Registration Opens
12/4 at Noon!

ARC

Winter 2019
Enrichment Catalog

LESCHI AFTER SCHOOL ENRICHMENT CLASSES

Brought to you by:
GARFIELD
COMMUNITY CENTER
2323 E Cherry St.
Seattle, WA 98122
Ph: 206-684-4788

Seattle
Parks & Recreation
healthy people healthy environment strong communities

This program is made possible through Seattle Parks and Recreation and the Associated Recreation Council.

Program Information

Winter 2019 Class Session: 1/14-4/5

Program Contact Information

Garfield Community Center
2323 E Cherry St., Seattle, WA 98122
Phone: 206-684-4788

• Program Administrator: Brooke Sciullo
Phone: 206-465-7893, Email: brooke.sciullo@seattle.gov

Program Schedule

Leschi Elementary K-5 Release: 2:25 p.m. (M, Tu, Th, F), and 1:10 p.m. (Wed)

Check In: **2:25-2:35 p.m. (M, Tu, Th, F), and 1:10-1:20 p.m. (Wed)**

- Students report to the cafeteria upon dismissal to be signed in and eat snack.

Session 1: ***2:35-4:05 p.m. (M, Tu, Th, F), and 1:20-2:50 p.m. (Wed)***

- ALL PARENTS of students not enrolled in second session must come to the cafeteria and SIGN OUT their student at 4:05 p.m., or 2:50 p.m. (Wed). **Late fees will be assessed $1 per minute.**

Session 2: ***4:20-5:20 p.m. (M, Tu, Th, F), and 3:05-4:35 p.m. (Wed)***

- All parents must SIGN OUT their student by **5:20 p.m., or 4:35 p.m. (Wed). Late fees will be assessed $1 per minute.**

***There are no after school classes on holidays, no school days, or early dismissal days at the Elementary School. These "No Class" days are figured into the price of each class.**

How to Register

All students must turn in, or have on file, a completed E-13 Participant Information and Authorization form to register for class. Once completed, E-13 forms are good for one school year. Though classes are held at the school, all paper work must be turned in to Garfield Community Center, where you can receive more information about classes, registration, and scholarships.

FIRST CHOICE

Stop by your local community center to register for programs and meet the staff. Staff welcomes face-to-face interaction! Please note hours of operation as they vary across community centers.

SECOND CHOICE

Seattle Parks and Recreation is launching a new registration software this winter. To find additional information about signing up online using our new registration software go to this website: **bit.ly/spr_new_registration**

THIRD CHOICE

Call your local community center during our hours of operation at the phone number listed above, or at: seattle.gov/parks/centers.asp. All staff can assist you with registration during operating hours.

An additional $5 insurance fee will be required when registering for all gymnastics, tumbling, or circus arts classes offered through Seattle Parks and Recreation. This non-refundable fee covers a child's participation in all gymnastics, tumbling, or circus arts classes for one year from the date of purchase. Please contact your local community center to purchase this insurance. **Note:** This insurance will only be utilized if expenses exceed your primary insurance coverage.

What You Need to Know

Registration and Payments:
NEW INFORMATION, PLEASE READ CAREFULLY

Seattle Parks and Recreation is launching a new Registration Software on November 27, registration for Winter Enrichment opens Dec 4.

You may already be in the new system. If you have a current pass, scholarship, or staff have already entered your information. To check, follow these steps:

Step 1: Go to the www.seattle.gov/parks and click on Sign Up for Classes and Programs
Step 2: Click on 'Sign In'.
Step 3: Click on 'Forgot Password' and enter your email address to have your login information sent to you.

If you do not already have an account, follow the steps below to set up an account:

Step 1: Go to the www.seattle.gov/parks and click on Sign Up for Classes and Programs
Step 2: Click on 'Create Account'.
Step 3: Complete your information!

If you have any questions about creating a new account, please reach out to your local Community Center directly. Once you have an account, you may call Garfield Community Center, stop by, or register and pay online. If you register online, please email the community center coordinator who your child's classroom teacher is and where your child will be going after class. Registration is open for all classes until the day prior to the start of class. Remember: All students need a Participant Information and Authorization E-13 form prior to participating in any after-school classes.

