



Summer Basketball

Jefferson County Parks & Rec



July 31st—Aug. 3rd

Join Jefferson County Parks and Recreation for our summer basketball camp geared toward improving fundamental skills and encouraging friendly play. This camp helps to prepare players for game play through drills that improve technique in dribbling, shooting, passing, and other basics. Whatever your skill level, you will have a great time!!!



- Details:**
- July 31st—Aug. 3rd
 - 9am-12pm
 - Ages 6-13
 - \$75 Tax and equipment included
 - Blue Heron Basketball Gym
 - July 21st Registration deadline.
 - Bring your own snack and water bottle.
 - Non-marking sole shoes.

www.countyrec.com

Participants First Name _____ Last _____

Age _____ Grade (Fall 2023) _____ 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 Chris Macklin
 Phone: 360.385.2221
 cmacklin@countyrec.com
 Mailing Address:
 623 Sheridan Street
 Port Townsend, WA 98368

Please sign and complete both sides of this form by July 22nd and return with payment to:
 Jefferson County Parks and Recreation
 623 Sheridan Street
 Port Townsend, WA 98368

Cash Amount	Check #	Date
<i>Please make checks payable to Jefferson County Parks & Recreation.</i>		

County Rec Summer Basketball Camp 2023

(Please read carefully)

Assumption of Risk, Release of Liability and Consent to Participate

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

1. 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.
2. 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.
3. 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.
4. 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.
5. 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) 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 **Rec Summer Basketball Camp 2023**



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



Sporting Activities COVID-19 Requirements:

Facial coverings are recommended to be worn by athletes when training/practice or when not actively competing in a game or match against another team or when on the bench waiting to play.

All attendees must wash their hands or use hand sanitizer regularly; at least before they enter the event, after they use the restroom, immediately after the game, and when they leave the event.

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 events: 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.

In the case the program is canceled due to COVID spike/mandates; full refund before Camp; after the Camp starts, you will receive a prorated-credit on your account.

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.

Symptoms may include one or more of the following	
Headaches	Amnesia
“Pressure in head”	“Don’t feel right”
Nausea or vomiting	Fatigue or low energy
Neck pain	Sadness
Balance problems or dizziness	Nervousness or anxiety
Blurred, double, or fuzzy vision	Irritability
Sensitivity to light or noise	More emotional
Feeling sluggish or slowed down	Confusion
Feeling foggy or groggy	Concentration or memory problems (forgetting game plays)
Drowsiness	Repeating the same question/comment
Change in sleep patterns	

Signs observed by teammates, parents and coaches include

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 changes
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
Document created 6/15/2009