



Registration Opens
8/7 at Noon!



FALL 2018
Enrichment Catalog

LESCHI AFTER SCHOOL ENRICHMENT CLASSES

Brought to you by:
**GARFIELD
COMMUNITY CENTER**
2323 E Cherry St.
Seattle, WA 98122
Ph: 206-684-4788



Seattle
Parks & Recreation

healthy people healthy environment strong communities

This program is made possible through
Seattle Parks and Recreation and the
Associated Recreation Council.

Program Information

Fall Class Session: 9/17-12/20

Program Contact Information

**Garfield Community Center
2323 E Cherry St., Seattle, WA 98122
Phone: 206-684-4788**

**• Program Administrator: Antonio Morton
Phone: 206-465-7893, Email: antonio.morton@seattle.gov**

Program Schedule

Leschi Elementary K-5 Release: 2:25 p.m. (M, Tu, Th, F), and 1:10 p.m. (Wed)

Check In: 2:25-2:35 p.m. (M, Tu, Th, F), and 1:10-1:20 p.m. (Wed)

- Students report to the cafeteria upon dismissal to be signed in and eat snack.

Session 1: 2:35-4:05 p.m. (M, Tu, Th, F), and 1:20-2:50 p.m. (Wed)

- ALL PARENTS of students not enrolled in second session must come to the cafeteria and SIGN OUT their student at 4:05 p.m., or 2:50 p.m. (Wed). **Late fees will be assessed \$1 per minute.**

Session 2: 4:20-5:20 p.m. (M, Tu, Th, F), and 3:05-4:35 p.m. (Wed)

- All parents must SIGN OUT their student by 5:20 p.m., or 4:35 p.m. (Wed). **Late fees will be assessed \$1 per minute.**

***There are no after school classes on holidays, no school days, or early dismissal days at the Elementary School. These "No Class" days are figured into the price of each class.**

How to Register

All students must turn in, or have on file, a completed E-13 Participant Information and Authorization form and Concussion form to register for class. Once completed, E-13 forms are good for one school year. Though classes are held at the school, all paper work must be turned in to Garfield Community Center, where you can receive more information about classes, registration, and scholarships.

FIRST CHOICE

Stop by your local community center to register for programs and meet the staff. Staff welcomes face-to-face interaction! Please note hours of operation as they vary across community centers.

SECOND CHOICE

Online registration using the SPARC system by going to seattle.gov/parks and clicking on SPARC. Please note that you will need to set up an account prior to having access to the online SPARC system. This may take up to a week to process. We do our best to set up accounts for registration within 48 hours.

THIRD CHOICE

Call your local community center during our hours of operation at the phone number listed above, or at: seattle.gov/parks/centers.asp. All staff can assist you with registration during operating hours.

An additional \$5 insurance fee will be required when registering for all gymnastics, tumbling, or circus arts classes offered through Seattle Parks and Recreation. This non-refundable fee covers a child's participation in all gymnastics, tumbling, or circus arts classes for one year from the date of purchase. Please contact your local community center to purchase this insurance. **Note:** This insurance will only be utilized if expenses exceed your primary insurance coverage.

What You Need to Know

Registration and Payments:

Registration opens Aug 7. If you have never participated in a Seattle Parks and Recreation sponsored program, please sign up at the community center where they can create an account for your family. Once an account is established, you may call **Garfield CC**, stop by, or pay on-line through SPARC. If you register on-line please email the community center coordinator who your child's classroom teacher is and where your child will be going after class. Registration is open for all classes until the day prior to the start of class. **Remember: All students need a Participant Information and Authorization E-13 form prior to participating in any after school classes.**

Scholarship:

To apply for a scholarship, complete and return a scholarship application to the community center. Applications can be found in the **Leschi K-5** main office, **Garfield CC**, or can be downloaded at bit.ly/sprscholarships. **Scholarship award and co-payment will be determined based on income qualification and fund availability.**

Refund Policy:

