



VOLUNTEER SIGN UP

In order to make our programs successful, we need the help of volunteers. If you or someone you know, would be interested in helping, please complete this form and return to the Recreation Department.

We are looking forward to working with familiar people as well as new ones.

SELECT SPORT: Escalon Babe Ruth Basketball Soccer

COACH Child's name OR division:

ASSISTANT COACH Child's name OR division:

Name:	Daytime Phone:	
Mailing Address:	City:	Zip:
E-mail Address:	Coach Shirt Size:	

PLEASE NOTE: ALL VOLUNTEERS ARE REQUIRED TO BE FINGERPRINTED EVERY THREE YEARS BY THE ESCALON POLICE DEPARTMENT. IF REQUIRED, YOU WILL BE NOTIFIED BY THE RECREATION DEPARTMENT TO SCHEDULE A FINGERPRINTING APPOINTMENT. THE PROCESS IS DONE FREE OF CHARGE. BE SURE TO BRING YOUR PHOTO ID TO YOUR APPOINTMENT. MAKE YOUR APPOINTMENT BY CALLING 691-7372 AS SOON AS POSSIBLE SO THERE ARE NO DELAYS IN DISTRIBUTING TEAM ROSTERS.

COACH CODE OF CONDUCT

1. Coaches will not partake of alcoholic beverages prior to or during participation in any activity involving the coordinating or supervising of youths.
2. Control yourself and set the best possible example of sportsmanship.
3. Root for your team – NOT AGAINST THEIR TEAM.
4. Abide by all decisions of game officials.
5. Do not smoke or use tobacco in the area of practice or games.
6. Do not "heckle" or "ride" an opponent, official or spectator.
7. Do not use foul language.

If a coach is ejected by an official, he/she will be suspended from practices and games (the time length will be determined by the Recreation Department). If a coach gets suspended a second time, he/she can be reviewed to further coach.

Inappropriate behavior devalues the sport and creates unnecessary stress for the player. It is not in keeping with the spirit of recreation youth sports. Any coach, parent or player that fails to adhere to the Escalon Recreation Department CODE OF CONDUCT will be open to expulsion from games along with having them or their child removed from Escalon Recreation Sports.

CONCUSSION INFORMATION (See Reverse)

By signing this form, you acknowledge that you have read the Concussion Fact Sheet for Coaches and will complete the online head injury training and provide the Escalon Recreation Department a copy of the Certificate of Completion, prior to receiving the team roster. You understand what the signs, symptoms, and behaviors are and agree to remove the athlete from practice/play if exhibited and/or a concussion is suspected.

It is your responsibility to inform the parents/guardian and the Escalon Recreation Department if you suspect a concussion or if a suspected concussion is reported to you, and that the athlete cannot return to practice/play before providing a written clearance from an appropriate health care provider.

Signature stating you have read Code of Conduct & Concussion Information	Date
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Parent's Signature if Coach is a minor	Date
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OFFICE USE ONLY:
 Fingerprint Clearance _____

CONCUSSION

A Fact Sheet for Coaches

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a blow to the head or body.
 - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat or a baseball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- **Can happen even if you do not lose consciousness.**

California AB2007

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 for the remainder of the day. A youth-athlete who has been removed from play 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 receives written clearance to return to play from that health care provider.

Return to play cannot be sooner than 7 days after the diagnosis of a concussion.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- "Don't feel right."
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT CAN HAPPEN IF I KEEP PLAYING A STUDENT WITH A CONCUSSION OR RETURNS TOO SOON?

Athletes with the signs and symptoms of concussion should be removed from play immediately (CA AB2007). 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. It is your duty as a coach to place the health and safety of your youth-athletes ahead of winning.

WHAT A COACH SHOULD DO IF YOU THINK YOUR PLAYER HAS SUFFERED A CONCUSSION

Any athlete even suspected of suffering a concussion **must** 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 written medical clearance and not sooner than seven (7) days from diagnosis. The new "CA AB2007" now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that help ensure and protect the health of student-athletes. A coach's job is to ensure everyone follows these guidelines.

**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.
WHEN IN DOUBT, GET CHECKED OUT!**

For more information and resources, visit www.cdc.gov/concussion