



2019 FLORHAM PARK SHARKS SUMMER SWIM TEAM REGISTRATION FORM

Participant's Legal Name _____ Name called _____

Address _____

Age _____ Date of Birth _____ Gender _____ Home Phone _____

T-Shirt Size: ___YS ___YM ___YL ___AS ___AM ___AL ___AXL

Parent's Name _____

Parent's Email _____

Best Phone number _____(c) (h) (w) Other Phone Number _____(c) (h) (w)

In case of emergency, please notify the following person (if parent cannot be reached):

Name _____ Phone _____ Relationship _____

7-8 age group

9-10 age group

11-12 age group

13-over age group

Swim Team Policies

Medical Treatment: The Florham Park Swim team does not normally administer any medication. However, in the event of an emergency in which the parents cannot be contacted, emergency medical staff and the Florham Park Swim staff may take appropriate action in the best interest of the participant.

Initial: _____

As determined by my child's physician, my child is in good physical condition and not aware of any present or previous disease or injury that would result in being impaired during participation in the Florham Park Swim Team program.

Initial: _____

Special Needs? (please list) _____

Waiver: I understand that Florham Park Swim Team activities have inherent risks and I hereby assume all risks and hazards incident to my participation/my child's participation on the Florham Park Swim Team program. I further waive, release, absolve, indemnify and agree to hold harmless the Florham Park Recreation, and its employees, organizers, volunteers, supervisors, officers, directors, participants, coaches, and referees, as well as all persons or parents transporting participants to and from activities, from any legal claims, liabilities, damages and costs for any physical injury or damage to my personal property sustained during my use of Florham Park Municipal Swimming Pool property and/or my participation/my child's participation in any Florham Park Swim Team activities.

Initial: _____

I, the parent/guardian of the above-named swimmer(s), agree that I and the swimmer(s) will follow directions of the Swim Team coach and the assistant coaches and will abide by the rules and regulations of the Florham Park Municipal Pool and the North Jersey Summer Swim League. I will advise my swimmer(s) of these requirements. I understand that my failure or my swimmer(s) failure to follow the direction of coaches and/or rules can result in the dismissal from the Florham Park Municipal Swim Team without refund.

Initial: _____

I give permission to the Florham Park Municipal Pool to use my swimmer(s) name, picture, and/or likeness in print, electronic format, broadcast and other materials or media concerning the pool and the team.

Initial: _____

I have read, understand, and will abide to all the policies states above.

Parent/Guardian Signature _____

Date _____

CONCUSSION INFORMATION FOR YOUTH SPORTS

I HAVE READ THE concussion information for Youth Sports (attached information) and understand that I have a responsibility to report my child's symptoms to coaches, administrators and health care providers.

I also understand that I/my child must have no symptoms before return to play can occur.

Parent/Guardian Signature _____

Date _____

Registration Fee: **\$125.00 per swimmer**

Lifeguard Registration Fee **\$25.00**

You must have a Florham Park pool membership or be a Florham Park Lifeguard to register for and participate on the swim Team

Total Payment: _____

Check# _____ or cash

A Fact Sheet for HIGH SCHOOL PARENTS



This sheet has information to help protect your teens from concussion or other serious brain injury.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Teens Safe?

Sports are a great way for teens to stay healthy and can help them do well in school. To help lower your teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - › Work with their coach to teach ways to lower the chances of getting a concussion.
 - › Emphasize the importance of reporting concussions and taking time to recover from one.
 - › Ensure that they follow their coach's rules for safety and the rules of the sport.
 - › Tell your teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for teens to avoid hits to the head.

How Can I Spot a Possible Concussion?

Teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.
- Can't recall events *prior to* or *after* a hit or fall.

Symptoms Reported by Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

Talk with your teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

GOOD TEAMMATES KNOW:

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

Concussions affect each teen differently. While most teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



Plan ahead.

What do you want your teen to know about concussion?

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.



You can also download the CDC *HEADS UP* app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

What Should I Do If My Teen Has a Possible Concussion?

As a parent, if you think your teen may have a concussion, you should:

1. Remove your teen from play.
2. Keep your teen out of play the day of the injury. Your teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your teen's health care provider for written instructions on helping your teen return to school. You can give the instructions to your teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

➤ **Teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a teen for a lifetime. It can even be fatal.**

Revised 12/2015



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

To learn more, go to www.cdc.gov/HEADSUP