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class that is cancelled for any reason will receive a full refund.
- DROPPING A PROGRAM BEFORE THE SECOND SESSION: A participant may be issued a refund if he/she withdraws from a program, and notifies the program coordinator, prior to the second class session. The facility will retain the pro-rated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater.
- DROPPING A PROGRAM AFTER THE SECOND SESSION: If a participant withdraws from a program after the second session of a series, no refund will be given.
- CANCELLATION OF ONE SESSION: In the event of an unplanned cancellation of a single session, that class will be rescheduled, and If it cannot be rescheduled, the participant will receive a refund.
- For full details of the Department's Refund Policy, please see Policy Number 060-P 7.16 under PROGRAM which can be found here: <http://www.seattle.gov/Documents/Departments/ParksAndRecreation/PoliciesPlanning/RefundPolicy.pdf>

OH NO! My class got cancelled!

Most classes require a minimum of 6 participants in order to be financially sustainable. We do our best to avoid cancelling classes. However, classes that do not meet minimum enrollment requirement are cancelled prior to their start date. We do prorate class fees to reflect late registration for classes that meet minimum enrollment requirement prior to their start dates.

PLEASE REGISTER EARLY!

Snack and Clothing:

The After School Enrichment Program will provide a snack for each student. Please send your children with clothing appropriate for their classes.

Behavior:

We have the expectation of respect for teachers/instructors and good behavior during classes. Students are expected to maintain the same behavioral standards that they would during the formal school day. If an instructor determines this is not the case the following steps will be taken:

- At the first incident, the Program Administrator will contact parents/guardians regarding student behavior.
- The student will be given one trial class to improve.
- If the disruptive behavior continues, the student will be removed from class.

The program is unable to issue a refund if the student is removed from a class due to a behavioral issue. Please discuss enrollment with your child to be sure they want to attend an after school class.

Picking up Your Child:

Your child must be picked up on time. Our program does not provide childcare after class is over and the playground is not supervised at that time. If your child is picked up late, you will be charged \$1/minute for every minute past your pick up time that you are late. Please call the **Program Administrator** if you are going to be late. Your student can only be picked up by persons listed on the E-13 form.

Absences/Changes:

Please contact the **Program Administrator** as soon as possible with any of the following:

1. Your student will not be attending class (but was at school).
2. Your student was absent from school and will not be attending the After School Program.

Questions/Concerns:

Once a class has begun, if you have any issues or concerns regarding a class, please contact the **Program Administrator**, or email the **Community Center Coordinator**. The **Program Administrator** will be on-site and available during program hours all quarter.

Inclement Weather and City Wide Emergencies:

Please call our CHILD CARE/ENRICHMENT HOTLINE: 206-684-4203. This is a 24-hour line giving information about program closures due to extreme weather or emergencies. It is updated each day by 6 a.m. and as needed.

Fall 2018 Class Session: 9/17-12/20

The **Leschi after-school** Enrichment program is run by Garfield Community Center in partnership with the Associated Recreation Council. Please stop by or call the community center, at or after noon on the registration date to register your child for Enrichment classes, or, visit seattle.gov/parks. Please contact your Program Administrator if you have any program questions. Thank you!

