

GSSSL Operating Plan

Appendix B

Code of Conduct

As a member of the Greater Seattle Summer Swim League, we agree to:

- Abide by the GSSSL Operating Plan.
- Consistently display respect, honesty and sportsmanship toward coaches, teammates, officials, volunteers, parents and competitors.
- Consistently display a positive and supportive attitude toward all teams, coaches, teammates and competitors.
- Refrain from inappropriate or unacceptable behavior such as:
 - The display or use of aggressive behavior or intentional contact.
 - The use of offensive language, including any derogatory reference to any person's race, sex, ethnicity or other characteristics.
 - Any activity which would detract from the positive image of the GSSSL.

All infractions that result in meet expulsion must be reported to the GSSSL board within three (3) days.

***Any infraction of this code may result in, but is not limited to, the following actions by the Greater Seattle Summer Swim League Board:**

- Restriction from future competition for a designated period of time.
- Placement on probation for a designated period of time.
- Restriction from participation in championship competition.

Eligibility

The Operating Rules of the Greater Seattle Summer Swim League state:

***"Any swimmer is eligible to compete in GSSSL competition whose family is a dues paying member meeting the normal financial responsibility of that swim club to include full use of the pool for the entire summer season for the entire family or is a child of the manager or head coach. For inclusion of any other employees' children the team must petition to the league. This is a one time petition unless the employment situation changes. House guests of club members who want to participate in GSSSL competition must stay with that family for a minimum of six (6) weeks during the GSSSL season. House guest must begin by June 15th and the coach must notify by writing to the GSSSL President by this date. Any club in violation of eligibility rules will forfeit the meet in question. The Board has the authority to request information from the club to determine proof of eligibility of the swimmer(s)."**

(The only exception to this rule concerns swimmers who joined under the Small Team provisions adopted in 1994. Only one team has qualified for this exemption. Our family is covered under the Small Team Provision.)

I hereby authorize emergency medical/dental care and treatment for my child as necessary. I have read and agree to the release. Our family has discussed the league's Code of Conduct and understand what is expected of parents and swimmers. We understand the Eligibility rules of the league and certify that our family meets these guidelines of club membership.

Signature

Date

Pacific Northwest Swimming 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:

<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:

<ul style="list-style-type: none">• 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 must 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 athletes is the key for athlete safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion must be removed from the meet 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 meet or practice 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/>

This form must be signed and dated by BOTH athlete and parent or guardian BEFORE the athlete can participate in practice or competition.

Athlete Name Printed

Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

Adapted from the CDC and the 3rd International Conference on Concussion in Sports Document

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