

**Loup Loup Alpine Ski Team  
Registration 2021**

Athlete name: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M / F

Parent/Guardian: \_\_\_\_\_

Mailing address: \_\_\_\_\_

Phone #: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

School: \_\_\_\_\_

Current Medication: \_\_\_\_\_

Allergies: \_\_\_\_\_

**Insurance Information:**

Company name: \_\_\_\_\_

Policy#: \_\_\_\_\_ Phone: \_\_\_\_\_

**Emergency Contact:**

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone #: \_\_\_\_\_

Relationship: \_\_\_\_\_

# Medical Release Form

In the event that the Athlete should require a physician's attention, I, the Athlete/Parent, release the Loup Ski Team coaches to admit said Athlete into an emergency medical facility to be administered by a physician.

Athlete name: \_\_\_\_\_

Parent name: \_\_\_\_\_

Parent signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Phone:**

(Home): \_\_\_\_\_ (Work): \_\_\_\_\_

(Cell): \_\_\_\_\_ (Other): \_\_\_\_\_

# 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
  - “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
- 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 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 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 race 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 it's 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/>

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Athlete Name Printed	Athlete Signature	Date

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Parent or Legal Guardian Printed	Parent or Legal Guardian Signature	Date

Loup Loup Alpine Ski Team P.O. Box 246 ~ Twisp, Wa 98856

## USSA CODE OF CONDUCT

Membership in U.S. Ski & Snowboard is a privilege, not a right. All U.S. Ski & Snowboard members when participating in any U.S. Ski & Snowboard activity must agree to conduct themselves according to U.S. Ski & Snowboard's core values of Excellence, Integrity, Passion, Fun, Team, and Grit, and abide by the spirit and dictates of this Code of Conduct. All members must agree to comport themselves in a sportsmanlike manner and are responsible for their actions while attending or participating in all U.S. Ski & Snowboard activities (including but not limited to camps, competitions, and projects).

Sportsmanlike conduct is defined as but is not limited to: respect for competition officials, resort employees, fellow members, and the skiing and snowboarding public, respect for facilities, privileges, and operating procedures, the use of courtesy and good manners, acting responsibly and maturely, refraining from the use of profane or abusive language, and abstinence from illegal or immoderate use of alcohol and use of illegal or banned drugs. While participating in any U.S. Ski & Snowboard activity:

1. U.S. Ski & Snowboard members shall be subject to the jurisdiction of the International Ski Federation (FIS) Statutes, the United States Olympic & Paralympic Committee (USOPC) Bylaws, the U.S. Ski & Snowboard Bylaws, and this U.S. Ski & Snowboard Code of Conduct.
2. U.S. Ski & Snowboard members shall conduct themselves at all times and in all places as befit worthy representatives of the United States of America, the United States Olympic Committee, U.S. Ski & Snowboard, their region, division, state or club and in accordance with the best traditions of national and international competition.
3. U.S. Ski & Snowboard members are responsible for knowledge of and adherence to competition rules and procedures. Members are also responsible for knowledge of and adherence to the rules and procedures of the U.S. Ski & Snowboard national teams, camps or other projects when participating in such.
4. U.S. Ski & Snowboard members shall maintain high standards of moral and ethical conduct, which includes self-control and responsible behavior, consideration for the physical and emotional well being of others, and courtesy and good manners.
5. U.S. Ski & Snowboard members shall abide by U.S. Ski & Snowboard rules and procedures while traveling to and from and participating in official U.S. Ski & Snowboard activities.
6. U.S. Ski & Snowboard members shall abstain from illegal and/or immoderate

consumption of alcohol. Absolutely no consumption of alcohol is permitted for those individuals under the age of 21. Members under 21 years of age shall not participate in gatherings involving consumption of alcohol unless it is an official U.S. Ski & Snowboard or event organizer function. Members under the age of 18 shall not use any form of nicotine including but not limited to cigarettes, vaping, chewing tobacco, gum, and patches.

7. No U.S. Ski & Snowboard member shall violate the customs, travel or currency

regulations of a country while traveling with a U.S. Ski & Snowboard group or on a U.S. Ski & Snowboard ticket.

8. No U.S. Ski & Snowboard member shall commit a criminal act.
9. No U.S. Ski & Snowboard member shall engage in any conduct that could be perceived as harassment based upon gender, age, race, religion, disability, or sexual orientation.
10. U.S. Ski & Snowboard members will avoid profane or abusive language and disruptive behavior.
11. U.S. Ski & Snowboard members understand and agree that they may be drug tested at any time, that they are subject to and will abide by the USADA Protocol for Olympic and Paralympic Movement Testing, its Annexes, and the USOPC National Anti- Doping Policies, and that any dispute related to the foregoing will be resolved exclusively in arbitration pursuant to the USADA Protocol. Before taking any medications, members must check the prohibited status at [GlobalDRO.com](http://GlobalDRO.com). Also, they must be sure to download the Supplement 411 app, or visit [Supplement411.org](http://Supplement411.org) to learn how to recognize and reduce the risks related to supplement use. Any anti- doping questions can be directed to Athlete Express at 866.601.2632.
12. U.S. Ski & Snowboard members agree to abide by the policies and procedures established by the U.S. Center for SafeSport.

Failure to comply with any of the above provisions may lead to disciplinary action by the appropriate team or competition leader. Disciplinary action may include:

- Removal from the team trip or training camp

- Suspension from training and/or competition
- Elimination of coaching, travel, and other benefits

- Forfeiture of U.S. Ski & Snowboard membership

U.S. Ski & Snowboard is committed to principles of fairness, due process and equal opportunity. Members are entitled to be treated fairly and in compliance with U.S. Ski & Snowboard's Bylaws, policies, and procedures. Members are entitled to notice and an opportunity for a hearing before being prevented from participating in protected competition as that term is defined by the USOPC Bylaws. Information on the processes for grievances, suspensions, and appeals is available at [usskiandsnowboard.org](http://usskiandsnowboard.org).

Nothing in this Code of Conduct shall be deemed to restrict the individual freedom of a U.S. Ski & Snowboard member in matters not involving activities in which one could not be perceived as representing U.S. Ski & Snowboard. In choices of appearance, lifestyle, behavior, and speech while not representing U.S. Ski & Snowboard, competitors shall have complete freedom, provided their statements and actions do not adversely affect the name and reputation of the U.S. Ski & Snowboard. However, in those events where one is representing or could be perceived as representing U.S. Ski & Snowboard, U.S. Ski & Snowboard demands that its members understand and agree to behave in a manner consistent with the best traditions of sportsmanship and U.S. Ski & Snowboard's core values.

Last revised October 1, 2019