Garfield Community Center
206-684-4788
2323 E Cherry St.
Seattle, WA 98122

Program Administrator
Antonio Morton
206-465-7893

| MONDAYS 12 weeks (No class 11/12 and 11/19) | Time | Grades | Price | Barcode |
|----------------------------------------------------------|----------------|---------------|--------------|----------------|
| Session 1 | | | | |
| Choir Club | 2:35-4:05 p.m. | 3-5 | \$180 | 184959 |
| Comic Book Writing | 2:35-4:05 p.m. | 3-5 | \$180 | 184960 |
| Improv | 2:35-4:05 p.m. | K-5 | \$180 | 184977 |
| Zumba | 2:35-4:05 p.m. | K-5 | \$300 | 184980 |
| Session 2 | | | | |
| Gym Games | 4:20-5:20 p.m. | K-5 | \$160 | 184963 |
| TUESDAYS 13 weeks (No class 11/20) | Time | Grades | Price | Barcode |
| Session 1 | | | | |
| African Drum & Dance | 2:35-4:05 p.m. | K-5 | \$195 | 184955 |
| Basketball | 2:35-4:05 p.m. | 3-5 | \$195 | 184957 |
| Japanese | 2:35-4:05 p.m. | K-5 | \$280 | 184964 |
| Puppet Making 101 | 2:35-4:05 p.m. | 2-5 | \$195 | 184973 |
| Silly Science | 2:35-4:05 p.m. | K-5 | \$195 | 184974 |
| Session 2 | | | | |
| Origami | 4:20-5:20 p.m. | K-5 | \$165 | 184971 |
| Indoor Soccer | 4:20-5:20 p.m. | K-5 | \$165 | 184975 |
| WEDNESDAYS 13 weeks (No class 11/21) | Time | Grades | Price | Barcode |
| Session 1 | | | | |
| After– School Recess & Games | 1:20-2:50 p.m. | K-5 | \$195 | 184956 |
| Kids Carpentry | 1:20-2:50 p.m. | K-5 | \$390 | 184965 |
| Origami | 1:20-2:50 p.m. | 3-5 | \$195 | 184970 |
| STEM Powered Girls | 1:20-2:50 p.m. | 3-5 | \$195 | 184976 |
| Session 2 | | | | |
| Kids Carpentry | 3:05-4:35 p.m. | K-3 | \$390 | 184966 |
| Messy Science | 3:05-4:35 p.m. | K-5 | \$195 | 184969 |

Fall 2018 Class Session: 9/17-12/20

| THURSDAYS 13 weeks | Time | Grades | Price | Barcode |
|----------------------------------------------------------|----------------|--------|-------|---------|
| Session 1 | | | | |
| German | 2:35-4:05 p.m. | K-5 | \$195 | 184962 |
| Launch It! | 2:35-4:05 p.m. | 3-5 | \$195 | 184967 |
| Pinnacle Explorations | 2:35-4:05 p.m. | 1-4 | \$260 | 184972 |
| Unicycling | 2:35-4:05 p.m. | 2-5 | \$195 | 184978 |
| FRIDAYS 11 weeks (No class 10/12, 11/23 and 12/21) | Time | Grades | Price | Barcode |
| Session 1 | | | | |
| Choir Club | 2:35-4:05 p.m. | K-3 | \$165 | 184958 |
| Comic Book Writing | 2:35-4:05 p.m. | 3-5 | \$165 | 184961 |
| Martial Arts | 2:35-4:05 p.m. | K-3 | \$165 | 184968 |
| Wildlife Photography | 2:35-4:05 p.m. | 2-5 | \$165 | 184979 |

Help Wanted!

Are you interested in assisting with an Enrichment class or teaching one of your own? We'd love your help!

Contact Mr. Antonio for more information

email: antonio.morton@seattle.gov, ph: 206-465-7893

Course pricing is based on contractual agreements, number of class days and supply costs.

Fall 2018 Class Descriptions A-Z

African Drum & Dance

This is an interactive performance class where each student will learn fun and physically engaging West African music, song, and dance. Participants will share in the rich traditions of West African cultures and highlight their experience during two public performances for family and friends. Students will also learn the art of costume making as a part of their performance piece. Drums, various percussion instruments, and dance wraps are provided by the instructors. Program Provided by Afua Kouyate

After-School Recess & Games

Did you know that recess is more than just fun and games? It is an opportunity for students to pursue their own interests, make decisions, imagine, create, collaborate, problem-solve, socialize, and get physical activity in a fun and relaxing way. This class will provide students with a variety of materials to inspire play. Students are also welcome to bring toys or materials from home that they would like to share with their friends. This class will take place outside in the school playground area and will be supervised by two instructors who can help students with problem-solving and play ideas, as needed. Program Provided by ARC Instructor

Basketball

Our instructors will not only teach your child athletic fundamentals through progressive drills, engaging cardio, and fun games, but we will use these fundamentals as a platform to teach life-skill lessons that reinforce positive attitudes about effort, respect, cooperation, and self-control. Program Provided by ARC Instructor

