

CBYF Comprehensive Player Participation Agreement & Liability Waiver

This single document replaces and combines the 2020 Contract, the Parent Contract, the Participation Waiver, the Concussion Form, the Medical Consent, Assumption of Risk, Liability Waiver, Code of Conduct, Equipment Care, Image Release, and Concussion Acknowledgement into one "Master" form for parents/guardians.

Section 1: Medical Authorization

The undersigned parent/guardian appoints any CBYF coach, officer, or agent to consent to reasonable and necessary medical or surgical treatment by a licensed physician or hospital for the player when parents/guardians cannot be reached. This includes, but is not limited to, anesthetics, diagnostic studies, injections, and surgery.

2. WAIVER OF LIABILITY & ASSUMPTION OF RISK

Football and Cheer are collision and high-impact sports. I acknowledge the risk of serious injury, permanent disability, and death. I knowingly and freely assume all such risks, even those arising from the negligence of the "Releasees" (CBYF, its officers, officials, agents, and volunteers). I hereby release and hold harmless all Releasees from any and all liability incident to my child's involvement to the fullest extent permitted by law.

Section 3: Mandatory Concussion Guidelines (Lystedt Law)

Per Washington state law, any athlete suspected of a concussion must be removed from play immediately. No athlete may return to activity without written medical clearance from a licensed health care provider trained in concussion management. I acknowledge receiving the CBYF Concussion Information Sheet (attached as Attachments below) and agree to these terms.

Section 4: Mandatory Code of Conduct

Participation is a privilege. To maintain a positive environment, the following are strictly enforced:

- **Zero Tolerance:** Foul/abusive language, criticizing officials, and negative social media solicitation are prohibited.
- **Substances:** No alcohol, drugs or smoking is permitted on any field. Arriving intoxicated results in immediate removal.
- **Enforcement:** Sanctions may include a permanent ban from CBYF. All board decisions are final with no appeals.
- **4.1 The 24-Hour Rule:** Parents/Guardians may not approach a coach to discuss playing time, coaching decisions, or game-related complaints until at least 24 hours have passed since the

event. This allows for a "cooling off" period to ensure productive communication. Violation of this rule may result in a one-game suspension for the parent.

- **4.2 Digital Citizenship & Social Media:** The digital footprint of our members must reflect good sportsmanship. Using social media, email, or text messaging to disparage, harass, or "go-after" coaches, officials, volunteers, or other athletes is strictly prohibited. Negative solicitation of comments online is considered a breach of contract and is subject to immediate board review and potential ban.
- **4.3 Player Conduct: On-Field Sportsmanship**
- Football and Cheer are character-building sports. The following behaviors are strictly prohibited and will result in immediate disciplinary action by coaches or officials:
 - **Abusive Language:** The use of foul, profane, or derogatory language on the field or sidelines.
 - **Taunting & Bullying:** Any action intended to mock, bait, or embarrass an opponent. This includes "trash-talking," physical intimidation outside of legal play, or targeted harassment of any peer.
 - **Respect for Authority:** Disrespectful behavior toward officials or coaching staff will not be tolerated.
- **4.4 Spectator & Parent Conduct: Sideline Etiquette**
- This extends to parking areas or outside of the game fields. Parents and guests are the primary examples of sportsmanship for our athletes on and off the field.
- **Sideline Access and Etiquette:** Only rostered players and badged coaches or board members are permitted on the field/track. Spectators must keep all comments positive. Physical or verbal intimidation of any volunteer or official will result in immediate removal from the premises. Parents must remain in the designated spectator areas.
- **Verbal Conduct:** Criticizing officials, opposing players, or coaching staffs from the stands is prohibited. Spectators must keep all comments positive and encouraging.
- **Parent/Spectator Conduct:** Bullying, taunting, "trash-talking," or using foul/derogatory language on the field or sidelines is not tolerated. Participation is a privilege, and athletes who fail to represent CBYF with integrity will be removed from play.
- **Zero Tolerance for Intimidation:** Any parent or guest who physically or verbally intimidates a volunteer, official, or child will be required to leave the premises immediately.
- **Prohibited Substances:** Possession or use of alcohol, tobacco, vaping products, or marijuana (including "intoxicated arrival") is strictly prohibited at all CBYF events, including parking areas.

Section 5: Administrative & Equipment Requirements

- **5.1 Identification & Verification** Participation is contingent upon verifying the athlete's grade level and residential boundary prior to the start of each season.
- **Grade Verification:** Must provide a school-issued document (Report Card, ASB Card, or PowerSchool screenshot) showing the student's name, school name, and current grade level.

