again until he/she is evaluated by a health care provider and receives written clearance to participate in the activity from the health care provider.
2. Help them take time to get better. If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen should limit activities while he/she is recovering from a concussion. Exercising or doing activities that involve a lot of concentration, such as studying, using a computer, texting, or playing video games may worsen or prolong concussion symptoms (such as headache or tiredness). Rest will help your child recover more quickly. Your child may become upset that he/she cannot participate in activities.
3. Together with your child or teen, learn more about concussions. Talk about the potential long-term effects of concussion and the problems caused by returning to daily activities too quickly (especially physical activity and learning/concentration).
4. Help your child or teen get support by contacting school officials and/or health care provider during the transition of recovery.

Sources: adapted materials from the WIAA, WI Department of Public Instruction, and U.S. Department of Health and Human Services Centers for Disease Control and Prevention. To learn more about concussion go to: www.cdc.gov/Concussion or call 1.800.CDC.INFO.

All Parents of players under 19 years old MUST sign on reverse side confirming a parent's review of this informational sheet.