



2020-2021 Player Registration Packet

The following documents must be completed and signed BEFORE your player will be allowed to participate for the 2020-2021 season.

Please complete one packet per player. Completed packets can either be scanned and emailed to the LAHA Registrar at registrar@laha.org or brought with your player to their first practice.

This packet includes the following documents:

- Parent Code of Conduct (BOTH parents must sign a copy)
- Player Code of Conduct
- Consent to Treat / Medical History Form
- Heads Up Concussion Fact Sheet for Players 10 and under*
- Heads Up Concussion Fact Sheet for Players 11 and older*

* Please read and review this with your player. Only have your player sign and return the form that is for their current age.



Parent Code of Conduct

The Parent Code of Conduct was established so that all parents understand the commitment needed to make the team a cohesive unit, all working together for the good of the team. Please read and consider the terms carefully. Parents that breach the Parent Code of Conduct may be spoken to about their behavior or may be asked to leave the immediate area of the Ice Rink. If an official, tournament director, or a member of the Board of Directors requests the parent to leave the immediate area of the Ice Rink or to leave the building the parent will do so. The matter of breach of Parent Code of Conduct may be referred to the LAHA Discipline Committee for further review and/or action.

The Parent Code of Conduct:

- I will encourage my child to play by the rules. I understand children learn best by example, so I will applaud the good plays of both teams.
- I will not embarrass my child by yelling at players, coaches or officials. I will show a positive attitude toward the game and all of its participants.
- I will maintain sportsmanlike conduct as a parent representative of LAHA.
- I will take the time to know the rules of the game and I will support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
- I will applaud a good effort in both victory and defeat, and enforce the positive points of the game. I will not yell at or physically abuse my child after a game or practice – it is destructive. I will support the removal of physical and verbal abuse in youth sports.
- I recognize the importance of volunteer coaches. They are important to the development of my child and the sport. I will communicate with them respectfully and support them.
- I will support the coaches' decisions, reserving the right to have my questions addressed at the appropriate time. I will not approach a coach or team manager during a game or in the locker room. I realize the job of my team manager is as a liaison between parents and coaches if needed.
- I will notify the coaches as soon as possible if my player will miss a game, practice, or team function.
- I will follow the proper channels provided for any grievances, comments, or suggestions concerning my player, the team, the coaches, or the LAHA Board.
- I will support, encourage, and motivate the team to uphold the positive image of LAHA.
- I understand it takes volunteers to make this program run and for games to occur. I will volunteer and help the team as needed.
- I will not use drugs, alcohol, chewing tobacco, or illegal substances while attending a LAHA practice, game, team function, or other event.

Printed Name: _____

Signature: _____

Date: _____



Player Code of Conduct

The Code of Conduct was established so that all players understand the commitment needed to make the team a cohesive unit, all working together for the good of the team. Please consider the terms carefully. Players who breach the Player Code of Conduct may be referred to the Discipline Committee for further review and/or action.

The Player Code of Conduct:

- I will, to the best of my abilities, work hard to improve my skills.
- I will support, encourage, and motivate my fellow team members.
- I will strive to be a positive member of my team.
- I will respect my coaches, teammates, parents, opponents, and officials.
- I will play the position or positions that my coaches feel will be the best for my team.
- I will be on time for all practices, games, and team functions.
- I will notify my coaches as soon as possible if I will miss a game, practice, or team function.
- I will learn the rules and play by them. I will always be a good sport.
- I will not argue with an official's decision.
- I will not fight.
- I will not swear or use abusive language while representing LAHA on the bench, in the rink, at any team function, on the Internet, or with electronic communications.
- I will conduct myself in a befitting manner at all facilities (ice rink, hotel, restaurant, etc.) during all team functions and at all times when wearing team attire.
- I will not use drugs, alcohol, chewing tobacco, or illegal substances.

Printed Name: _____

Signature: _____

Date: _____



USA Hockey

Consent To Treat/Medical History Form



This is to certify that on this date, I _____, as parent or guardian of _____, (athlete participant), or for myself as an adult participant, give my consent to USA Hockey and its medical representative to obtain medical care from any licensed physician, hospital, or clinic for the above mentioned participant, for any injury that could arise from participation in USA Hockey sanctioned events.

If said participant is covered by any insurance company, please complete the following:

Insurance Company: _____

Policy Number: _____

Parent/Guardian/Adult Participant Signature: _____ **Date:** _____

Excess accident insurance up to \$50,000, subject to deductibles, exclusions and certain limitations, is provided to all USA Hockey registered team participants. For further details visit usahockey.com or contact USA Hockey at (719) 576-USAH.

