



Registration Opens  
**3/5 at Noon!**



Spring 2019  
Enrichment Catalog

# **LESCHI AFTER SCHOOL ENRICHMENT CLASSES**

*Brought to you by:*

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

## Spring 2019 Class Session: 4/15-6/14

### Program Contact Information

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

**Program Administrator: Brooke Sciuillo**  
**Email: [Brooke.Sciuillo@seattle.gov](mailto:Brooke.Sciuillo@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: 2:25-2:30 p.m. (M, Tu, Th, F), and 1:10-1:30 p.m. (Wed)**

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

**Session 1: 2:30-3:30 p.m. (M, Tu, Th, F), and 1:20-2:30 p.m. (Wed)**

- ALL PARENTS of students not enrolled in second session must come to the cafeteria and SIGN OUT their student by 3:45 p.m., or 2:20 p.m. (Wed). **Late fees will be assessed \$1 per minute.**
- **Exception: Pinnacle Explorations, Thursdays 2:30-4 p.m.**

**Session 2: 4-5 p.m. (M, Tu, Th, F), and 2:30-4 p.m. (Wed)**

- All parents must SIGN OUT their student by **5 p.m. or 4 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 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**

Check out Seattle Parks and Recreation's new online registration software at [bit.ly/spr\\_registration\\_account](http://bit.ly/spr_registration_account). Sign in or create an account if this is your first time registering for classes with the new software. Once you are logged in you can choose your programs and pay online.

#### **SECOND CHOICE**

Find your local recreation center at: [seattle.gov/parks/centers.asp](http://seattle.gov/parks/centers.asp) and stop by to register for programs and meet the staff. Take a peek at the recreation center and the program space. Staff welcomes face-to-face interaction! Please note hours of operation, as they vary across recreation centers.

#### **THIRD CHOICE**

Call your local recreation center during their hours of operation at the phone number listed at: [seattle.gov/parks/centers.asp](http://seattle.gov/parks/centers.asp). All staff can assist you with registration during their operating hours listed on their home page linked from the above web address.

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:

Seattle Parks and Recreation launched new program Registration Software, called ActiveNet, this Winter.

If you do not already have an account, follow the steps below to set up an account:

**Step 1:** Go to the [www.seattle.gov/parks](http://www.seattle.gov/parks) and click on Sign Up for Classes and Programs

**Step 2:** Click on 'Create Account'.

**Step 3:** Complete your information!

If you have any questions about creating a new account, please reach out to your local Community Center directly. Once you have an account, you may call **Garfield Community Center**, stop by, or register and pay online. If you register online, please email the Program Administrator 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 **Garfield Community Center**, or can be downloaded at [bit.ly/sprscholarships](http://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 10% of the fee.
- **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 or Garfield Community Center** 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 call the **Community Center**. 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.

## Spring 2019 Class Session: 4/15-6/14

The **Leschi after-school** Enrichment program is run by Garfield Community Center in partnership with the Associated Recreation Council. 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**