Scholarship:
To apply for a scholarship, complete and return a scholarship application to the community center. Applications can be found in the **Leschi K-5** main office, **Garfield CC**, or can be downloaded at bit.ly/sprscholarships. **Scholarship award and co-payment will be determined based on income qualification and fund availability.**

Refund Policy:
It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:
- Anyone who registers for a class that is cancelled for any reason will receive a full refund.
- DROPPING A PROGRAM BEFORE THE SECOND SESSION: A participant may be issued a refund if he/she withdraws from a program, and notifies the program coordinator, prior to the second class session. The facility will retain the pro-rated class fee plus a service charge of $5 or 10% of the fee, whichever is greater.
- DROPPING A PROGRAM AFTER THE SECOND SESSION: If a participant withdraws from a program after the second session of a series, no refund will be given.
- CANCELLATION OF ONE SESSION: In the event of an unplanned cancellation of a single session, that class will be rescheduled, and If it cannot be rescheduled, the participant will receive a refund.
- For full details of the Department's Refund Policy, please see Policy Number 060-P 7.16 under PROGRAM which can be found here: http://www.seattle.gov/Documents/Departments/ParksAndRecreation/PoliciesPlanning/RefundPolicy.pdf

OH NO! My class got cancelled!
Most classes require a minimum of 6 participants in order to be financially sustainable. We do our best to avoid cancelling classes. However, classes that do not meet minimum enrollment requirement are cancelled prior to their start date. We do prorate class fees to reflect late registration for classes that meet minimum enrollment requirement prior to their start dates.

PLEASE REGISTER EARLY!

Snack and Clothing:
The After School Enrichment Program will provide a snack for each student. Please send your children with clothing appropriate for their classes.

Behavior:
We have the expectation of respect for teachers/instructors and good behavior during classes. Students are expected to maintain the same behavioral standards that they would during the formal school day. If an instructor determines this is not the case the following steps will be taken:
- At the first incident, the Program Administrator will contact parents/guardians regarding student behavior.
- The student will be given one trial class to improve.
- If the disruptive behavior continues, the student will be removed from class.

The program is unable to issue a refund if the student is removed from a class due to a behavioral issue. Please discuss enrollment with your child to be sure they want to attend an after school class.

Picking up Your Child:
Your child must be picked up on time. Our program does not provide childcare after class is over and the playground is not supervised at that time. If your child is picked up late, you will be charged $1/minute for every minute past your pick up time that you are late. Please call the **Program Administrator** if you are going to be late. Your student can only be picked up by persons listed on the E-13 form.

What You Need to Know Continued

Absences/Changes:
Please contact the **Program Administrator** as soon as possible with any of the following:

1. Your student will not be attending class (but was at school).
2. Your student was absent from school and will not be attending the After School Program.

Questions/Concerns:
Once a class has begun, if you have any issues or concerns regarding a class, please contact the **Program Administrator,** or email the **Community Center Coordinator**. The **Program Administrator** will be on-site and available during program hours all quarter.

Inclement Weather and City Wide Emergencies:
Please call our CHILD CARE/ENRICHMENT HOTLINE: 206-684-4203, This is a 24-hour line giving information about program closures due to extreme weather or emergencies. It is updated each day by 6 a.m. and as needed.

Winter 2019 Class Session: 1/14-4/5

The Leschi after-school Enrichment program is run by Garfield Community Center in partnership with the Associated Recreation Council. Please contact your Program Administrator if you have any program questions. Thank you!

Garfield Community Center
206-684-4788
2323 E cherry St.
Seattle, WA 98122

Program Administrator
Brooke Sciullo
206-465-7893

MONDAYS **10 weeks** **(No class 1/21 and 2/18)**	**Time**	**Grades**	**Price**	**Barcode**
Session 1				
Choir Club	2:35-4:05 p.m.	3-5	$165	15221
Comic Book Club	2:35-4:05 p.m.	3-5	$165	11371
YouTube Pro	2:35-4:05 p.m.	K-5	$165	15248
Functional Movement	2:35-4:05 p.m.	K-5	$165	15225
Session 2				
Gym Games	4:20-5:20 p.m.	K-5	$165	11374
Improv Theater	4:20-5:20 p.m.	2-5	$165	11372
TUESDAYS **11 weeks** **(No class 2/19)**	**Time**	**Grades**	**Price**	**Barcode**
Session 1				
African Drum & Dance	2:35-4:05 p.m.	K-5	$182	11398
Zumba	2:35-4:05 p.m.	K-5	$182	15247
Puppet Making 102	2:35-4:05 p.m.	3-5	$182	15230
Cooking for Kids	2:35-4:05 p.m.	K-5	$182	15231
Session 2				
Origami	4:20-5:20 p.m.	K-5	$182	11449
Sports Café	4:20-5:20 p.m.	2-5	$182	15233

