

St. Richard CYO Sports Registration Forms

1. St. Richard CYO Sports Sign-Up Form

- a. Completely fill out form, including phone numbers & email addresses. Please put an "X" next to the appropriate sport your child will be participating in. This form may be printed and turned in to the office at St. Richard School or Parish or can be emailed to strichardsports@gmail.com Please note registration deadlines and fee schedule.

2. LATE FEES - Late fees will be assessed to all registrations turned in after the due date.

Registrations fees turned in within (1) week after registration deadline will incur a \$10.00 late fee. Registrations turned in more than (1) week after the registration date will incur a \$25.00 late fee.

3. CYO Athletic Contract

- a. Completely fill out form, including phone numbers & email addresses. This form needs to be printed and signed by a qualified Medical Examiner.

4. Emergency Medical Authorization

- a. Completely fill out form. Must be signed at the bottom designating permission for treatment or refusal to consent of treatment.

5. Ohio Dept. of Health – Concussion Information Acknowledgment

- a. Print and sign by both Player & Parent/Guardian

6. Ohio Dept. of Health – Sudden Cardiac Arrest Acknowledgment

- a. Print & sign by both Player & Parent/Guardian

7. St. Richard Athletic Handbook Summary of Changes Acknowledgment

- a. Print & sign by both Player & Parent/Guardian

If you have any questions regarding CYO Sports, please contact the parish Athletic Director at strichardsports@gmail.com

St. Richard CYO Sports Sign Up Form

_____ Player First Name	_____ Player Last Name	_____ Grade 2021 – 2022 School Year
_____ Address	_____ City & Zip Code	_____ Birth Date
_____ Parent 1 Name & Phone Number		_____ Parent 1 email Address
_____ Parent 2 Name & Phone Number		_____ Parent 2 email Address

<u>Fall Sports</u>	<u>Winter Sports</u>	<u>Spring Sports</u>
☐ Cross Country (K-8)	☐ Basketball (3-8 / HS)	☐ Softball (3-8)
☐ Football (5-8)	☐ Cheerleading (3-8)	☐ Soccer (1-8)
☐ Flag Football (3-4)		☐ Track & Field (4-8)
☐ Soccer (1-8)		
☐ Volleyball (3-8 / HS)		

If a player decides to quit during the season for any reason other than a medical excuse, that player will be expected to reimburse CADA, or forfeit if paid, the player fees listed below.

It is expected that all athletes help at a fish fry, or other CADA fund-raisers, to support CADA in their effort to continue paying the sport fees for the CYO program. Working a fish fry, for sport fees, is constituted as a consecutive 4-hour shift and bringing a desert. This will be documented and evaluated annually, per athlete. Sign in is required when volunteering. Working a fish fry for service hours or class fund raising will not count towards CYO sports fees.

Registration Deadlines

Fall Sports = July 26, 2021

Winter Sports = October 4, 2021

Spring Sports = February 14, 2022

Registrations may be turned in at St. Richard School, St. Richard Parish, or emailed to strichardsports@gmail.com

Late fees will be assessed to all registrations turned in after the posted deadlines.

Registrations fees turned in within (1) week after the deadline will incur a \$10.00 late fee.

Registrations turned in more than (1) week after the registration date will incur a \$25.00 late fee.

☐ Cross Country = \$30	☐ Soccer – One Season = \$50	
☐ Football = \$55	☐ Soccer – Both Seasons = \$100	
☐ Flag Football = \$45	☐ Basketball = \$55	☐ HS = \$60
☐ Softball = \$55	☐ Volleyball = \$55	☐ HS = \$60
☐ Cheerleading = N/C	☐ Track & Field – Diocesan Meet = \$15	

Parent Interested in coaching? ☐ Yes ☐ No
(CYO certified)

Any uniforms supplied by C.A.D.A. will be collected at the end of each season. Fees may apply for uniforms not turned in on time or for damage not expected from a normal season use! Athletes will be expected to provide their own BLACK soccer shorts & socks.