Brooke Sciallo  
Brooke.Sciallo@seattle.gov

<b>MONDAYS</b> 8 weeks (No class 5/27)	<b>Time</b>	<b>Grades</b>	<b>Price</b>	<b>Barcode</b>
<b>Session 1</b>				
Choir Club	2:30-3:30 p.m.	K-5	\$144	20174
Comic Book Writing	2:30-3:30 p.m.	3-5	\$144	20178
Functional Movement	2:30-3:30 p.m.	K-5	\$144	20191
Scratch Game Lab	2:30-3:30 p.m.	K-5	\$144	20214
<b>Session 2</b>				
Puppet Theater	4-5 p.m.	K-5	\$144	20215
Intro to Track and Field	4-5 p.m.	K-5	\$144	20216
<b>TUESDAYS</b> 9 weeks	<b>Time</b>	<b>Grades</b>	<b>Price</b>	<b>Barcode</b>
<b>Session 1</b>				
Girls Group	2:30-3:30 p.m.	K-5	\$162	20218
Zumba	2:30-3:30 p.m.	K-5	\$162	20192
Silly Science	2:30-3:30 p.m.	K-5	\$162	20219
Digital Storytelling	2:30-3:30 p.m.	K-5	\$162	20220
<b>Session 2</b>				
Fiber Arts and Crafts	4-5 p.m.	K-5	\$162	20200
STEMPowered Girls	4-5 p.m.	K-5	\$162	20194
<b>WEDNESDAYS</b> 9 weeks	<b>Time</b>	<b>Grades</b>	<b>Price</b>	<b>Barcode</b>
<b>Session 1</b>				
African Drum and Dance Ensemble	1:30-2:30 p.m.	3-5	\$162	20171
YouTube Pro	1:30-2:30 p.m.	K-5	\$162	20190
Kids Carpentry	1:30-2:30 p.m.	K-5	\$225	20221
Flag Football	1:30-2:30 p.m.	K-5	\$162	20223



## Spring 2019 Class Session: 4/15-6/14

WEDNESDAYS (continued)	Time	Grades	Price	Barcode
Session 2				
Kids Carpentry	3-4 p.m.	K-5	\$225	20222
Activist Academy	3-4 p.m.	K-5	\$180	20224
THURSDAYS 9 weeks	Time	Grades	Price	Barcode
Session 1				
Spanish Immersion	2:30-3:30 p.m.	K-5	\$162	20195
Cooking for Kids	2:30-3:30 p.m.	K-5	\$162	20189
Unicycling	2:30-3:30 p.m.	3-5	\$162	20197
Pinnacle Explorations	2:30-4 p.m.	K-5	\$200	20196
Session 2				
EcoCrafts	4-5 p.m.	K-5	\$162	20225
Futsal	4-5 p.m.	K-5	\$162	20226
FRIDAYS 9 weeks	Time	Grades	Price	Barcode
Session 1				
Musical Theater	2:30-3:30 p.m.	K-5	\$162	20227
Comic Book Club	2:30-3:30 p.m.	3-5	\$162	20177
Martial Arts	2:30-3:30 p.m.	K-5	\$162	20198
Origami	2:30-3:30 p.m.	K-5	\$162	20193
Session 2				
Olympic Games	4-5 p.m.	K-5	\$162	20199
Instrument Extravaganza	4-5 p.m.	K-5	\$162	20228

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

## Spring 2019 Class Descriptions A-Z

### **Activist Academy**

Call world-changers! Does your child have an eye for helping the community? In this course, students learn about powerful activists throughout history, current issues effecting the community, and tools they can use to change the world. Students also participate in a service learning project of their choice.

### **African Drum and Dance Ensemble**

Your child will learn fun and physically engaging West African music, songs and dance. Students will learn to play traditional African drums, building up to two performances, all in the dynamic style of West African culture. Drums, various percussion instruments, and dance wraps are provided by the instructors.

### **Choir Club**

Students will have fun learning about music and singing together. The choir will perform for the community throughout the year.

### **Cooking for Kids**

Join us in the kitchen to learn the basic safety and skills for independence in the kitchen. We'll learn to make delicious snacks, breakfasts, and desserts, learn what it means to create a balanced meal, and even share our favorite family recipes!

### **Digital Storytelling**

Using free software, this class will teach students the basics of storyboarding, digital painting, zine creation, and photo editing. Participants will also be able to use the free software at home to continue learning how to combine audio and visual elements to tell a story.

### **Eco Crafts**

Recycling has never been so fun! Turn clean recyclables into beautiful works of art! Students learn just how satisfying it can feel to repurpose unwanted materials into useful items for the home in this DIY, environmentally-friendly, crafting class.

### **Fiber Arts and Crafts**

Create, re-vamp, and decorate in style! We will learn the basics of knitting, macramé, fabric dyeing and more, with opportunities to make fun crafts to wear and decorate with.