Choir Club

Leschi School Choir: Students will have fun learning about music and singing together. The choir will perform for the community throughout the year. Program Provided by ARC Instructor

Comic Book Writing

Step into the world of fantasy and superheroes! In this class students will explore the craft of comic book writing, imaginative drawing, story-telling and creative art. No experience necessary, all you need is patience and imagination. At the end of the quarter each student will have their very own #1 Comic Issue. Program Provided by Mr. Bo

German

This class will introduce new themes and words with games, music, crafts, stories and dance to create an inter-active and fun learning process! Program Provided by Poly Glot Staff

Gym Games

Sprout Ball, Battleship, Gopher Tag, and Color Squad are a few of the games we will be using to teach the importance of physical activity and teamwork. This class will also provide children with the opportunity to organize and lead a gym game of their own! So much fun! Program Provided by ARC Instructor

Improv

This supportive and fun filled class is open to all Leschi student's grades K-5. Through theater games and exercises, students will explore how actors use their bodies, voices, and imaginations to tell stories and create characters. Whether you are new to the stage or consider yourself a veteran performer there will be something for everyone in this creative class. Program Provided by Nadia Yeracaris

Japanese

Introduce new themes and words. Games, music, crafts, stories and dance are featured in all of our classes to create an inter-active and fun learning process! Program Provided by Poly Glot Staff

Fall 2018 Class Descriptions A-Z

Kids Carpentry

Kids' Carpentry is a hands-on toy building class designed to teach girls and boys, ages 5-8, practical woodworking skills with an emphasis on the safe use of hand tools. While kids construct fun and exciting projects they are also empowered to become independent thinkers - building confidence, self-esteem, and a repertoire of practical skills that will last them a lifetime! At the end of the session, each child will go home with at least two but often four or more wooden toys or games that they have made and painted by hand. Program Provided by Loren Kite

Launch It!

3...2...1... BLASTOFF! Learn about the physics behind rocket launching! This class will teach the concepts of forces and motion through tactile and projectile creations. Students will have the opportunity to design and launch rockets of their own! Program Provided by Christine Tahhan

Mandarin Class

Become a global citizen with our exciting Mandarin Class...Fun, easy and interactive with a great combination of arts and crafts, games and music...Learning has never been so entertaining. Program Provided by Poly Glot Staff

Martial Arts

Confidence. Respect. Discipline. These basic principles, in combination with physical movement, will guide the class as they learn basic skills of Martial Arts. Join this class to be physically active and feel great about what you are doing! Program Provided by Ron Raymundo

Messy Science

Science is the stuff that makes up our world. In this class we will see what happens to soda-pop gas in a balloon and explore the change from liquid to solid by making rock candy! Almost everything on the planet is a liquid, solid or a gas and in this class students get to do hands-on science experiments to learn about the matter around us. Program Provided by Krista Galloway

Origami

Come explore the Japanese art of paper folding! Begin with the basics of following folding instructions and work your way up to building beautiful creations, step by step, with the help and support of our experienced instructor. Program Provided by Christine Tahhan/ Mike B

Pinnacle Explorations

Pinnacle is dedicated to developing children's interests in the outdoors. Our hands-on STEAM (STEM plus Art) curriculum focuses on learning Earth Science concepts and developing outdoor skills. Students learn through interactive demonstrations, hands-on experiments, craft projects, and field trips to nearby natural spaces. We encourage students to find their own passion in the outdoors and aim to facilitate a positive experience that inspires them to be life-long stewards of the environment. Program Provided by Sean Chan

Indoor Soccer

Our instructors will not only teach students athletic fundamentals through progressive drills, engaging cardio, and fun games, but we will use these fundamentals as a platform to teach life-skill lessons that reinforce positive attitudes about effort, respect, cooperation, and self-control. Program Provided by Arc Instructor

Silly Science

Explore the silly side of science! In this class students get to do hands-on science experiments such as making slime and playing with static electricity. Experiments will range from food based activities to natural chemical reactions found in nature. Program Provided by Christine Tahhan

**Register early so your
child's favorite classes run!**

Classes can be canceled if class
minimums are not met.