CATHOLIC YOUTH ORGANIZATION ATHLETIC CONTRACT

(PLEASE PRINT - USING INK)

YEAR _____ Boy _____ Girl _____ Weight _____ Height _____

Last Name _____ First Name _____

Street Address _____ City: _____ State: _____ Zip: _____

Home Phone _____ Grade _____ Date of Birth _____

Parish _____

I. PARENT AND ATHLETE

We, athlete and parent, understand that participation in athletics involves the possibility of a serious or even fatal injury. In consideration for our child's opportunity to participate in this program, we, the parents, individually and on behalf of our child, expressly assume any and all risks associated with and arising from such participation, including, but not limited to *possible exposure to and/or infection with COVID-19*, bodily and emotional injury, at practice, competitive events, and any other related activity, including transportation to and from any event by a volunteer. We hereby release the Diocese of Toledo, CYO, any parish and/or school sponsor and all of their agents from and indemnify them against any and all liability for any such injury or damage. We have provided the required Emergency Medical Authorization to the coach with this Contract. We will abide by CYO rules, the Parents' Code of Ethics and the direction of CYO and game officials. We also grant permission to the Diocese of Toledo, CYO or their agents to take photographs of my children and use them as they deem necessary.

Athlete's Signature & date signed _____	Parent's Signature & date signed _____
Mother's Name: _____	Father's Name: _____
Mother's cell phone: _____	Father's Cell Phone: _____
Mother's e-mail: _____	Father's e-mail: _____

II. MEDICAL EXAMINER

The above named athlete has been examined by the undersigned on _____ and is in sound physical condition to compete in the CYO Athletic Program. Date of examination _____

Medical Examiner's Signature & Printed Name _____	Remarks _____
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III. PARENTS' CODE OF ETHICS

- I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- I will demonstrate the Christian values of self-restraint, fair play, and sportsmanship in my treatment of others at every game, practice session, or other CYO event.
- I will ask my child to treat all players, coaches, fans, and officials with respect regardless of race, sex, or ability.
- I will demand a drug, alcohol, tobacco and weapon-free sports environment for my child and agree to assist by refraining from their possession and/or use at all CYO events.
- I will do my best to make my child's involvement with youth sports a positive experience, while always remembering that the game is for the youth, not the adults.
- *I will ensure that my child is free from symptoms of illness before allowing him/her to attend a practice or competition.*

I have read the above "Code of Ethics" and understand that my (our) failure to uphold any of these statements may lead to disciplinary action by the CYO Office, which may include, but is not limited to, the forfeiture of my right to watch my child participate in CYO athletic events.

Parent's Signature & date signed _____	Parent's Signature & date signed _____
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This form is to be kept on file at the parish, either with the athletic director or a sports commissioner. A new form must be filed each school year. An updated emergency medical form must be submitted by parents to the coach at the start of each new athletic season.

Please submit exam documentation with physical date along with this form.

---EMERGENCY MEDICAL AUTHORIZATION---

Purpose: To enable parents or guardians to authorize the provision of emergency treatment for players who become ill or injured while under coaches authority when parents or guardians cannot be reached. THIS FORM MUST BE FILLED OUT IN INK EACH SCHOOL YEAR!

Last Name _____ First Name _____

Street Address _____ City: _____ State: _____ Zip: _____

Home Phone _____ Grade _____ Date of Birth _____

Parish _____ Sport _____

Mother's Name/cell phone/email: _____

Father's Name/cell phone/email: _____

Guardian's Name/cell phone/email: _____

Dependable relative or neighbor to call in an emergency (illness or injury) when parent or guardian cannot be reached (name) _____ (phone) _____

Allergies _____ Date of last tetanus shot _____

Medication being taken _____
(Name) (Dosage) (Time(s) taken)

List of health problems. Example: asthma, vision, epilepsy, diabetes, hearing, bone or muscle problems, etc.

Medical Insurance Firm Policy# _____

PART I OR II MUST BE COMPLETED

Part I – TO GRANT CONSENT If unable to reach parent or guardian, I hereby give my consent for 1) the administration of any treatment deemed necessary by (physician) _____ or _____ (dentist) in the event that the designated practitioner is not available another licensed physician or dentist and 2) the transfer of the player to (hospital) or any hospital reasonably accessible. This authorization does not cover surgery unless the medical opinions of two other licensed physicians or dentists concurring in the surgery are obtained prior to the performance of such surgery.

