IN
OUT
SCHOOL

#### Fall 2023

League Age

As of 8/31/23

#### BASEBALL SEASON

## Chollas Lake Little League





## Little League · Baseball and Softball MEDICAL RELEASE



**NOTE**: To be carried by any Regular Season or Tournament Team Manager together with team roster or International Tournament affidavit.

Player:	Date o	f Birth :	Gender	· (M/F) :	
Parent (s)/Guardian Name:		R	telationship:		
Parent (s)/Guardian Name:		Relationship:			
Player's Address:	(	Oity:	State/C	ountry:	Zip:_
Home Phone:	Work Phone:		Mobile Pho	ne:	
PARENT OR LEGAL GUARDIAN	AUTHORIZATION:		Email:		
In case of emergency, if a family premergency Personnel. (i.e. EMT,			uthorize my child t	o be treated by	Certified
Family Physician:		Phone:			
Address:		ity :	State/ C	Country:	
Hospital Preference :					
Parent Insurance Co:	Policy No.:	·	Group II	D#:	
League Insurance Co:	Policy No.	:	League/ Group ID#:		
If parent(s)/legal guardian cann	ot be reached in case of e	<mark>mergency, (</mark>	contact:		
Name	·	Phone	Relationship to Player		yer
Name	-	Phone	Rela	ationship to Pla	ver
				•	-
Please list any allergies/medical problem  If not taking medication write in none.	is, including those requiring main	teriarice medic	Batton. (i.e. Diabetic, A	istillia, Seizure Di	sorder)
Medical Diagnosis	Medication	<u>1</u>	Dosage	Frequency	of Dosage
Date of last Tetanus Toxoid Boost	er:				
The purpose of the above listed information	n is to ensure that medical personne	l have details o	of any medical problem	which may Interfere	with or alter tre
Mr ./ Mrs ./ Ms					
Authorized Pare	nt/Guardian Signature			D	ate:
FOR LEAGUE USE ONLY:					
League Name:		Leaguel D:			
Division:	Team :			)ate :	

#### 2023

## Chollas Lake Little League

Photographic and Video R	(Parent or Legal quardien)
of	(Parent or Legal guardian), _(player's name), hereby give permission to Chollas Lake Little
Ot	blication, media release, commercial venture, advertisement or
	agree that neither I, my family, nor any organization is due any
	n, media release, commercial venture or promotional announcement
	ne property of Chollas Lake Little League Baseball. I understand tha
Chollas Lake Little League may supply this image for	
published/produced for/by Little League Baseball and	
Parent signature:	<mark>Date:</mark>
League Representative Initials:	
Youth Sports Parent Code	of Conduct
The essential elements of character building and ethics in	n sports are embodied in the concept of sportsmanship and six core
	s, caring, and good citizenship. The highest potential of sports is
achieved when competition reflects these "six pillars of ch	naracter." I therefore agree:
I will not force my child to participate in sports.     I will remember that children participate to have fun and that the or the control of the contro	name is for youth, not adults
<ol> <li>I will inform the coach of any physical disability or ailment that ma</li> <li>I will learn the rules of the game and the policies of the league.</li> </ol>	ay affect the safety of my child or the safety of others.
<ol> <li>I will learn the rules of the game and the policies of the league.</li> <li>I (and my quests) will be a positive role model for my</li> </ol>	child and encourage sportsmanship by showing respect and courtesy,
	, officials and spectators at every game, practice or sporting event.
6. I (and my guests) will not engage in any kind of unspo	ortsmanlike conduct with any official, coach, player, or parent such as
booing and taunting, refusing to shake hands, or using profane	e language or gestures. ger the health and wellbeing of the athletes. ithout resorting to hostility or violence. and spectators with respect regardless of race, creed, color, sex or ability.
8. I will teach my child to play by the rules and to resolve conflicts w	ithout resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials a 10. I will teach my child that doing one's best is more importa	and spectators with respect regardless of race, creed, color, sex or ability.  In than winning, so that my child will never feel defeated by the outcome of a
game or his/her performance.	
11. I will praise my child for competing fairly and trying hard, and ma 12. I will never ridicule or yell at my child or other participants	
	they benefit my child over winning. I will also de-emphasize games and
competition in the lower age groups	
14. I will promote the emotional and physical well-being of the athle	tes ahead of any personal desire I may have for my own child to win. and will never question, discuss, or confront coaches at the game field, and will
15. I will respect the officials and their authority during games take time to speak with coaches at an agreed upon time and place.	and will never question, discuss, or conflictit coaches at the game field, and will
<ol><li>I will demand a sports environment for my child that is free from</li></ol>	drugs, tobacco, and alcohol, and I will refrain from their use at all sports events. mes and practices, unless I am one of the official coaches of the team.
Parent signature:	Date:
- m. our N.Bumani o.	
Laggue Denuggentative Initials.	
League Representative Initials:	

