

Please read and sign each form enclosed and return to an Athletic Club Board Member. *Athletes are not permitted to participate in any practice or game without each of these forms on file with the school.*

Thank you for your cooperation.

Each athlete must read, sign** and turn in the following:

- 1) Concussion Information Sheet – Required by the State of Illinois
- 2) Social Media Conduct Acknowledgement
- 3) Student Athlete Code of Conduct
- 4) Parent/Guardian Code of Conduct
- 5) Child/Minor Acknowledgement From

Forms may be signed by parent/guardian on behalf of all Athletes in Grades **preschool-3rd.

CHILD/MINOR ACKNOWLEDGEMENT

The Catholic Bishop of Chicago (CBC) and St. Mary Magdalene & St. Walter Parish ("Parish") are committed to conducting programs and activities in the safest manner possible and holds the safety of participants in the highest possible regard. Participants and parents registering their child in these programs must recognize there is an inherent risk of injury when choosing to participate in these activities including athletics. The CBC and Parish insist participants follow safety rules and instructions designed to protect the safety of the participants and attendees.

Please recognize the CBC and the Parish does not carry medical accident insurance for injuries sustained in its programs. The cost would make program fees prohibitive. Each person registering themselves or a family member for a recreation program/activity should review their own health insurance policy for coverage. The absence of health insurance coverage does not take the CBC or the Parish responsible for the payment of medical expenses.

I recognize and acknowledge there are risks of physical injury and I agree to assume the full risk of any injuries (including death), damages, or loss which I or my minor/child/ward may sustain as a result of participating in activities connected with this program. I am responsible for the transportation of my child/ward to and from the event(s). The use of my personal automobile to transport participants or attendees is not sanctioned by the CBC and the Parish and is my voluntary undertaking. While using my personal vehicle to and from parish/school activities, I acknowledge my automobile insurance is primary; I understand and will comply with the rules and regulations of the Illinois Motor Vehicle Code; I understand and will comply with other Federal, State and local law; during the event(s) and to and from the event(s) I will not engage in any inappropriate behavior or activity and doing so will be my personal responsibility.

On behalf of myself or child/ward, I will indemnify the Catholic Bishop of Chicago, a Corporation Sole and the parish from claims resulting from injuries (including death), damages and losses sustained by me or my minor child/ward or arising out of, connected with, or in any way associated with the activities of the program.

In the event of an emergency, I authorize the CBC or parish officials to secure from any hospital, physician, and/or medical personnel any treatment deemed necessary for my minor child's immediate

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(coaches' signature)

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care and agree I will be responsible for payment of any and all medical services rendered. I have read and fully understand the above program details.

Student Name: _____ Date: _____

Parent/Guardian Name: _____ Date: _____

Parent/Guardian Signature: _____

Mailing Address: _____ City: _____ ZIP: _____

Phone Number: (____) ____ - _____

Email Address: _____

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Concussion Information Sheet

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 athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete 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 Return-to-Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

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/ConcussionInYouthSport/>

Students/Parent Consent and Acknowledgements

By signing this form, we acknowledge we have been provided information regarding concussions.

Student

Student Name (Print): _____ Grade: _____

Student Signature: _____ Date: _____

Parent or Legal Guardian

Name (Print): _____

Signature: _____ Date: _____

Relationship to Student: _____

Each year IESA member schools are required to keep a signed Acknowledgement and Consent from and a current Pre-participation Physical Examination of file for all student athletes.

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

ST. WALTER – ST. BENEDICT SOCIAL MEDIA CONDUCT ACKNOWLEDGEMENT

All persons that are a part of the St. Walter-St. Benedict Athletic program represents St. Benedict School, our Parish and our community. Said persons include, but are not limited to, board members, athletes, coaches and spectators (“Parties”). All parties are expected to exercise good judgment in their use of all social media channels and conduct themselves in a responsible and respectful manner.