Winter 2019 Class Session: 1/14-4/5

WEDNESDAYS 10 weeks (No class 1/30 and 2/20)	Time	Grades	Price	Barcode
Session 1				
After– School Recess & Games	1:20-2:50 p.m.	K-5	$165	11461
Origami	1:20– 2:50 p.m.	K-5	$165	
Kids Carpentry	1:20-2:50 p.m.	K-5	$330	11464
STEM Powered Girls	1:20-2:50 p.m.	K-5	$165	15237
Session 2				
Kids Carpentry	3:05-4:35 p.m.	K-3	$330	11470
Messy Science	3:05-4:35 p.m.	K-5	$165	15240
THURSDAYS **11 weeks** **(No class 2/21)**	**Time**	**Grades**	**Price**	**Barcode**
Session 1				
Spanish Immersion	2:35-4:05 p.m.	K-5	$182	15242
Rocket Power!	2:35-4:05 p.m.	3-5	$182	15244
Pinnacle Explorations	2:35-4:05 p.m.	1-4	$242	15245
Unicycling	2:35-4:05 p.m.	3-5	$182	15246
Session 2				
Zumba	4:20-5:20 p.m.	K-5	$182	15229
FRIDAYS **11 weeks** **(No class 2/22)**	**Time**	**Grades**	**Price**	**Barcode**
Session 1				
Choir Club	2:35-4:05 p.m.	K-3	$182	15250
Comic Book Club	2:35-4:05 p.m.	3-5	$182	15251
Martial Arts	2:35-4:05 p.m.	K-3	$182	11485
Digital Photography	2:35-4:05 p.m.	K-5	$182	15253
Session 2				
Olympic Games	4:20-5:20 p.m.	K-5	$182	15254
Fiber Arts and Crafts	4:20-5:20 p.m.	K-5	$182	15255

Help Wanted!

Are you interested in assisting with an Enrichment class or teaching one of your own? We'd love your help!

Contact Brooke Sciullo for more information

email: brooke.sciullo@seattle.gov, ph: 206-684-4788

Course pricing is based on contractual agreements, number of class days and supply costs.

Winter 2019 Class Descriptions A-Z

African Drum & Dance

Your child will learn fun and physically engaging West African music, songs and dance. Students will learn to play traditional African drums, building up to a performance, all in the dynamic style of West African culture.

After School Recess Games

It's RECESSSSSS!!! Using classic and invented games, this "class" promotes social emotional development through cooperation and play. Your child will be burn off their extra energy and create stronger bonds with classmates.

Choir Club

Students will have fun learning about music and singing together. The choir will perform for the community throughout the year.

Comic Book Club

Step into the world of fantasy and superheroes! In this class students will explore the craft of comic book writing, imaginative drawing, story-telling and creative art. No experience necessary, all you need is patience and imagination. At the end of the quarter each student will have their very own #1 Comic Issue.

Cooking for Kids

Join us in the kitchen to learn basic safety and skills for independence in the kitchen. We'll learn to make delicious snacks, breakfasts, and desserts, and what it means to create a balanced meal. Students will share their favorite family recipes!

Digital Photography

Frame, focus and click! Students develop portrait and nature photography skills in this dynamic class as they learn to pay attention to their environment and subject. Students also learn about contrast and lighting to capture intentional and artistic photos they can be proud of.

Fiber Arts and Crafts

Create, re-vamp, and decorate in style! We will learn the basics of knitting, macramé, fabric dyeing and more, with opportunities to make fun crafts to wear and decorate with.

Functional Movement

Learn the basics of fitness, movement, and healthy lifestyles in this course aimed to get kids excited about active lifestyles. Students have the chance to sample the basics of yoga, Pilates, kinesthetics, meditation, and other skills to keep them well.