### 2023

# **Chollas Lake Little League Boundaries**

It is my (parent) understanding and responsibility to provide proof of residency within the Chollas Lake Little League Boundaries. Proof of residency needs to be supplied to a Board Member or a Player Agent. Failure to provide proof of residency may result in the disqualification for eligibility for play.

I understand that if I cannot provide proof of residency dated after April 1<sup>st</sup> 2023 which verifies that I currently reside in or have resided in Chollas Lake Little League boundaries while my child/children are playing for the league, they will not be eligible for ALL-STAR selection. Proof of residency needs to be presented and verified by the Chollas Lake Little League President, Vice President, or Player Agent. By signing below I fully understand the rules of residency boundaries and understand if I cannot provide proper documentation of residency my child/children in no way can be considered for ALL-STAR selection. If you have lived in the boundaries last year and have moved out of the boundaries, please see the President or Player Agent for a waiver application.

Print players name:		
Print Name: Parent/ Guardian	/ Signature	e: Parent/ Guardian
Date		
Player Agent	Date	
Board Member Initial	Date	
(fo	r league files)	

#### **D-33 Parent Code of Conduct**

#### Preamble:

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 "six pillars of character."

#### I therefore agree:

- I. I will not force my child to participate in sports.
- 2. I will remember that children participate to have fun and that the game is for youth, not adults.
- 3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- 4. I will learn the rules of the game and the policies of the league.
- 5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
- 6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
- 7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
- 8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- 9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
- I 0. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
- 11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
- 12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
- 13. I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize games and competition in the lower age groups.
- 14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
- 15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
- 16. 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.
- 17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
- 18. I will not use social media sites to discuss negative opinions about players, coaches, managers and volunteers.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- o Verbal warning by league official, manager/coach, and/or board member of league.
- o Written warning
- o Parental game suspension with written documentation of incident kept on file by league involved
- o Parental season suspension

## **Chollas Lake Little League**

#### **CONCUSSION INFORMATION SHEET**

#### WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding", "getting your bell rung", or what seems to be a mild bump or blow to the head can be serious. You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

#### WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- · Appears dazed or stunned
- Forgets an instruction
- Moves clumsily
- Loses consciousness (even briefly)
- · Nausea or vomiting
- Double or blurry vision
- · Sensitivity to noise
- Concentration or memory problems
- Does not "feel right"
- Can't recall events prior to or after hit or fall
- · Is confused about assignment or position
- Is unsure of game, score, or opponent
- · Answers questions slowly
- Headache or "pressure" in head
- Balance problems or dizziness
- · Sensitivity to light
- Feeling sluggish, hazy, foggy, or groggy
- Confusion
- Shows behavior or personality changes

#### HOW CAN YOU HELP YOUR CHILO PREVENT A CONCUSSION?

- Every sport is different, but there are steps your children can take to protect themselves from concussion .
- Ensure that they follow their Manager's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times. Make sure they wear the right
  protective equipment for their activity (such as batting helmets, catcher's gear such as shin
  guards, chest protector and helmet; and eye and mouth guards). Protective equipment should
  fit properly, be well maintained, be worn consistently and correctly.
- · Learn the signs and symptoms of a concussion.

#### WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a healthcare professional says it's OK. Children who return to play too soon-while the brain is still healing- risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent damage, affecting your child for a lifetime. Tell your child's manager about any recent concussion. Managers should know if your child had a recent concussion in ANY sport. Your child's manager may not know about a concussion your child received in another sport or activity unless you tell the coach.

#### WHAT IS THE PROCEDURE FOR A SUSPECTED CONCUSSION?

Adapted from the CDC. For more information you can go to:

- Any athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from the activity at that time and for the remainder of the day.
- Any athlete who has been removed 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 has received a written clearance to return to play from the health care provider.