(Parent or guardian's signature & date signed)

PART II - REFUSAL TO CONSENT I do not give my consent for emergency medical treatment of my child. In the event of illness or injury requiring emergency treatment, I wish team authorities to take no action or to:

(Parent or guardian's signature & date signed)

Ohio Department of Health Concussion Information Sheet

For Interscholastic Athletics

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

Signs and Symptoms of a Concussion

Athletes do not have to be "knocked out" to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child's health at risk!

Signs Observed by Parents of Guardians

- ◆ *Appears dazed or stunned.*
- ◆ *Is confused about assignment or position.*
- ◆ *Forgets plays.*
- ◆ *Is unsure of game, score or opponent.*
- ◆ *Moves clumsily.*
- ◆ *Answers questions slowly.*
- ◆ *Loses consciousness (even briefly).*
- ◆ *Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).*
- ◆ *Can't recall events before or after hit or fall.*

Symptoms Reported by Athlete

- ◆ *Any headache or "pressure" in head. (How badly it hurts does not matter.)*
- ◆ *Nausea or vomiting.*
- ◆ *Balance problems or dizziness.*
- ◆ *Double or blurry vision.*
- ◆ *Sensitivity to light and/or noise.*
- ◆ *Feelings luggish, hazy, foggy or groggy.*
- ◆ *Concentration or memory problems.*
- ◆ *Confusion.*
- ◆ *Does not "feel right."*
- ◆ *Trouble falling asleep.*
- ◆ *Sleeping more or less than usual.*

Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- ◆ *No athlete should return to activity on the same day he/she gets a concussion.*
- ◆ *Athletes should NEVER return to practices/games if they still have ANY symptoms.*
- ◆ *Parents and coaches should never pressure any athlete to return to play.*

The Dangers of Returning Too Soon

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified healthcare professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete's injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children's brains take several weeks to heal following a concussion.



Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to Learn (School)

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
 - a. Increased problems paying attention.
 - b. Increased problems remembering or learning new information.
 - c. Long time needed to complete tasks or assignments.
 - d. Greater irritability and decreased ability to cope with stress.
 - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help or supports can be removed gradually.
5. For more information, please refer to Return to Learn on [the ODH website](#).

Resources

ODH Violence and Injury Prevention Program

<http://www.healthy.ohio.gov/vipp/child/returntoplay/>

Centers for Disease Control and Prevention

<http://www.cdc.gov/headsup/basics/index.html>

National Federation of State High School

Associations www.nfhs.org

Returning to Play

1. Returning to play is specific for each person, depending on the sport. Starting 4/26/13, Ohio law requires written permission from a healthcare provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER return to play if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Ohio law prohibits your child from returning to a game or practice on the same day he/she was removed.
4. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
5. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.
6. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child's full recovery would take about one week once they have no symptoms at rest and with moderate exercise.*

Sample Activity Progression*

Step 1: Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes).

Step 2: Moderate, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples:

Moderate jogging, brief sprint running, moderate stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes).

Step 3: Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sports specific drills, agility training and jumping drills for 45-60 minutes).

Step 4: Full contact in controlled practice or scrimmage.

Step 5: Full contact in game play.

*If any symptoms occur, the athlete should drop back to the previous step and try to progress again after a 24 hour rest period.

<http://www.healthy.ohio.gov/vipp/child/returntoplay/concussion>

Ohio Department of Health Concussion Information Sheet *For Interscholastic Athletics*

Acknowledgement of Having Received the “Ohio Department of Health’s Concussion and Head Injury Information Sheet”

By signing this form, as the parent/guardian/care-giver of the student-athlete named below, I acknowledge receiving a copy of the concussion and head injury information sheet prepared by the Ohio Department of Health as required by section 3313.539 of the Revised Code.

I understand concussions and other head injuries have serious and possibly long-lasting effects.