Gym Games

Sprout Ball, Battleship, Gopher Tag, and Color Squad are a few of the games we will be using to teach the importance of physical activity and teamwork. This class will also provide children with the opportunity to organize and lead a gym game of their own! So much fun!

Improv

Through theater games and exercises, your child will explore how actors use their bodies, voices, and imaginations to tell stories and create characters. Whether they are new to the stage or consider themselves a veteran performer there will be something for everyone.

Kids Carpentry

Kids Carpentry is a hands-on toy building class designed to teach practical woodworking skills with an emphasis on the safe use of tools. Your child will develop a repertoire of practical skills that will last a lifetime and construct fun projects that they will take home!

Martial Arts

Confidence. Respect. Discipline. These basic principles, in combination with physical movement, will guide the class as they learn basic skills of Martial Arts. Join this class to be physically active and feel great about what you are doing!

Messy Science

Science is more fun when it's messy. Your child will build a volcano, make slime, and discover what is inside pond water. In this class we'll do hands on experiments to explore the world around us, and make a (little) mess in the process.

Music Video Dance Class

With hit songs from across the decades, learn the steps and motions behind your favorite music videos.

Olympic Games

The ancient history and powerful tradition of the Olympic games serves as a backdrop for this class where students select a country to represent throughout the weeks to come. Learn the basics of winter favorites like curling and hockey, and compete to bring home the most gold medals for your team!

Register early so your child's favorite classes run!

Classes can be canceled if class minimums are not met.

Winter 2019 Class Descriptions A-Z

Origami

Explore the ancient art of Origami! Your child will learn a variety of techniques as they transform flat sheets of paper into a finished sculpture through folding. Origami is fun and great for developing small motor skills and learning how to follow instructions.

Pinnacle Explorations

Hands-on STEAM (STEM plus Art) curriculum focuses on learning Earth Science concepts and developing outdoor skills. Your child will learn through interactive demonstrations, hands-on experiments, craft projects, and field trips.

Puppet Making 102

Let's put on a puppet show! Students K-2nd grade will have a blast creating puppets out of envelopes, bags, and other recycled materials. They will also learn a brief history of puppetry and how to bring their creations to life with some cool drama techniques.

Rocket Power!

3…2…1… BLASTOFF! Learn about the physics behind rocket launching! This class will teach the concepts of forces and motion through tactile and projectile creations. Students will have the opportunity to design and launch rockets of their own!

Spanish Immersion

This class integrates play, music, movement, and art to engage your child and connect the foreign sounds and words to everyday concepts and activities. We encourage you to reinforce the learning at home with music, movies, or books in the language.

Sports Café

Does your child love sports? They will improve their skills in a variety of team sports including kickball, soccer, basketball, dodgeball, and more! Each class will cover a different sport with unique skills and techniques that stress the importance of teamwork, strategies, and sportsmanship.

STEM Powered Girls

Women are underrepresented in STEM fields, and we can do something (fun!) about that by supporting girls. In this class, we will work together, learn to challenge barriers, and explore exciting STEM activities. Girls will grow their confidence in taking on STEM challenges, and in seeing themselves as future scientists and engineers.

Unicycling

Unicycling is a fun and exciting way to improve balance, body control, coordination, and help strengthen muscles. Your child will have an opportunity to work at their own pace, learning the basics of how to get up on one wheel, and how to ride on their own.

YouTube Pro

Does your child want to grow up and become a “You Tuber”? This class will explore YouTube from all angles including, creating and managing a channel, monetizing accounts, analytics of pages, digital content creation, and channels with videos of their own.

Zumba

We dance to music from top music charts from around the world with age appropriate, easy to learn, dance steps. Classes incorporate key developmental skills including leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination, strength, and cultural awareness.

Leschi K-5
After School Enrichment
Cover Sheet
Winter Class Session: 1/14-4/5

Garfield Community Center: 2323 E Cherry St., Seattle, WA 98122
Phone: 206-684-4788
Program Administrator: Brooke Sciullo, brooke.sciullo@seattle.gov

Student Names: _____ *Parent/Guardian:* _____

Grade and Teacher: _____ *Age/DOB:* _____

Phone Number/s: _____ Email: _____

To sign up online at the Seattle Parks and Recreation website (SPARC), go to https://class.seattle.gov/parks

This form must be turned in to the community center,
turning it in to the school does not register your child for any class(s).