## LET YOUR CHILD'S MANAGER KNOW RIGHT AWAY IF YOU SUSPECT YOUR CHILD HAS A CONCUSSION AND CONSULT YOUR PHYSICIAN ${\rm I}$

http://www.cdc.gov/ConcussionInYouthSports		
Athlete Signature_	Date	
Athlete Name (print)	<u> </u>	
Parent or Legal Guardian Signature	Date	
Parent or Legal Guardian Name (print)		

## ATHLETE/PARENT/GUARDIAN SUDDEN CARDIAC ARREST WARNING SIGNS Information Sheet - Acknowledgement of Receipt and Review

#### What is Sudden Cardiac Arrest (SCA)?

Sudden Cardiac Arrest is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of young people, too. However, the causes of sudden cardiac arrest in youth and adults can be different. A youth athlete's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues. **SCA is not a heart attack.** A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops blood flow to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

#### **How common is Sudden Cardiac Arrest in the United States?**

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 people under 25 die of SCA each year. Sudden cardiac arrest is the #1 cause of death for student athletes and the leading cause of death on school campuses.

#### Are there warning signs?

Although SCA happens unexpectedly, some people may experience symptoms, such as:

• Fainting or seizures during exercise Unexplained shortness of breath

Dizziness Extreme fatigueChest pains Racing heart

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

#### What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

California AB 379, signed into law in 2019, is intended to keep youth athletes safe while practicing or playing.

- All athletes and their parent or guardians must read and sign this form. It must be returned to the league before participation in any athletic activity. A new form must be signed and returned each year.
- The immediate removal of any youth athlete who passes out or faints while participating in an athletic activity, or who exhibits any of the following symptoms;

Fainting or seizures during exercise

Unexplained shortness of breath

Dizziness Extreme fatigue
Chest pains Racing heart

- Establish a policy that a youth athlete who has been removed from play shall not return to the
  practice or competition during which the youth athlete experienced symptoms consistent with
  sudden cardiac arrest.
- Before returning to practice or play in an athletic activity, the athlete must be evaluated by a California licensed health care provider. Clearance to full or graduated return to practice or play must be in writing.

I have reviewed and understand the symptoms and warning signs of Sudden Cardiac Arrest. Page 1 of 2, signatures required on second page

#### What are the risks of practicing or playing after experiencing symptoms of SCA?

There are risks associated with continuing to practice or play after experiencing SCA symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

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Fainting or seizures during exercise

Unexplained shortness of breath

Dizziness Extreme fatigue
Chest pains Racing heart

- Establish a policy that a youth athlete who has been removed from play shall not return to the practice or competition during which the youth athlete experienced symptoms consistent with sudden cardiac arrest.
- Before returning to practice or play in an athletic activity, the athlete must be evaluated by a California licensed health care provider. Clearance to full or graduated return to practice or play must be in writing.

I have reviewed and understand the symptoms and warning signs of Sudden Cardiac Arrest.

Signature of Athlete	Print name of Athlete	<i>I</i> Date	1
		1	1
Signature of Parent/Guardian	Print name of Parent/Guardian	Date	

Signed, two-sided original to be retained by the league and a copy provided to the parent upon request.

#### **COVID-19 PLAYER INFORMED CONSENT WAIVER**

(Signature of Parent/Guardian)  (Printed Name of Parent/Guardian)	(Printed Name of Participant(s)/Player(s)
that I am the legal parent/guardian of the child listed informed of the risks involved and give my voluntary in signing this Player Informed Consent Waiver as many inducement or representation. Failure to follow the second sec	e read the foregoing Player Informed Consent Waiver and understand its contents; on this form and fully competent to give consent; That I have been sufficiently consent in signing it at my own free act and deed; that I give my voluntary consent youn free act and deed with fill intention to be bound by the same, and free from these guidelines may result in removal from future League activities.
<ul> <li>I am aware of the existence of the risk I tak such as, but not limited to COVID-19 that m</li> <li>I will not, nor any member(s) of my household fatigue, difficulty breathing, or exhibiting an lif I, or any member of my household comes with the League for the recommended four I am fully and personally responsible for my I recognize that we may be, in any case, at</li> <li>With full knowledge of the risks involved, I household contractors, affiliates, employees, represent actions, and cause of action whatsoever, did that may be sustained by me or my child(rethe premises or while using the facilities that</li> <li>I agree to indemnify, defend, and hold harm</li> </ul>	old, visit or use League facilities if he/she experiences symptoms of fever, y other symptoms related to COVID-19 or any other communicable disease. In contact with, or becomes infected with COVID-19, will not attend any activity steen (14) days. If y and my child(ren)s own safety and actions while and during our participation and risk of contracting COVID-19. In the reby release, waive, discharge the League, its board, officers, independent statives, successors and assigns from any and all liabilities, claims, demands, irrectly or indirectly arising out of or related to any loss, damage, injury, or death, and related to COVID-19 while participating in any activity while in, on, or around at may lead to unintentional exposure or harm due to COVID-19. The steel League from and against any and all costs, expenses, damages, lawsuits lirectly or indirectly from or related to any and all claims made by or against any of
In consideration of you and your child(ren)'s par following:	ticipation in the foregoing, the undersigned acknowledge and agree to the
of COVID-19; however, the League cannot guarante	League (the League) has put in place preventative measures to reduce the spread se that you or your child(ren) will not become infected with COVID-19. Further, go your risk and your child(ren)'s risk of contracting COVID-19.
of people.	ocial distancing and have in many locations prohibited the congregation of groups
highly contagious and is believed to spread mainly for	ed a worldwide pandemic by the World Health Organization (WHO). COVID-19 is rom person-to-person contact. As a result, federal, state, and local governments