### **Flag Football**

Down, set, hike! Students will learn the fundamentals of this American classic including

how to throw, catch, and play all the positions on the field. This class us a safe environment for players of all skill levels.

### **Functional Movement**

Learn the basics of fitness, movement, and healthy lifestyles in this course aimed to get kids excited about active lifestyles. Students have the chance to sample the basics of yoga, pilates, kinesthetics, meditation, and other skills to keep them well.

### **Futsal**

Futsal is a fast-paced game played 5-on-5 on a hard-court surface and is based off soccer. Futsal emphasizes quick thinking, technique, and foot-skill development. Class will include organized scrimmage games and skill development drills/lesson. The focus will be FUN!

### **Girls Group**

Girls grow together! Participants learn about positive relationship building, self-esteem, and how to be the best community member you can!

### **Instrument Extravaganza**

Join us for an instrument extravaganza! Is your child curious about music? Would they like to try playing a variety of instruments in a safe and supportive environment? Then this is the class for them! Students will explore percussion and wind instruments while working with rhythm and beats in this musical class.

### **Intro to Track and Field**

Students get into the race in this introduction to Track and Field. Participants will sprint, run, jump, throw, hurdle, and more as they learn the basics of this historic sport. From shotput to relays, on your mark, get set, GO!

### **Kids Carpentry**

Kids Carpentry is a hands-on toy building class designed to teach practical woodworking skills with an emphasis on the safe use of tools. Your child will develop a repertoire of practical skills that will last a lifetime and construct fun projects that they will take home!

## Spring 2019 Class Descriptions A-Z

### **Martial Arts**

Through our integrated character development program along with our internationally recognized martial arts curriculum, your child will develop powerful self-control, improved focus and listening, and fearless self-confidence.

### **Musical Theater**

No theater exploration is complete without song! In this class, students will pair song, movement, and storytelling to enter a world of imagination. Whether they are new to the stage or consider themselves a veteran performer, there will be something for everyone.

### **Olympic Games**

The ancient history and powerful tradition of the Olympic games serves as a backdrop for this class where students select a country to represent throughout the weeks to come. Learn the basics of winter favorites like curling and hockey, and compete to bring home the most gold medals for your team!

### **Origami**

Explore the ancient art of Origami! Your child will learn a variety of techniques as they transform flat sheets of paper into a finished sculpture through folding. Origami is fun and great for developing small motor skills and learning how to follow instructions.

### **Pinnacle Explorations**

Hands-on STEAM (STEM plus Art) curriculum focuses on learning Earth Science concepts and developing outdoor skills. Your child will learn through interactive demonstrations, hands-on experiments, craft projects, and field trips.

### **Puppet Theater**

Lights, camera, action! Students build their own handmade puppets and bring them to life with theater games and exercises. Participant will explore how actors develop characters and tell stories using their bodies, voices, and imaginations.

### **Scratch Game Lab**

Students program different arcade style games in this introduction to programming class. Students will recreate the most popular games in history such as Pong, Frogger, Snake and Tetris. All of which they can share and access anywhere with a free, safe Scratch account from MIT!

### **Silly Science**

Science doesn't always have to be serious! Explore the silly side of science through exciting activities like erupting your own volcano, making slime, growing crystals and more! Students get to vote on which project they'd like to try.

### **Spanish Immersion**

This class integrates play, music, movement, and art to engage your children and connect the foreign sounds and words to everyday concepts and activities. We encourage you to reinforce the learning at home with music, movies, or books in the language.

### **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 challenges, and in seeing themselves as scientists and engineers.

### **YouTube Pro**

Does your child want to grow up and become a "You Tuber"? This class will explore YouTube from all angles including, creating and managing a channel, monetizing accounts, analytics of pages, digital content creation, and channels with videos of their own.

### **Zumba**

We dance to music from top music charts from around the world with age appropriate, easy to learn, dance steps. Classes incorporate key developmental skills including leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination, strength, and cultural awareness.

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

Classes will be canceled if class minimums  
are not met.



