

LAKE RIDGE

ASSOCIATION

12350 Oakwood Drive
 Lake Ridge, Virginia 22192-1928
 Local (703) 491-2154
 Metro (703) 550-9597
 Fax (703) 497-7145
 www.lakeridgeva.com

Youth League Registration Form

Youth League: T-BALL COACH PITCH SOCCER FLAG FOOTBALL CHEERLEADING
(Please Circle)

Participant Name:

Address (City, State, Zip):

D.O.B.:

Age (once season starts):

Participant's T-Shirt Size:

YS YM YL AS AM AL AXL

(Y=Youth | A= Adult)

Parent/Guardian Name:

Phone #1:

Phone #2:

Email: *(please write legibly and clearly indicate dashes or underscores—team info will be sent here)*

Emergency Contact:

Phone:

*If participant has any **disabilities** or **health conditions**, please let recreation staff know at time of registration.*

Coach Volunteer Name: *(\$25 discount)*

Phone:

Email:

T-Shirt Size:

Have you ever coached before?

With LRPR?

Total Amount:

\$

Payment Methods:

Mailed registration should include payment by check, payable to "LRPRA", in order to secure registration. Check, money order or credit/debit card (with 3% processing fee + \$.30) are accepted as payment at the Association office.

Refund Policy:

Refunds and changes will **NOT** be granted once registration has **closed**. The program cost minus **\$10.00 processing fee** will be refunded with **formal request** if submitted before close of registration.

Hold Harmless & Photo Release Agreement:

I hereby waive, release and hold harmless Lake Ridge Association from any and all damages, actions, claims, or causes of action for any loss, damage, or injury suffered by guests, my invitees, or me during participation in this program. I also attest that participant is physically fit and in good health to participate. By signing below, I confirm that I have read and understood the concussion information on the back of this form. In addition, I voluntarily allow Lake Ridge Association to publish any photos of me, my guests or participating family at their events for use in the Lake Ridge Today magazine and on the Association website, www.lakeridgeva.com, to advertise the community atmosphere of the Association.

Parent/Guardian Signature *(18+ yrs.):*

Date:

****NO TEAM REQUESTS****

**We will not accept Team Requests for ANY reason.
 Teams will be put together at random.**

Revised: 8/23/19

Concussions & “Return to Play” Protocol

It is important to understand that concussions can occur in any sports-related activity. In order to better treat a concussion should an athlete obtain one, it is vital that we equip all participants and parents with knowledge of what a concussion is, symptoms of a concussion and what to do if our athlete has a concussion.

Symptoms of 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.

As noted in CDC’s (Center for Disease Control & Prevention) online training, symptoms of a concussion can be but are not limited to:

- Headache
- Sensitivity to light or noise
- Feeling mentally foggy or slow
- Irritability
- Sleeping more or less than usual
- Nausea/vomiting
- Dizziness
- Problems concentrating
- Sadness/feeling more emotional
- Fatigue
- Problems with balance
- Problems remembering
- Trouble falling asleep or staying asleep

5 Steps of “Return to Play”

“Return to Play” protocol is to be used if an athlete is suspected of having a concussion.

Step 1: Back to Regular Activities (School, etc.)

Athlete may return to regular activities such as going to school but should be closely monitored.

Step 2: Light Aerobic Activity

Spend around 5-10 minutes doing light aerobic exercise only to increase the athlete’s heart rate.

Step 3: Moderate Activity

Continue with aerobic activity on a moderate intensity level.

Step 4: Heavy, Non-Contact Activity

Start implementing heavy non-contact physical activity such as sprinting and running.

Step 5: Practice and Competition

Athlete may return to playing in practices and games.

Throughout the entire process, it is important to monitor the athlete. Athletes should only progress to the next step of “Return to Play” protocol if they do not experience any concussion symptoms for 24 hours. If they do not progress to the next step, continue doing the activity described in that step. If symptoms worsen, seek medical attention immediately.

For more information please visit: <https://www.cdc.gov/headsup/>