Social media should not be used to share any negative thoughts, ideas or happenings; this includes photos, videos & audio, from any athletic event (practices, games, etc.).

Failure to abide by the guidelines could put the student(s) participation at risk and/or cause disciplinary action.

Any social media misconduct, questions and/or comments should be reported to

swsbathletics@gmail.com

By signing the below, I agree to adhere to the following guidelines when representing the St. Walter-St. Benedict Athletic program, School and Parish in social media through words, photos and audio.

- i. Parties will adhere to a standard of integrity that proudly reflects themselves and the St. Walter-St. Benedict Community, including not posting content that may be deemed inappropriate.
- ii. Parties will not comment on injuries, officiating or their own/opposing team matters that could reasonably be expected to be confidential.
- iii. Students & parents will abide by the Codes of Conduct signed at the time of registration.
- iv. Parties will always demonstrate respect to their teammates, coaches, staff and administrators when engaging in social media channels.
- v. Parties will not initiate communication with other parties in or outside of the St. Walter-St. Benedict community that may be hurtful, harassing or inappropriate and can negatively affect them self or the community.
- vi. Parents/Guardians will demonstrate positive behavior that is expected of the St. Walter-St. Benedict community and assure that accompanied spectators do the same. _____ **parent/guardian initials**

Student Name: _____ Date: _____

Student Signature: _____

Parent/Guardian Name: _____ Date: _____

Parent/Guardian Signature: _____

Board Member/Coach Name: _____ Date: _____

Board Member/Coach Signature: _____

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SPORTS PARENT/GUARDIAN CODE OF CONDUCT

The purpose of the following Sports Parent/Guardian Code of Conduct is to help define appropriate parental/guardian actions and behaviors that support the mission of the athletic program. All parents/guardians should read, understand, and sign this form prior to participation.

Any parent/guardian who does not follow the guidelines below will be asked to leave the sports facility and be suspended from the privilege of attending games – home and away.

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these pillars of character.

As a parent/guardian, I, _____, agree to the following:
(parent/guardian name)

- I will not force my child to participate in sports.
- I will remember that the game is for youth, not adults.
- I will learn the rules of the game/sport and the policies of the league.
- I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy towards all players, coaches, officials, and spectators at all games and practices.
- I (and my guests) will not engage in any kind of unsportsmanlike conduct (booing, taunting, etc.) or any other form of harassment towards any official, coach, player or parent.
- I (and my guests) will not use any profane language or gestures.
- I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
- I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will demand that my child treat other players, coaches, officials, and spectators with respect.
- I will teach my child the importance of hustle, playing fairly, and doing one's best.

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- I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
- I will emphasize the importance of skill development over winning and losing.
- I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my own child.
- I will respect the officials and their authority during games and will never publicly question their decisions.
- I will respect the coaches for the time they donate, and I will never publicly confront, question or criticize them.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and I will refrain from their use at all sports events.
- I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches for the team.

Athlete's Name: _____ Date: _____

Parent/Guardian Signature: _____

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STUDENT ATHLETE CODE OF CONDUCT

The purpose of the following Student Athlete Code of Conduct is to help define appropriate actions and behaviors that support the mission of the athletic program.

All participating student athletes should read, understand, and sign this form prior to participation.

Any student athlete who does not follow the guidelines below may be suspended or expelled from the athletic program.

As a student-athlete, I, _____, agree to the following:
(Print athlete's name)

- I will play the game for the game's sake.
- I will be generous in winning and graceful in losing.
- I will display good sportsmanship and respect towards all opponents.
- I will work for the good of the team.
- I will accept the decisions of the officials gracefully,
- I will conduct myself at all times with honor and dignity. This includes during and after school, games, practices, and trips to other schools and facilities.
- I will recognize, applaud, and encourage the efforts of your teammates and opponents. I will show respect for your coaches.
- I will show respect towards fans and personal from other schools.

Athlete's Name: _____ Date: _____

Athlete's Signature: _____

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