- **Address Verification Documents:** CBYF accepts any one of the following issued within the last 30 days and shows Parent/Guardian name, home address and date issued or postmark:
 - Current lease or rental agreement (including expiration date not in the past)
 - Mortgage statement dated within the past 30 days
 - Any piece of mail dated/postmarked within the past 30 days (Cannot be a P.O. Box, addressed to “current resident” or student profile sheets)
 - **Homeschool athletes:** Parent/Guardian will need to provide a copy of the Declaration of Intent to Homeschool filed with their district and birth certificate to verify age appropriateness for claimed grade.
 - **Headshot Requirement:** A current, clear headshot (shoulders up, forward-facing, (no hats/sunglasses) is mandatory. This must be a digital original or high-quality scan - photos of existing physical ID cards or blurry photos will be rejected.
- **5.2 Equipment & Refunds**
 - **Equipment:** I am responsible for returning all issued equipment (excluding purchased items) by December 15th. I agree to pay the Full Replacement Cost for any items not returned or returned with damage beyond normal wear.
 - **Refunds:** CBYF is a 100% volunteer-led organization. All registration fees are non-refundable once the first official practice of the season has commenced.

Section 6: Administrative & Communication Policies

- **6.1 Team Sideline & Digital Communication Mandate:** CBYF and its junior programs utilize Team Sideline as the primary and official platform for all league operations.
- **Requirement:** Parents/Guardians are required to maintain an active Team Sideline account and download the mobile application.
- **Official Record:** Team Sideline is the only source for official game schedules, roster assignments, and league-wide notifications. Failure to monitor this platform may result in missed communications for which the league is not responsible.
- **6.2 Mandatory Sms/Text Message Opt-In** By registering for CBYF, you expressly consent to receive mass text messages and urgent alerts via our automated communication systems.
- **Scope:** These messages include, but are not limited to: game cancellations, field changes, safety alerts, and important league deadlines.
- **Opt-Out Policy:** Due to the critical nature of these communications for athlete safety and league logistics, there is no "opt-out" option for active members. By signing this agreement, you acknowledge that opting out of text alerts is only permitted upon the player's formal withdrawal from CBYF.

- **6.3 Comprehensive Image & Media Release** I hereby grant CBYF and its legal representatives an irrevocable, perpetual, and royalty-free right to use the player's likeness, name, and voice in any and all media now known or hereafter devised (including but not limited to: social media, website, print marketing, and video broadcasts).
- **No Compensation:** I waive any right to royalties, fees, or other compensation arising from or related to the use of such images or recordings.
- **Release of Liability:** I hereby release CBYF from any and all claims, including defamation or invasion of privacy, arising from the professional use of these materials for program promotion or league historical records.

Attachment 1

Lystedt Law Compliance Form *(To be signed by Parent/Guardian and Athlete)*

A 2009 act requiring the adoption of policies for the management of concussion and head injury in youth sports; amending the Revised Code of Washington 4.24.660 and adding a new section to RCW chapter 28A.600 states, in part, the following:

Each school district's board of directors shall work in concert with the Washington Interscholastic Activities Association (WIAA) to develop the guidelines and other pertinent information and forms to inform and educate coaches, youth athletes, and their parent(s)/guardian(s) of the nature and risk of concussion and head injury including continuing to play after concussion or head injury. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the youth athlete and the athlete's parent and/or guardian prior to the youth athlete's initiating practice or competition. Please read the information below, adapted from the WIAA, and affix your signature to indicate that you have read this document. This form must be returned to the appropriate divisional office and is good only for the current sports season.

Private, nonprofit youth sports associations wanting to use publicly owned playfields are required to comply with this law.

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.

<p>Symptoms may include one or more of the following:</p> <ul style="list-style-type: none"> • 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 	<p>Signs observed by teammates, parents/guardians, and coaches include:</p> <ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays lack of 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
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What can happen if my child keeps on playing with a concussion or returns to soon?

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 athletes will often underreport symptoms of injuries, and concussions are no different. As a result, education of

administrators, coaches, parents/guardians, and students is the key for student athletes' 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." "[He or she]... 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 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. It is better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

Additional current information regarding concussion management is available from the Centers for Disease Control and Prevention (CDC) at: <http://www.cdc.gov/ConcussionInYouthSports/>.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



A Fact Sheet for PARENTS

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?

Signs Observed by Parents or Guardians

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
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

HOW CAN YOU HELP YOUR CHILD 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 coach'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 helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and 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?