Fall 2018 Class Descriptions A-Z

STEM Powered Girls

Women are underrepresented in STEM fields, and we can do something (fun!) about that by supporting girls. In this class, we will work together, learn to challenge barriers, and explore exciting STEM activities. Girls will grow their confidence in taking on STEM challenges, and in seeing themselves as future scientists and engineers. Program Provided by Krista Galloway

Wildlife Photography


Have your child explore Seattle's native fauna through the lens. We will learn camera settings, native fauna, editing and at the end of the quarter we will have a small gallery showing. Program Provided by Tiffany Adams

Unicycling

Have you ever wanted to learn how to ride on one wheel? Do you want to improve your one wheel skills? Unicycling is a fun and exciting way to improve balance, body control, coordination, and help strengthen muscles. You will also learn determination and concentration while getting a chance to help others along the way. Students will have an opportunity to work at their own skill level, learning the basics of how to get up on one wheel, to learning how to ride on their own. Program Provided by Mr. Moriarity

Zumba

We dance to music from top charts around the world with age appropriate easy to learn dance steps. Zumba helps kids develop a healthy lifestyle and incorporates fitness as a natural part of children's lives by making fitness fun... Classes incorporate key development elements like leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination, strength, and cultural awareness. Program Provided by Poly Glot Staff



**Seattle Parks and Recreation offers
fun recreational activities
for people of all ages!**

**To see what's happening near you,
visit your local community center,
or find us online at,
Seattle.gov/parks**





Seattle
Parks & Recreation

Leschi K-5

After School Enrichment

Cover Sheet

Spring Class Session: 9/17-12/20

Garfield Community Center: 2323 E Cherry St., Seattle, WA 98122

Phone: 206-684-4788

Program Administrator: Antonio Morton, antonio.morton@seattle.gov

Student Names: _____ Parent/Guardian: _____

Grade and Teacher: _____ Age/DOB: _____

Phone Number/s: _____ Email: _____

To sign up online at the Seattle Parks and Recreation website (SPARC), go to <https://class.seattle.gov/parks>

**This form must be turned in to the community center,
turning it in to the school does not register your child for any class(s).**

| Class Name | Barcode # | Day | Fee |
|------------|-----------|-----|-----|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| Total Due: | | | |

After class my child will:

_____ Get picked up by approved parent/guardian

_____ Goes to onsite childcare

_____ Other _____

**All students must also turn in a completed E-13 Participant Information and
Authorization form to be registered.**



Leschi Elementary After School Enrichment Classes

Brought to you by: Garfield Community Center

Family Contract

- I have read the Enrichment Catalog and understand and agree to follow the guidelines, policies and protocols as outlined on page 3 when using the services of the Garfield Community Center programs offered at Leschi Elementary School.
- I have read the information about concussion injuries and prevention on Pages 13 and 14.
- I understand that it is my responsibility to make appropriate childcare arrangements if my child is enrolled in session two classes only.
- I understand that all late child pick-up fees and all account balances must be paid before any future registrations can be made.
- I have read a copy of the refund policy.

Child's Name: _____

Child's Name: _____

Child's Name: _____

Parent/Guardian's Printed Name _____ Date _____

Parent/Guardian's Signature _____

Staff Signature _____ Date _____



This information is considered confidential and is used only to help staff meet the needs of your child. **Please fill out all sections completely (mark N/A if a section does not apply) and sign and initial where indicated.** Additional information may be required, including but not limited to immunization records, medical treatment, medication administration instructions and authorization, and special field trip permission. If you have updated information on this form, please contact staff immediately to update.

