



PARKS, RECREATION & FORESTRY DEPARTMENT

High School Hoops Basketball PLAYER REGISTRATION FORM 2020 Season

TEAM REGISTRATION: September 30 – October 25, 2019. All teams must have player registration forms (minimum of 10) and team form complete with full fees to be accepted in the program.

REGISTRATION ELIGIBILITY: Residents and/or ATTENDEES of the Elmbrook School District.

PLAYER INFORMATION:

NAME: _____ **PHONE #:** _____

ADDRESS: _____

(All addresses will be verified. Falsification of an address will result in removal from the program)

CITY: _____ **STATE:** _____ **ZIP:** _____

Circle One: **MALE** **FEMALE** **DATE OF BIRTH:** _____

SCHOOL ATTENDING: _____ **GRADE:** _____

TEAM NAME: _____ **T-Shirt Size:** M L XL XXL

TEAM MANAGER: _____

PLAYER / PARENT WAIVER: I agree to abide by the rules established by the Brookfield Parks, Recreation & Forestry Department governing this program which my team manager has or will convey to me prior to league competition. By signing this contract, I verify that all information listed is accurate and I understand that any false information will result in my suspension from the program along with the forfeiture of fees paid. Furthermore, I am aware of the potential risks inherent with participation in this activity and that the City of Brookfield does not carry insurance on program participants, and will not hold the City, its officials, the team manager responsible for any injuries I might receive as a result of my participation.

PLAYER SIGNATURE: _____ **DATE:** _____

PARENT SIGNATURE: _____ **DATE:** _____

(Required for players under the age of 18)

FEES: Make checks payable to: Brookfield Parks and Recreation

City of Brookfield Resident **\$70** Elmbrook School District Resident **\$105** Non-Residents of the City or EBSD **\$140**

OFFICE USE ONLY: FEE PAID _____ DATE _____ REC'D BY _____ REG #. _____

**THIS REGISTRATION FORM, CODE OF CONDUCT & PARENT & ATHLETE AGREEMENT
REGARDING CONCUSSIONS NEEDS TO BE SIGNED AND SUBMITTED TO COMPLETE THE
REGISTRATION PROCESS.**

(SEE REVERSE SIDE OF THIS FORM)

City of Brookfield Parks, Recreation and Forestry
High School Basketball Facility Code of Conduct

Elmbrook School District gymnasiums are utilized to provide the recreational basketball program. Teams are required to follow basic facility rental rules set forth by the school. To avoid any incidents of misconduct in the facilities the following guidelines have been provided.

1. **All teams must be coached and supervised at all times by an adult, 21 years of age or older.** This designated adult must be present prior to the start and during the entire activity and will remain until all members of the group have left the building at the conclusion of the activity.
2. Participants are not allowed on school premises unsupervised.
3. In the event of an emergency, such as fire, the adult in charge shall direct all in attendance per the posted emergency procedures. The adult in charge shall be responsible for all in attendance in an emergency.
4. There will be no ball playing of any kind in any area of the building other than the gymnasium.
5. Bulletin boards, elevators, items on display and any other school materials are off limits, please do not touch.
6. Only athletic shoes are allowed in the gymnasiums.
7. All school buildings and its grounds are completely smoke free.
8. There is no food or drink, except for water allowed in the gyms.
9. The gymnasiums are to be left clean, with any garbage picked up, and the equipment returned to its place.
10. Anyone who violates the school's rules will be asked to leave the building.

Rooms will be monitored by the custodians. Failure to comply with the above policies will be brought to the attention of Building Principal and the Parks and Recreation Department and handled on an individual basis.

Player Signature _____

Date _____ Team Name _____

CONCUSSION Information Sheet



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

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 Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or 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.
 - › Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; 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 children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and 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 or Coaches

- 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 Children and 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 children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and 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. Be sure to remind them that *it's better to miss one game than the whole season.*

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



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

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



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 child or 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.

Children and 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 child or teen for a lifetime. It can even be fatal.

Revised 5/2015

Discuss the risks of concussion and other serious brain injury with your child or teen and have each person sign below.

Detach the section below and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injury.

I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete Name Printed: _____ Date: _____

Athlete Signature: _____

I have read this fact sheet for parents on concussion with my child or teen and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian Name Printed: _____ Date: _____

Parent or Legal Guardian Signature: _____

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

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

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or 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 child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or 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 child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.



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

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.