



Little League Baseball and Softball MEDICAL RELEASE

NOTE: To be carried by any Regular
Season or Tournament Team Manager
together with team roster or eligibility
affidavit.



Player: _____ Date of Birth: _____ Gender (M/F): _____

Parent (s)/Guardian Name: _____ Relationship: _____

Parent (s)/Guardian Name: _____ Relationship: _____

Player's Address: _____ City: _____ State/Country: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

PARENT OR GUARDIAN AUTHORIZATION:

In case of emergency, if the family physician cannot be reached, I hereby authorize my child to be treated by Certified Emergency Personnel. (i.e. EMT, First Responder, E.R. Physician)

Family Physician: _____ Phone: _____

Address: _____ City: _____ State/Country: _____

Hospital Preference: _____

Parent Insurance Co: _____ Policy No.: _____ Group ID#: _____

League Insurance Co: _____ Policy No.: _____ League/Group ID#: _____

If parent(s)/guardian cannot be reached in case of emergency, contact:

Name	Phone	Relationship to Player
Name	Phone	Relationship to Player

Please list any allergies/medical problems, including those requiring maintenance medication. (i.e. Diabetic, Asthma, Seizure Disorder)

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

Date of last Tetanus Toxoid Booster: _____

The purpose of the above listed information is to ensure that medical personnel have details of any medical problem which may interfere with or alter treatment.

Mr./Mrs./Ms. _____

FOR LEAGUE USE ONLY:

League Name: _____ League ID: _____ Division: _____ Team: _____ Date: _____

Authorized Parent/Guardian Signature

Date:

Parent and Athlete Concussion Information & Consent Form

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:	
· 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	· 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

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 in coordination 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

What can happen if my child keeps on playing with a concussion or returns too soon?

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, it's 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

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

Spokane South Little League

PO Box 31271
Spokane, WA 99223

Parent/Guardian Code of Conduct

The objective of the SSLL shall be to implant firmly in the children of the community the ideals of good sportsmanship, honesty, loyalty, courage, and respect for authority, so that they may be well adjusted, stronger, *and* happier children and will grow to be good, decent, healthy and trustworthy citizens. All adults associated with the SSLL shall bear in mind that the attainment of exceptional athletic skill or the winning of games is secondary, and the molding of future citizens is of prime importance.

We all have our own set of responsibilities and expectations that we must make every effort to meet or exceed. The following are the SSLL's expectations of ALL parents/guardians:

- Attend my child's games.
- Be supportive of the manager, coaches, and all members of my child's team.
- Communicate with managers, coaches, and other volunteers in appropriate ways.
- Cheer for all players of the team and make only positive comments.
- Be a positive role model exhibiting only good sportsmanship.
- Attend games whether or not my child is completely successful.
- Show respect and support toward umpires and other volunteers.
- Understand that the game of baseball is difficult to learn and play.
- Look for opportunities to work with and encourage my child.
- Be positive and supportive whether the team wins or loses.
- Teach my child that doing one's best is more important than winning.

I understand and accept the SSLL's expectations of parents/guardians. If I violate this code, I may be asked to leave the game and the ballpark. I also understand that continued violation of the code may result in my being banned from further attendance at games for the remainder of the Little League season.

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date

Please sign and return to your child's manager/coach at the next practice or game.

PLAYERS FIRST