



# WRESTLING

## FREESTYLE WRESTLING

### OPEN MATS

**Jefferson County  
Parks & Rec**



**Starts 5/1/23**

**Come join Jefferson County Parks & Recreation in a skill-building wrestling program geared toward having fun, learning the basics, and working on wrestling fundamentals. Improve technique in positioning, head position, advantage/top stance, and more. Come to all sessions, or drop in when you can. Whatever your skill level, you will have a great time!!**



**www.countyrec.com**

### Details:

- Days & times may vary – Coach Ryan will post schedule
- 3:30pm-5
- 5th grade–12th grade
- Fee \$10
- PTHS Wrestling Room
- Bring your own water bottle.

Participants First Name \_\_\_\_\_ Last \_\_\_\_\_

Age \_\_\_\_\_ Grade (Fall 2022) \_\_\_\_\_ M \_\_\_ F \_\_\_ Birthday \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ - Zip \_\_\_\_\_

Parent/guardian One First Name \_\_\_\_\_ Last \_\_\_\_\_

Parent/Guardian Two First Name \_\_\_\_\_ Last \_\_\_\_\_

Home Phone \_\_\_\_\_ Alternate Phone \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Allergies? (please describe) \_\_\_\_\_

**For more Info:**

**Contact: Ryan White  
rybo@olympen.com**

**Please make checks  
payable to  
JCPR**

**www.countyrec.com**

**Please sign and complete both sides of this form**

Jefferson County Parks and Recreation  
623 Sheridan Street  
Port Townsend, WA 98368



Cash Amount	Check #	Date
<i>Please make checks payable to JCPR</i>		

Neither the Port Townsend, Chimacum, Quilcene, nor Brinnon School Districts sponsor this program and assumes no liability for it. In consideration of the privilege to distribute materials, the aforementioned Districts shall be held harmless from any cause of action filed in any court arising out of the distribution of these materials.

# Jefferson County Parks & Recreation Freestyle Wrestling Open Mats 2022/23

## **Assumption of Risk, Release of Liability and Consent to Participate** **Please read carefully ~**

All participants are advised that Jefferson County Parks and Recreation Programs (JCPR) may involve some strenuous physical activity. Some (such as sports, games, drills, climbing, hiking, swimming, or running), present a risk of injury higher than that which people normally face in their everyday lives. This risk of injury cannot be wholly relieved by any preventive measures, whether restrictive rules, training, equipment or personal discipline. The decision whether to engage in any particular activity that forms part of the overall program shall be entirely the participant's. Participation in the program in no way obligates anyone to engage in any activity they do not feel they can accomplish.

On behalf of my minor child, (or on my own behalf, if an Adult Participant), I expressly acknowledge my full understanding of the risks of injury, including serious injury, disability or death that arise from participation in the JCPR Program. I acknowledge that I have had full opportunity to discuss the nature and extent of these risks with officials of the JCPR in order to inform myself fully on this subject. Based on that full understanding, I freely and knowingly assume all such risks, whether specifically known and unknown. I accordingly assume full and sole responsibility for my (or my minor child's) participation in the JCPR Program. I understand that I must report any existing medical, physical or mental condition which may affect my ability, or the ability of my minor child, to participate in JCPR Program, to the group leader before the program commences.

On behalf of myself and on behalf of my minor child (to the extent allowed by law), I hereby release and forever discharge JCPR, and all of the employees, officers, volunteers or agents of those entities, including as well any third party sponsors of JCPR but not limited to damage to property, personal injury, disability or death, resulting from my or my minor child's involvement in any aspect of the JCPR Program. This release applies whether the alleged injuries or damages arise from the negligence of any of the parties released in the previous sentence or not, to the fullest extent allowed by law.

To the fullest extent allowed by law, I, for myself and/or my minor child, and for any of our respective heirs, assigns, personal representatives and next of kin, hereby agree to indemnify and hold harmless all the parties released in Article 3 hereof from and against any and all liabilities arising from my participation in the JCPR Program. This undertaking to provide indemnity shall apply to the fullest extent allowed by law, even if the liability asserted against any of the indemnified parties arises wholly or partially from that party's negligence.

On behalf of myself and on behalf of my minor child, we have read and understand the attached **COVID-19 Safety Rules and Concussion Information Sheet**, also available on the Jefferson County Parks and Rec website ([www.countyrec.com](http://www.countyrec.com)) or available at the Rec Center, 620 Tyler Street or the Public Works Office, 623 Sheridan Street in Port Townsend.

*(Fill in the blanks Below)*

I HAVE READ THIS ASSUMPTION OF RISK, RELEASE OF LIABILITY AND CONSENT. I FULLY UNDERSTAND ITS TERMS AND THAT BY MY SIGNATURE I GIVE UP CERTAIN RIGHTS I MIGHT OTHERWISE HAVE UNDER LAW. I hereby consent to allow my child to participate in the JCPR Program under the terms as set forth in this Assumption of Risk, Release of Liability and consent Agreement. The JCPR Program for which this consent is given is called and is the **Jefferson County Parks & Recreation Freestyle Wrestling Open Mats, 2022/23**



\_\_\_\_\_  
Signature of Parent or Guardian      Date

\_\_\_\_\_  
Signature of Participant (18 Years & Older)      Date

### PHOTOGRAPH – VIDEO CONSENT

*I hereby grant permission for myself or my child to be photographed or videotaped, without compensation, by JCPR, understanding that the same is intended for publication by print media, INTERNET newspaper, television, video or motion picture. I additionally consent to the use of my name in connection with the publication of photographs/video taken of me.*



\_\_\_\_\_  
Signature of Parent or Guardian      Date

\_\_\_\_\_  
Signature of Participant (18 Years and Older)      Date

*Dear Families:*

*Please find below our COVID-19 Safety Rules and Concussion Information Form.  
Please go over this information with your participant(s) Thank You, Rec Staff*

Facial coverings are recommended to be worn by athletes when training/practice.

Self-screening is required: any players or spectators, who are under quarantine, or have had any of the following COVID-19 symptoms in the previous 72 hours are not allowed to attend any Jefferson County Parks and Recreation programs: cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, or a new loss of taste or smell. Any individual who develops or displays any of these symptoms must remove themselves, or be removed by their parents or caregivers from the event immediately. Coaches and/or Rec Staff have the right to ask parents and caregivers to remove any individual they observe with these symptoms.

### 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.

- 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

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in-coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality change
- 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

### **What can happen if my child keeps on playing with a concussion or returns too soon?**

#### **Concussion Information Sheet**

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 health 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/>

Adapted from the CDC and the 3rd International Conference on Concussion in Sport  
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