By reading the information sheet, I understand I have a responsibility to report any signs or symptoms of a concussion or head injury to coaches, administrators and my student-athlete’s doctor.

I also understand that coaches, referees and other officials have a responsibility to protect the health of the student-athletes and must prohibit my student-athlete from further participation in athletic programs until my student-athlete has been cleared to return by a physician or other appropriate health care professional.

Athlete’s Signature

Date

Athlete’s Printed Name

Parent/Guardian’s Signature

Date

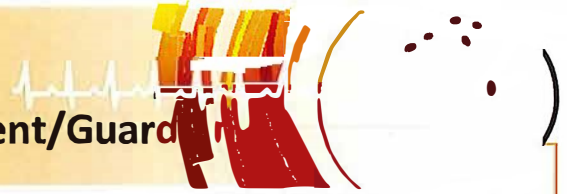
Parent/Guardian’s Printed Name



Rev. 08.17

Sudden Cardiac Arrest and Lindsay's Law

Information for the Youth Athlete and Parent/Guardian



- Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.
- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.
- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
 - 1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
 - 2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
 - 3) All practices, interschool practices and scrimmages
- Any of these things may cause SCA:
 - 1) Structural heart disease. This may or may not be present from birth
 - 2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
 - 3) Situational causes. These may be people with completely normal hearts who are either hit in the chest or develop a heart infection
- Warning signs in your family that you or your youth athlete may be at high risk of SCA:
 - o A blood relative who suddenly and unexpectedly dies before age 50
 - o Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart
- Warning signs of SCA. If any of these things happen with exercise, see your health care professional:
 - Chest pain/discomfort
 - Unexplained fainting/near fainting or dizziness
 - Unexplained tiredness, shortness of breath or difficulty breathing
 - Unusually fast or racing heart beats
- The youth athlete who faints or passes out before, during, or after an athletic activity **MUST** be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- If the youth athlete's biological parent, sibling or child has had a SCA, then the youth athlete must be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.

- Other reasons to be seen by a health care professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.
- Lindsay's Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another health care provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.

- Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.
- Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AEDs may be near the athletic facilities, or they may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.
- If you witness a person experiencing a SCA: First, remain calm. Follow the links in the **Chain of Survival**:
 - ✓ Link 1: Early recognition
 - Assess child for responsiveness. Does the child answer if you call his/her name?
 - If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"
 - ✓ Link 2: Early CPR
 - Begin CPR immediately
 - ✓ Link 3: Early defibrillation (which is the use of an AED)
 - If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
 - If an AED is not available, continue CPR until EMS arrives
 - ✓ Link 4: Early advanced life support and cardiovascular care
 - Continue CPR until EMS arrives
- Lindsay's Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.

Sudden Cardiac Arrest and Lindsay's Law Parent/Athlete Signature Form



What is Lindsay's Law? Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

Which youth athletic activities are included in Lindsay's law?

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

What is SCA? SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) an heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or gets a heart infection.

What is a warning sign for SCA? If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

What symptoms are a warning sign of SCA? A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play? The coach **MUST** remove the youth athlete from activity immediately. The youth athlete **MUST** be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

What happens if an athlete experiences any other warning signs of SCA? The youth athlete should be seen by a health care professional.

Who can evaluate and clear youth athletes? A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

What is needed for the youth athlete to return to the activity? There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before returning to activity.

All youth athletes and their parents/guardians must review information about Sudden Cardiac Arrest, then sign and return this form.

Parent/Guardian Signature

Student Signature

Parent/Guardian Name (Print)

Student Name (Print)

Date

Date



C.A.D.A.

Crusader Athletic Development Association



St. Richard Parish Athletic Handbook Acknowledgment

By signing below, I acknowledge that I have read the St. Richard Parish Athletic Handbook and/or any summary of changes and agree to follow and uphold the athletic philosophy and mission of the St. Richard Parish Athletic Program and the Catholic Youth Organization (CYO) of the Diocese of Toledo.

The St. Richard Athletic Handbook can be found on the parish and school websites, under the CADA tab.

***One page per athlete, per year. Additional copies may be made.**

Athlete _____ **Date** _____

Parent/Guardian _____ **Date** _____