# Chollas Lake Little League Code of Conduct / Sportsmanship Contract

CLLL is committed to providing every participant in CLLL with a positive baseball experience. Every participant in CLLL, the players, managers, coaches, board members, umpires and parent helpers is a volunteer. The league spends a tremendous amount of time and money supporting its participants with training, facilities and equipment to provide the best experience possible. The fabric of an all volunteer, participation league is held together by good sportsmanship and the mutual respect of everyone involved. CLLL believes that every participant deserves to be treated with respect. To this end, the league has developed a **CODE OF CONDUCT AND SPORTSMANSHIP** commitment form for all of its participants.

#### Good Sportsmanship is defined as:

- playing hard, giving maximum effort and hustling regardless of ability or outcome
- enjoying the privilege of participating and the opportunity to compete
- being a humble winner and a gracious loser
- treating everyone as you would want to be treated
- cheering and encouraging all participants (on my team or the other team)
- never speaking in a degrading or negative manner toward any participant
- never using foul language
- never throwing any equipment
- never intentionally hurting, threatening, or assaulting another

#### participant Consequences for violating the league's Code of Conduct:

- First Offense addressed by the team manager. Punishment can be simply a reprimand or up to a game suspension. In the case of a physical incident or altercation, the matter shall be addressed by the League's Board of Directors
- Second Offense shall be addressed by the Board, with wide discretion in the punishment, ranging from suspension to
  expulsion from the league.
- Third offense the incident will be addressed by the Board. The participant can be suspended for up to the remainder of the season or face expulsion from the league.

#### Process for Addressing Participant Concerns

- Any participant who feels a violation has occurred should FIRST address the matter with relevant person in charge (i.e. a parent/player issue with a team manager or coach)
- Any matter that cannot be addressed between the affected parties shall be referred to the appropriate Board Members (Player's rep for player issue, Manager's rep for Manager issues, Softball rep for softball player issues)
- Any matter that cannot be addressed with the assistance of the appropriate Board contact shall be referred to the entire Board of Directors for consideration.

#### Parent/Guardian Role in Supporting Sportsmanship

Parents/Guardians play an important role in supporting sportsmanship as a mentor-role model for their children. There are four roles in youth sports – player, coach, official and parent. By choosing the parent role, Chollas Lake Little League (CLLL) expects parents to act as mentor/role models for their children and support the League's efforts to promote sportsmanship.

There will be zero tolerance for parents who intimidate, interfere with, physically or verbally abuse coaches, players, officials, parents or other fans at any League practices, games or other events. CLLL expects a high standard of sportsmanship from players, coaches and officials and expects the same standard of conduct for parents/guardians of children registered to play.

The consequences of not following the parental rule of conduct *will* result in League action. On first offense you will be contacted by the CLLL Player Agent and warned that your behavior is not following the League sportsmanship code of conduct. If a second offense occurs the matter will be discussed by the full SVLL Board and could result in your child being dismissed from playing in CLLL for the year.

	Commitment Form
(Player's Name)	Will abide by the rules and CLLL Code of Conduct
	eammates, my opponents, the umpires and spectators with the highest level of and that I will be held accountable for my actions while participating in CLLL events
(Player Signature)	(Date)
(Parent or Guardian Signature)	(Date)

(Date)

By signing this form you are acknowledging your commitment to this policy.

(Manager/Coach Signature)