Class Name	Barcode #	Day	Fee
		Total Due:	

After class my child will:

_____ Get picked up by approved parent/guardian

_____ Goes to onsite childcare

_____ Other _____

All students must also turn in a completed E-13 Participant Information and Authorization form to be registered.

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2019 PARTICIPANT INFORMATION AND AUTHORIZATION FORM

Facility/Program: _____

SAC Start Date: _____

This information is considered confidential and is used only to help staff meet the needs of your child. **Please fill out all sections completely (mark N/A if a section does not apply) and sign and initial where indicated.** Additional information may be required, including but not limited to immunization records, medical treatment, medication administration instructions and authorization, and special field trip permission. If you have updated information on this form, please contact staff immediately to update.

PARTICIPANT AND PARENT INFORMATION

Child's Name (First and Last)		Age	❑ Boy ❑ Girl ❑ _____
Birthdate	School		Grade
Address		City	Zip Code
Parent/Guardian Name (First and Last)			**Signature**
Cell Phone	Other Phone	Email	
Address (if different than above)		City	Zip Code
Relationship to Child ❑ Parent ❑ Guardian ❑ Foster Parent		Language(s) Spoken at Home	

GENERAL AUTHORIZATIONS AND INFORMATION

1. My child has previously attended a Seattle Parks and Recreation School Age Care Program. ❑ No ❑ Yes – Location: _____
2. My child has permission to attend field trips as posted in activity schedule, by means of walking, public bus, department van, yellow bus.
   (YES) Initial Here ____ (NO) Initial Here ____
3. My child has permission to participate in swimming and other water activities at Seattle Parks and Recreation facilities, including swimming pools, lifeguarded beaches, boating facilities, and wading pools. Swimming Ability: ❑ Non Swimmer ❑ Beginner ❑ Intermediate ❑ Advanced (YES) Initial Here ____ (NO) Initial Here ____
4. I will provide sunscreen and my child may apply it _____ times during the day. (YES) Initial Here ____ (NO) Initial Here ____
5. Photographs (stills and video) of your child may be used for the City of Seattle, its Department of Parks and Recreation, or Associated Recreation Council or Advisory Council, publications.
   If you **DO NOT** agree Initial Here _____ (Do NOT use photographs of my child)
6. **LEGAL DOCUMENTATION:** Information for your child about parenting plan or current restraining order issued by a legal authority in the State of Washington:

PARENTING PLAN	RESTRAINING ORDER
❑ YES ❑ NO Expiration Date: _____ If yes, provide copy for child's program file.	❑ YES ❑ NO Expiration Date: _____ If yes, provide copy for child's program file.

EMERGENCY CONTACTS (Also authorized for participant pick-up) *Please list secondary contacts if we cannot reach you.*

1) Contact Name (First and Last)			Relationship
Cell Phone	Other Phone	Email	
Address		City	Zip Code
2) Contact Name (First and Last)			Relationship
Cell Phone	Other Phone	Email	
Address		City	Zip Code

PICK-UP AUTHORIZATION AND INFORMATION (MINIMUM AGE 14)

List all individuals authorized to pick up your child. If an individual is not listed, your child will not be released. No voice authorization for pick-up accepted.

1) Name Address	Relationship	Cell Phone	Other Phone
2) Name Address	Relationship	Cell Phone	Other Phone
3) Name Address	Relationship	Cell Phone	Other Phone

CHILD SIGN-IN AND SIGN-OUT PROCEDURES (WAC 170-297-2125)

The parent or authorized person to take the child to and from the program site shall sign-in the child on arrival and sign-out the child at departure using a full, legal signature. When the child leaves the program site to attend school or other off-site activities as authorized by the parent, staff shall sign-out the child and sign-in the child upon return to the program.