PARTICIPANT AND PARENT INFORMATION

| | | | | |
|----------------------------------------|-------------|-----------------------------------|-------------------------------------------------------------------------------------------|----------|
| Child's Name (First and Last) | | Age | <input type="checkbox"/> Boy <input type="checkbox"/> Girl <input type="checkbox"/> _____ | |
| Birthdate | | School | | Grade |
| Address | | City | | Zip Code |
| Parent/Guardian Name (First and Last) | | | Signature | |
| Cell Phone | Other Phone | | Email | |
| Address (if different than above) | | City | | Zip Code |
| Relationship to Child | | Language(s) Spoken at Home | | |
| <input type="checkbox"/> Parent | | <input type="checkbox"/> Guardian | | |
| <input type="checkbox"/> Foster Parent | | | | |

GENERAL AUTHORIZATIONS AND INFORMATION

- My child has previously attended a Seattle Parks and Recreation School Age Care Program. ☐ No ☐ Yes - Location: _____
- My child has permission to attend field trips as posted in activity schedule, by means of walking, public bus, department van, yellow bus.
(YES) Initial Here _____ (NO) Initial Here _____
- My child has permission to participate in swimming and other water activities at Seattle Parks and Recreation facilities, including swimming pools, lifeguarded beaches, boating facilities, and wading pools. Swimming Ability: ☐ Non Swimmer ☐ Beginner ☐ Intermediate ☐ Advanced (YES) Initial Here _____ (NO) Initial Here _____
- I will provide sunscreen and my child may apply it _____ times during the day. (YES) Initial Here _____ (NO) Initial Here _____
- Photographs (stills and video) of your child may be used for the City of Seattle, its Department of Parks and Recreation, or Associated Recreation Council or Advisory Council, publications.
If you **DO NOT** agree Initial Here _____ (Do NOT use photographs of my child)

| | |
|---------------------------------------------------------------------------|------------------------------------------------|
| My child has the following behavioral issues which staff should be aware: | I handle these behaviors in the following way: |
|---------------------------------------------------------------------------|------------------------------------------------|

EMERGENCY CONTACTS (Also authorized for participant pick-up)
Please list secondary contacts if we cannot reach you.

| | | | |
|----------------------------------|-------------|-------|--------------|
| 1) Contact Name (First and Last) | | | Relationship |
| Cell Phone | Other Phone | Email | |
| Address | | City | Zip Code |
| 2) Contact Name (First and Last) | | | Relationship |
| Cell Phone | Other Phone | Email | |
| Address | | City | Zip Code |

PICK-UP AUTHORIZATION AND INFORMATION (MINIMUM AGE 14)

List all individuals authorized to pick up your child. If an individual is not listed, your child will not be released. No voice authorization for pick-up accepted.

| | | | |
|---------|--------------|------------|-------------|
| 1) Name | Relationship | Cell Phone | Other Phone |
| Address | | | |
| 2) Name | Relationship | Cell Phone | Other Phone |
| Address | | | |
| 3) Name | Relationship | Cell Phone | Other Phone |
| Address | | | |

Child Sign In and Sign Out Procedures (WAC 170-297-2125)

The parent or authorized person to take the child to and from the program site shall sign-in the child on arrival and sign-out the child at departure using a full, legal signature. When the child leaves the program site to attend school or other off-site activities as authorized by the parent, staff shall sign-out the child and sign-in the child upon return to the program.

MEDICAL HISTORY AND AUTHORIZATION INFORMATION

My child experiences the following: Please **CHECK** all that apply or 'None'. **Additional forms are required prior to your child attending if medical conditions are checked.** Providing this additional information will help us to ensure your child has a positive experience. Efforts will be made to provide reasonable accommodation in accordance with the Americans with Disabilities Act.

- | | | | | |
|----------------------------------------------|----------------------------------------------|--------------------------------------------|----------------------------------------------|----------------------------------------------|
| <input type="checkbox"/> NONE | <input type="checkbox"/> ADD | <input type="checkbox"/> ADHD | <input type="checkbox"/> Allergies | <input type="checkbox"/> Asthma |
| <input type="checkbox"/> Asperger's Syndrome | <input type="checkbox"/> Autism | <input type="checkbox"/> Behavior Disorder | <input type="checkbox"/> Diabetes | <input type="checkbox"/> History of Seizures |
| <input type="checkbox"/> Hearing Impairment | <input type="checkbox"/> Learning Disability | <input type="checkbox"/> Mental Disability | <input type="checkbox"/> Physical Disability | <input type="checkbox"/> Dev. Disability |
| <input type="checkbox"/> Visual Impairment | <input type="checkbox"/> Other: _____ | | | |

