

<p style="text-align: center;">Seattle Vikings Rugby Spring 2012: Player Requirements</p>

Players and parents,

The following must be completed to be eligible to play rugby this season.

- \$225.00 in dues covers rental for practice and game fields, athletic trainer, referees, union dues, player dues and each player will receive rugby shorts, socks and training top. Make your check payable to: Seattle Vikings RFC
- Completed USA Rugby enrollment form with signature. **Note:** you don't need to write a check to USA Rugby or sign up online; we will sign the team up and handle payment as a group, it is included in your dues payment. Club Name: Seattle Vikings RFC, ID = 21366
- Completed medical insurance and emergency contact information.
- Completed concussion information form.
- Completed Vikings Code

Please have all items completed and, signed and returned by ASAP.

Feel free to call or e-mail with questions or comments.

Regards,

Craig Wicks
Head Coach
Seattle Vikings RFC
rugby@seattlevikings.com
(206) 321-4409

Seattle Vikings Medical Release Form

Hospitals often cannot treat or care for children without the consent of parents or legal guardians. This can cause problems if the child has a medical emergency when parents or guardians cannot be reached by the hospital to obtain consent. Complete this form and leave it with the person who is responsible for your child in your absence. In case of a medical emergency, this form should be brought with the child to the hospital.

I, _____

the natural parent/legal guardian of _____

authorize and consent to medical, surgical and hospital care, treatment and procedures to be performed for my child by a licensed physician or hospital when deemed immediately necessary or advisable by the physician to safeguard my child's health and I cannot be contacted. I wave my right of informed consent of treatment.

Signature of Parent/Guardian

Address

City, State, Zip

Home Phone and Date

Witness

Insurance Coverage _____

Group Number _____

Membership Number _____

Employer _____

(This consent statement has been approved by the Seattle Area Hospital Council, and probably would be accepted at any area hospital.)

Information on Child

Child's Name

Birth Date

Allergies Including Drug Reactions

Concussion History (include date and severity)

Chronic Illness

Regular Medications

Blood Type

Date of Last Tetanus Immunization

Other Pertinent Data

Child's Physician _____
Physicians Phone Number _____

Mother's Work Phone _____

Father's Work Phone _____

Insurance Coverage _____

Group Number _____

Membership Number _____

Employer _____

(This consent statement has been approved by the Seattle Area Hospital Council, and probably would be accepted at any area hospital.)

Concussion Information Sheet

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 6/15/2009

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:

- | | |
|---|--|
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Amnesia |
| <input type="checkbox"/> “Pressure in head” | <input type="checkbox"/> “Don’t feel right” |
| <input type="checkbox"/> Nausea or vomiting | <input type="checkbox"/> Fatigue or low energy |
| <input type="checkbox"/> Neck pain | <input type="checkbox"/> Sadness |
| <input type="checkbox"/> Balance problems or dizziness | <input type="checkbox"/> Nervousness or anxiety |
| <input type="checkbox"/> Blurred, double, or fuzzy vision | <input type="checkbox"/> Irritability |
| <input type="checkbox"/> Sensitivity to light or noise | <input type="checkbox"/> More emotional |
| <input type="checkbox"/> Feeling sluggish or slowed down | <input type="checkbox"/> Confusion |
| <input type="checkbox"/> Feeling foggy or groggy | <input type="checkbox"/> Concentration or memory problems
(forgetting game plays) |
| <input type="checkbox"/> Drowsiness | <input type="checkbox"/> Repeating the same question/comment |
| <input type="checkbox"/> Change in sleep patterns | |

Signs observed by teammates, parents and coaches include:

- | | |
|--|---|
| <input type="checkbox"/> Appears dazed | <input type="checkbox"/> Shows behavior or personality changes |
| <input type="checkbox"/> Vacant facial expression | <input type="checkbox"/> Can’t recall events prior to hit |
| <input type="checkbox"/> Confused about assignment | <input type="checkbox"/> Can’t recall events after hit |
| <input type="checkbox"/> Forgets plays | <input type="checkbox"/> Seizures or convulsions |
| <input type="checkbox"/> Is unsure of game, score, or opponent | <input type="checkbox"/> Any change in typical behavior or
personality |
| <input type="checkbox"/> Moves clumsily or displays incoordination | <input type="checkbox"/> Loses consciousness |
| <input type="checkbox"/> Answers questions slowly | |
| <input type="checkbox"/> Slurred speech | |

Concussion Information Sheet

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 6/15/2009

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



The Vikings Code

Rugby players always maintain a high level of *respect* for their opponents, the referees and teammates on and off the field. Every member of Seattle Vikings Rugby Football Club is held to this high ethical standard. Inherent in our selections for teams are Attendance, Attitude and Ability. Most important, however, is a complete *respect for the game*. In order to ensure that the principles of sportsmanship, fair play, skill development, and mutual respect among players, coaches, officials, and spectators are the primary considerations governing competition for the Seattle Vikings, the following Vikings Code has been established:

Players:

- *Respect the "Game of Rugby"* and play within the laws of the Game.
- Never criticize the referee and touch judges during or after a match in front of players or spectators.
- Play for enjoyment and become part of the rugby family.
- Ensure your attendance at all Vikings games, practices and events.
- Accept the referee's decision and let your captain or coach ask any relevant questions.
- Always do your best and be committed to the game, your team and your club.
- Be a "good sport". Applaud all good play whether by your team or the opposition.
- Winning and losing is part of sport: Win with humility – lose with dignity.

Coaches:

- *Respect the "Game of Rugby"* and coach within the laws of the Game.
- Never criticize the referee and touch judges during or after a match in front of players
- Tell players the Laws of the Game are mutual agreements which no one should evade or break.
- Insist on fair play and disciplined play. Do not tolerate foul play, fighting or foul language.
- Create a safe and enjoyable environment in which to train and play.
- Make a personal commitment to keep yourself informed on sound coaching principles and methods, and on the principles of growth and development of young people.
- Seek and follow the advice of a doctor in determining when an injured player is ready to play.

Parents and Supporters:

- *Respect the "Game of Rugby"*.
- Never criticize the referee and touch judges during or after a match in front of players.
- Encourage your child always to play by the Laws of the Game.
- Set a good example by applauding good play on both sides.
- Never ridicule, humiliate or shout at young players for making a mistake or losing a match.
- Support all efforts to remove verbal and physical abuse from rugby.
- As a spectator do not use tobacco, alcohol, drugs, profane language or harass referees, coaches or players. Players deserve a safe and healthy environment.

Please sign and date here agreeing that you have read and agree to adhere to this code

(Player)X_____Date_____

(Parent)X_____Date_____