1. **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.
2. **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play until a health care 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 brain damage, affecting your child for a lifetime.
3. **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It's better to miss one game than the whole season.



DEPARTAMENTO DE SALUD Y SERVICIOS HUMANOS DE LOS ESTADOS UNIDOS
CENTROS PARA EL CONTROL Y LA PREVENCIÓN DE ENFERMEDADES



Hoja Informativa para los PADRES

¿QUÉ ES LA CONMOCIÓN CEREBRAL?

Una conmoción cerebral es una lesión en el cerebro, causada por un golpe en la cabeza o una sacudida. Incluso una pequeña conmoción o lo que parece ser un golpe o sacudida leve puede ser serio.

La conmoción cerebral no puede verse. Los signos y síntomas de una conmoción pueden aparecer inmediatamente después de la lesión o puede que no aparezcan, o se hagan visibles algunos días o meses después de haber sufrido la lesión. Si su hijo tiene los signos de una conmoción cerebral o si usted nota algún síntoma, busque atención médica de inmediato.

¿CUÁLES SON LOS SIGNOS Y SÍNTOMAS DE LA CONMOCIÓN CEREBRAL?

Signos que notan los padres y los tutores

Si su hijo ha sufrido un golpe en la cabeza o una sacudida durante un juego o una práctica, obsérvelo para determinar si tiene alguno de los siguientes signos y síntomas de una conmoción cerebral:

- Luce aturdido o fuera de control
- Se confunde con la actividad asignada
- Olvida las jugadas
- No se muestra seguro del juego, la puntuación ni de sus adversarios
- Se mueve con torpeza
- Responde con lentitud
- Pierde el conocimiento (así sea momentáneamente)
- Muestra cambios de conducta o de personalidad
- No puede recordar lo ocurrido antes de un lanzamiento o un caída
- No puede recordar lo ocurrido después de un lanzamiento o un caída

Síntomas que reporta el atleta

- Dolor o "presión" en la cabeza
- Náuseas o vómitos
- Problemas de equilibrio, mareo
- Visión doble o borrosa
- Sensibilidad a la luz y al ruido
- Se siente débil, confuso, aturdido o grogui
- Problemas de concentración o memoria
- Confusión
- No se "siente bien"

¿CÓMO AYUDAR A SU HIJO A PREVENIR UNA CONMOCIÓN CEREBRAL?

Aunque todo deporte es diferente, hay medidas que puede tomar para protegerse.

- Haga que siga las reglas impartidas por el entrenador y las reglas del deporte que practica.
- Invítelo a mantener el espíritu deportivo en todo momento.
- Haga que su hijo use el equipo protector adecuado según la actividad que realiza (como casco, almohadillas protectoras, canilleras o protector dental). El equipo de protección debe ajustarse bien, debe hacerse el mantenimiento adecuado, y el jugador debe usarlo correctamente y en todo momento.
- Aprenda a identificar los signos y síntomas de la conmoción.

¿QUÉ DEBE HACER SI CREE QUE SU HIJO HA SUFRIDO UNA CONMOCIÓN CEREBRAL?

1. **Busque atención médica de inmediato.** Un profesional de la salud podrá determinar la seriedad de la conmoción cerebral que ha sufrido el niño y cuándo podrá regresar al juego sin riesgo alguno.
2. **No permita que su hijo siga jugando.** Las conmociones cerebrales necesitan de un cierto tiempo para curarse. No permita que su hijo regrese al juego hasta que un profesional de la salud le haya dicho que puede hacerlo. Los niños que regresan al juego antes de lo debido - mientras el cerebro está en proceso de curación - corren un mayor riesgo de sufrir otra conmoción. Las conmociones cerebrales siguientes pueden ser muy serias. Pueden causar daño cerebral permanente que afectarán al niño de por vida.
3. **Informe al entrenador del niño sobre cualquier conmoción cerebral que el niño haya sufrido recientemente.** Los entrenadores deben saber si el niño ha sufrido una conmoción recientemente en CUALQUIER deporte. El entrenador no necesariamente sabrá si el niño ha tenido una conmoción en otro deporte o actividad a menos que usted se lo diga.

Es preferible perderse un juego que toda la temporada.

Para obtener más información o solicitar más materiales de forma gratuita, visite: www.cdc.gov/ConcussionInYouthSports

Para obtener información más detallada sobre la conmoción cerebral y la lesión cerebral traumática, visite: www.cdc.gov/injury