



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## ASHLAND YMCA Junior Cavs Kindergarten-3<sup>rd</sup> Grade Basketball

The Ashland YMCA will be offering youth basketball to Ashland area youth this winter. This will be a positive and fun environment to learn the fundamentals of basketball. Games will be played on Saturdays starting January 23<sup>rd</sup>. Each participant will receive a reversible Cleveland Cavalier jersey and a ticket to one game this season. For more information, please call Alex at the YMCA. 419-289-0626.

**Registration Deadline: December 12<sup>th</sup>**

**Members: \$65 Non-Members: \$90 Late Fee: \$20 after Dec 12<sup>th</sup>**

Participant Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Parent Email \_\_\_\_\_

Age on Jan 3<sup>rd</sup> \_\_\_\_\_ Birth Date \_\_\_\_\_ Grade \_\_\_\_\_ Gender M/F

Parent Name \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact (if not parent) \_\_\_\_\_ Phone \_\_\_\_\_

Coach/Teammate request \_\_\_\_\_

T-Shirt size (Please Circle) **YS, YM, YL, S, M, L, XL, 2XL**

### **Volunteer Coaches**

Without the help of parents, these youth programs could not be possible. The support of parent volunteers in the past has been very important and very much appreciated. With that said, we need your help! Your involvement will be greatly appreciated by the people who are most important-The Kids! If you have any interest in coaching please fill out the information on the volunteer coaches application form in the packet.

*I hereby certify that my child is of normal health. I shall assume all risks related to the conduct of the program. I will hold harmless the Ashland Family YMCA and its staff from any claims, suites or losses including claims resulting from injury or death, accidental or otherwise. I authorize the YMCA to obtain emergency medical treatment for my child/children who will play in the basketball program. I also permit the Ashland YMCA to use my child's image in promotion of the YMCA.*

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Volunteer Coach Application

**Name:** \_\_\_\_\_ **Birth Date:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Program I would like to help with:** \_\_\_\_\_

**Shirt Size:** \_\_\_\_\_

### Our Policy

It is the policy of this organization to provide equal opportunities without regard to race, color, religion, national origin, gender, sexual preference, age, or disability.

In order to promote a healthy and safe environment consistent with the mission of the YMCA, the YMCA reserves the right to deny or terminate access or membership to any person who is a registered sex offender, has been arrested for or convicted of any crime involving weapons, violence, sexual abuse, or the sale, possession and/or transportation of illegal drugs.

Have you ever been subject to a child or adult abuse investigation? If yes, please explain a date, charge and general comment.

**Printed Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**Signature:** \_\_\_\_\_

Thank you for your interest in volunteering with the Ashland Family YMCA!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **Covid-19 Guidelines:**

We want to provide a fun and safe environment for children to learn the fundamentals of basketball. We will be following state guidelines to ensure players and spectators can enjoy the entire season. We will be updating you as guidelines may change but here is what you should be prepared for:

- Mandatory symptom assessment for players and spectators before practices and games.
- Spectators will have to wear masks during practices and games. Age exemptions still apply.
- We will have to limit spectators for games in order to properly space out seating. Each player may have two spectators in attendance.
- If there is a positive case within the league we will be working with the health department to determine if anyone needs to be quarantined including teammates and opposing teams.

We must follow those guidelines in order for us to provide this opportunity to the youth in our community. If at any point your season is interrupted due to a positive Covid-19 test result, we will work with you to reimburse a portion of your registration.

I have read and agree to follow any guidelines regarding safety during sporting events.

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

# Sudden Cardiac Arrest and Lindsay's Law Parent/Athlete Signature Form



**What is Lindsay's Law?** Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

**Which youth athletic activities are included in Lindsay's law?**

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

**What is SCA?** SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) a heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

**What is a warning sign for SCA?** If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

**What symptoms are a warning sign of SCA?** A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

**What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play?** The coach MUST remove the youth athlete from activity immediately. The youth athlete MUST be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

**What happens if an athlete experiences any other warning signs of SCA?** The youth athlete should be seen by a health care professional.

**Who can evaluate and clear youth athletes?** A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

**What is needed for the youth athlete to return to the activity?** There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must view the Ohio Department of Health (ODH) video about Sudden Cardiac Arrest, review the ODH SCA handout and then sign and return this form.

-----  
Parent/Guardian Signature

-----  
Student Signature

-----  
Parent/Guardian Name (Print)

-----  
Student Name (Print)

-----  
Date

-----  
Date



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### ***Important Dates:***

*First Practice: Week of Jan 3<sup>rd</sup>*

*First Game: January 23<sup>rd</sup>*

*Last Game: February 27<sup>th</sup>*

*Coaches meeting: December 21<sup>st</sup> 6:00pm*

### **Covid-19 Guidelines:**

We want to provide a fun and safe environment for children to learn the fundamentals of basketball. We will be following state guidelines to ensure players and spectators can enjoy the entire season. We will be updating you as guidelines may change but here is what you should be prepared for:

- Mandatory symptom assessment for players and spectators before practices and games.
- Spectators will have to wear masks during practices and games. Age exemptions still apply.
- We will have to limit spectators for games in order to properly space out seating. Each player may have two spectators in attendance.
- If there is a positive case within the league we will be working with the health department to determine if anyone needs to be quarantined including teammates and opposing teams.

We must follow those guidelines in order for us to provide this opportunity to the youth in our community. If at any point your season is interrupted due to a positive Covid-19 test result, we will work with you to reimburse a portion of your registration.

**Contact Info:**  
**Alex Byers**  
**Sports/Fitness Director**  
**Ashland YMCA**  
**419-289-0626**  
**sports@ashlandy.org**

**Please keep for your records.**