MEDICAL HISTORY AND AUTHORIZATION INFORMATION

My child experiences the following: *Please CHECK all that apply or 'None'.* ***Additional forms are required prior to your child attending if medical conditions are checked.*** *Providing this additional information will help us to ensure your child has a positive experience. Efforts will be made to provide reasonable accommodation in accordance with the Americans with Disabilities Act.*

❑ **NONE**	❑ **ADD**	❑ **ADHD**	❑ **Allergies**	❑ **Asthma**
❑ **Autism Spectrum Disorder**	❑ **PTSD**	❑ **Behavior Disorder**	❑ **Diabetes**	❑ **History of Seizures**
❑ **Hearing Impairment/Deaf**	❑ **Visual Impairment**	❑ **Learning Disability**	❑ **Physical Disability**	❑ **Dev. Disability**
❑ **Sensory Processing Disorder/Integration Disfunction**		❑ **Mental Disability** →	❑ **Type:** _____	

Currently taking Medication at:
- ❑ Program
- ❑ School
- ❑ Home

My child has the following behavioral issues which staff should be aware: ❑ None	I handle these behaviors in the following way:

Unless you have religious objections, we cannot allow your child to participate without the following authorizations. If you have religious objections, please submit a written statement of those objections. A MEDICAL TREATMENT AUTHORIZATION Form signed by a physician is required for any medication taken or administered while in a Seattle Parks and Recreation, Associated Recreation Council or Advisory Council program. Forms are available at each facility.

Child's Name (First and Last)		**Age**	**Birth Date**
Medical Provider (First and Last)	**Dental Provider (First and Last)**		
Address, City, Zip Code	**Address, City, Zip Code**		
Phone	**Phone**		
Date of Last Physical Exam: Month _____ **Year** _____	**Date of Last Dental Exam: Month** _____ **Year** _____		
If you do not have a medical provider, in case of injury or incident, what is your plan:	**If you do not have a dental provider, in case of injury or incident, what is your plan:**		
Preferred Hospital for Treatment:			

I authorize the administration of all medical, dental, and surgical examinations, operations, treatment, and all related care, including emergency or ambulance transportation and the administration of drugs, tests, anesthesia and blood transfusions to the above-named minor when a physician or dentist at the treating medical facility deems those procedures necessary for emergency treatment. I consent to the release of medical report(s) to any doctor or agency and consent to the admission of the above-named minor person to the hospital. I understand that the City of Seattle, its Department of Parks and Recreation, Associated Recreation Council, Advisory Councils, the Community Center, and their officers, employees, and volunteers assume no financial obligation or liability in case of my child's accident or illness. **I also assume full financial responsibility for emergency treatment for my child.**

Initial Here _____

PARENTAL CONSENT, RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

IN CONSIDERATION of my minor child ("the Minor") being permitted to participate in any way in the EVENT(S), I agree:
I know the nature of the EVENT(S) and the Minor's experience and capabilities, and believe the Minor to be qualified to participate in the Event(s). The Minor and I will inspect the premises, facilities, and equipment to be used or with which the Minor may come in contact to ensure it is safe to our satisfaction. I have spoken with the Minor about the dangers of the activities and the fact that the Minor could—for a variety of known, unknown, foreseeable and unforeseeable reasons, **including negligence** of the City of Seattle, its employees and volunteers, officers and agents—be seriously injured. In extreme cases, such injuries could include permanent disability, paralysis or even death ("risks"). Even understanding these risks I consent to the Minor's participation in the Event(s) and assert that the Minor is willing to participate in the event.

I accept and assume all risks, and assume all responsibility for the losses, costs and/or damages following an injury related to the Event(s), including disability, paralysis or death, even if caused in whole or in part by the negligence of the following releasees: the City of Seattle, its employees and volunteers, officers and agents. **My acceptance of these risks includes releasing and agreeing not to sue the releasees. I also agree to indemnify and save and hold harmless the releasees and each of them from any and all litigation expenses, attorney fees, loss, liability, damage, or cost they may incur due to a claim made against any of the releasees identified above based on an injury to the Minor, whether the claim is based on the negligence of the releasees or otherwise and whether the claim is made by me, is made on behalf of the minor, or is otherwise made.**

_____	_____	_____
Signature of Parent or Guardian	Printed Name of Parent or Guardian	Date

Seattle
Parks & Recreation

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Concussion Information Sheet

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 incoordination
- 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
- Loses consciousness

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

Seattle Parks and Recreation

Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns to 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 heath 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 its 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
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