Currently taking

Medication at:

- ☐ Program
☐ School
☐ Home

Unless you have religious objections, we cannot allow your child to participate without the following authorizations. If you have religious objections, please submit a written statement of those objections. A MEDICAL TREATMENT AUTHORIZATION Form signed by a physician is required for any medication taken or administered while in a Seattle Parks and Recreation, Associated Recreation Council or Advisory Council program. Forms are available at each facility.

| | | | |
|------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------|------------|
| Child's Name (First and Last) | | Age | Birth Date |
| Medical Provider (First and Last) | | Dental Provider (First and Last) | |
| Address, City, Zip Code | | Address, City, Zip Code | |
| Phone | | Phone | |
| Date of Last Physical Exam: Month _____ Year _____ | | Date of Last Dental Exam: Month _____ Year _____ | |
| If you do not have a medical provider, in case of injury or incident, what is your plan: | | If you do not have a dental provider, in case of injury or incident, what is your plan: | |
| Preferred Hospital for Treatment: | | | |

I authorize the administration of all medical, dental, and surgical examinations, operations, treatment, and all related care, including emergency or ambulance transportation and the administration of drugs, tests, anesthesia and blood transfusions to the above-named minor when a physician or dentist at the treating medical facility deems those procedures necessary for emergency treatment. I consent to the release of medical report(s) to any doctor or agency and consent to the admission of the above-named minor person to the hospital. I understand that the City of Seattle, its Department of Parks and Recreation, Associated Recreation Council, Advisory Councils, the Community Center, and their officers, employees, and volunteers assume no financial obligation or liability in case of my child's accident or illness. **I also assume full financial responsibility for emergency treatment for my child.**

Initial Here _____

LEGAL DOCUMENTATION INFORMATION

Provide information below pertaining to your child regarding documentation about a parenting plan or current restraining order issued by a legal authority in the State of Washington:

| Parenting Plan | Restraining Order |
|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> YES <input type="checkbox"/> NO Expiration Date: _____ If yes, provide copy for child's program file. | <input type="checkbox"/> YES <input type="checkbox"/> NO Expiration Date: _____ If yes, provide copy for child's program file. |

PARENTAL CONSENT, RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

IN CONSIDERATION of my minor child ("the Minor") being permitted to participate in any way in the EVENT(S), I agree:

I know the nature of the EVENT(S) and the Minor's experience and capabilities, and believe the Minor to be qualified to participate in the Event(s). The Minor and I will inspect the premises, facilities, and equipment to be used or with which the Minor may come in contact to ensure it is safe to our satisfaction. I have spoken with the Minor about the dangers of the activities and the fact that the Minor could—for a variety of known, unknown, foreseeable and unforeseeable reasons, **including negligence** of the City of Seattle, its employees and volunteers, officers and agents—be seriously injured. In extreme cases, such injuries could include permanent disability, paralysis or even death ("risks"). Even understanding these risks I consent to the Minor's participation in the Event(s) and assert that the Minor is willing to participate in the event.

I accept and assume all risks, and assume all responsibility for the losses, costs and/or damages following an injury related to the Event(s), including disability, paralysis or death, even if caused in whole or in part by the negligence of the following releasees: the City of Seattle, its employees and volunteers, officers and agents. **My acceptance of these risks includes releasing and agreeing not to sue the releasees. I also agree to indemnify and save and hold harmless the releasees and each of them from any and all litigation expenses, attorney fees, loss, liability, damage, or cost they may incur due to a claim made against any of the releasees identified above based on an injury to the Minor, whether the claim is based on the negligence of the releasees or otherwise and whether the claim is made by me, is made on behalf of the minor, or is otherwise made.**

Signature of Parent or Guardian

Printed Name of Parent or Guardian

Date



Seattle Parks and Recreation

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:

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <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 | <ul style="list-style-type: none">• 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:

- | |
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| <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 incoordination• 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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Seattle Parks and Recreation

Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns too 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 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/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date