EMERGENCY CONTACT

Name: _____ Phone: _____

Address: _____

Physician's Name: _____ Phone: _____

Hospital of Choice: _____

COMPLETION OF MEDICAL HISTORY INFORMATION BELOW IS OPTIONAL

MEDICAL HISTORY

If the answer to any of the following questions is yes, please describe the problem and its implications for proper first aid treatment on the back of this form.

- | | | |
|---|--|--|
| <input type="checkbox"/> Head Injury
<i>(concussion, skull fracture)</i> | <input type="checkbox"/> Asthma | <input type="checkbox"/> Allergies _____ |
| <input type="checkbox"/> Fainting spells | <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Convulsions/epilepsy | <input type="checkbox"/> Kidney problems | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Neck or back injury | <input type="checkbox"/> Hernia | _____ |
| | <input type="checkbox"/> Heart murmur | _____ |

Have you had (or do you currently have) any of the following?

Have you had a recent tetanus booster? Yes No If yes, when? _____

Are you currently taking any medications? Yes No If yes, please list all medications on back.

Has a doctor placed any restrictions on your activity? Yes No If yes, please explain on back.

Ages 10 and Under

A Fact Sheet for ATHLETES



HEADS UP CONCUSSION

WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

REPORT IT.



Tell your coach and parent if you think you or one of your teammates may have a concussion. You won't play your best if you are not feeling well, and playing with a concussion is dangerous. Encourage your teammates to also report their symptoms.

GET CHECKED OUT BY A DOCTOR.



If you think you have a concussion, do not return to play on the day of the injury. Only a doctor or other health care provider can tell if you have a concussion and when it's OK to return to school and play.



GIVE YOUR BRAIN TIME TO HEAL.



Most athletes with a concussion get better within a couple of weeks. For some, a concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

GOOD TEAMMATES KNOW:

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

HOW CAN I TELL IF I HAVE A CONCUSSION?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:

-  **Get a headache**
-  **Feel dizzy, sluggish or foggy**
-  **Be bothered by light or noise**
-  **Have double or blurry vision**
-  **Vomit or feel sick to your stomach**
-  **Have trouble focusing or problems remembering**
-  **Feel more emotional or "down"**
-  **Feel confused**
-  **Have problems with sleep**

A concussion feels different to each person, so it's important to tell your parents and doctor how you feel. You might notice concussion symptoms right away, but sometimes it takes hours or days until you notice that something isn't right.

Player Signature: _____

The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.

HOW CAN I HELP MY TEAM?

PROTECT YOUR BRAIN.



All your teammates should avoid hits to the head and follow the rules for safe play to lower chances of getting a concussion.

BE A TEAM PLAYER.



If one of your teammates has a concussion, tell them that they're an important part of the team, and they should take the time they need to get better.



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

To learn more, go to www.cdc.gov/HEADSUP

Ages 11 and Older

A Fact Sheet for ATHLETES



WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?



REPORT IT. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. It's up to you to report your symptoms. Your coach and team are relying on you. Plus, you won't play your best if you are not feeling well.



GIVE YOUR BRAIN TIME TO HEAL.

A concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.

WHY SHOULD I TELL MY COACH AND PARENT ABOUT MY SYMPTOMS?

- Playing or practicing with a concussion is dangerous and can lead to a longer recovery.
- While your brain is still healing, you are much more likely to have another concussion. This can put you at risk for a more serious injury to your brain and can even be fatal.



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HOW CAN I TELL IF I HAVE A CONCUSSION?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:

-  **Get a headache**
-  **Feel dizzy, sluggish or foggy**
-  **Be bothered by light or noise**
-  **Have double or blurry vision**
-  **Vomit or feel sick to your stomach**
-  **Have trouble focusing or problems remembering**
-  **Feel more emotional or “down”**
-  **Feel confused**
-  **Have problems with sleep**

Concussion symptoms usually show up right away, but you might not notice that something “isn’t right” for hours or days. A concussion feels different to each person, so it is important to tell your parents and doctor how you are feeling.

Player Signature: _____

The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.

HOW CAN I HELP MY TEAM?



PROTECT YOUR BRAIN.

Avoid hits to the head and follow the rules for safe and fair play to lower your chances of getting a concussion. Ask your coaches for more tips.



BE A TEAM PLAYER. You play an important role as part of a team. Encourage your teammates to report their symptoms and help them feel comfortable taking the time they need to get better.



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To learn more, go to www.cdc.gov/HEADSUP