**Seattle**  
Parks & Recreation

**Leschi**  
**After School Enrichment**  
**Cover Sheet**  
**Spring Class Session: 4/15-6/14**

**Garfield Community Center: 2323 E Cherry St.**

**Phone: 206-684-4788**

**Program Administrator: Brooke Sciuлло Brooke.Sciuлло@Seattle.gov**

Student Names: \_\_\_\_\_ Parent/Guardian: \_\_\_\_\_

Grade and Teacher: \_\_\_\_\_ Age/DOB: \_\_\_\_\_

Phone Number/s: \_\_\_\_\_ Email: \_\_\_\_\_

**To sign up online go to the [seattle.gov/parks](http://seattle.gov/parks) and click on Sign Up for Classes. If you do sign up online, please email your child's teacher's name and classroom to PA Brooke Sciuлло.**

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

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.**



## 2019 PARTICIPANT INFORMATION AND AUTHORIZATION FORM

Facility/Program: \_\_\_\_\_

SAC Start 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

1. My child has previously attended a Seattle Parks and Recreation School Age Care Program. ☐ No ☐ Yes – Location: \_\_\_\_\_
2. 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 \_\_\_\_\_
3. 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 \_\_\_\_\_
4. I will provide sunscreen and my child may apply it \_\_\_\_\_ times during the day. (YES) Initial Here \_\_\_\_\_ (NO) Initial Here \_\_\_\_\_
5. 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)
6. **LEGAL DOCUMENTATION:** Information for your child about 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.

### 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"/> Autism Spectrum Disorder                            | <input type="checkbox"/> PTSD              | <input type="checkbox"/> Behavior Disorder   | <input type="checkbox"/> Diabetes            | <input type="checkbox"/> History of Seizures |
| <input type="checkbox"/> Hearing Impairment/Deaf                             | <input type="checkbox"/> Visual Impairment | <input type="checkbox"/> Learning Disability | <input type="checkbox"/> Physical Disability | <input type="checkbox"/> Dev. Disability     |
| <input type="checkbox"/> Sensory Processing Disorder/Integration Dysfunction | <input type="checkbox"/> Mental Disability | <input type="checkbox"/> Type: _____         |  |  |

Currently taking

Medication at:

- ☐ Program  
☐ School  
☐ Home

My child has the following behavioral issues which staff should be aware: ☐ None

I handle these behaviors in the following way:

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 \_\_\_\_\_

### 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"> <li>Headaches</li> <li>“Pressure in head”</li> <li>Nausea or vomiting</li> <li>Neck pain</li> <li>Balance problems or dizziness</li> <li>Blurred, double, or fuzzy vision</li> <li>Sensitivity to light or noise</li> <li>Feeling sluggish or slowed down</li> <li>Feeling foggy or groggy</li> <li>Drowsiness</li> <li>Change in sleep patterns</li> </ul> | <ul style="list-style-type: none"> <li>Amnesia</li> <li>“Don’t feel right”</li> <li>Fatigue or low energy</li> <li>Sadness</li> <li>Nervousness or anxiety</li> <li>Irritability</li> <li>More emotional</li> <li>Confusion</li> <li>Concentration or memory problems (forgetting game plays)</li> <li>Repeating the same question/comment</li> </ul> |
|--|---|

#### Signs observed by teammates, parents and coaches include:

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| <ul style="list-style-type: none"> <li>Appears dazed</li> <li>Vacant facial expression</li> <li>Confused about assignment</li> <li>Forgets plays</li> <li>Is unsure of game, score, or opponent</li> <li>Moves clumsily or displays incoordination</li> <li>Answers questions slowly</li> <li>Slurred speech</li> <li>Shows behavior or personality changes</li> <li>Can’t recall events prior to hit</li> <li>Can’t recall events after hit</li> <li>Seizures or convulsions</li> <li>Any change in typical behavior or personality</li> <li>Loses consciousness</li> </ul> |
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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 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 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/>

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Student-athlete Name Printed

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Student-athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date