



Wenatchee Youth Circus

Information & Forms 23-24



Thank you for your interest in joining the Wenatchee Youth Circus!
This may be a big packet but reviewing it ensures you have everything you need in order to join the circus this season. If you have any questions, contact us at
wenatcheeyouthcircus@yahoo.com or 509-630-6726

WENATCHEE YOUTH CIRCUS INFORMATION & FORMS INDEX

Click on the links below to navigate to a particular section.

This packet has areas of fillable information. It can be navigated by clicking in the first fillable box and then tabbing through the document. You may also click on any area requesting information to fill it out.

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CHECKLIST FOR BEFORE YOU COME TO YOUR FIRST PRACTICE OF 2023:

1. Did you send in your paperwork from this packet to wenatcheeyouthcircus@yahoo.com?
2. Did you send a check for your dues to Wenatchee Youth Circus?
3. Did you find our Circus Facebook page and ask to be added?
4. Did you download GroupMe and ask to be added to the group texts?
5. Did you send an email to wenatcheeyouthcircus@yahoo.com asking us to make sure you have been added to the group email list?

NOTE: If your child is under 12, a parent must be present at practice. There are NO exceptions to this.



Wenatchee Youth Circus was founded by Paul K. Pugh in 1952. Pugh, known as Guppo the Clown, inspired, coached, and directed this youth traveling troupe for over 60 years. Although Paul Pugh passed away in the winter of 2016, the spirit of Guppo lives on in every performance of the Circus he founded. He was the Circus and it is an honor that we carry on the tradition he began.



Calendar: (always check for updates)

[Google Calendar Link](#)

Website:

www.wenatcheeyouthcircus.com

Email:

wenatcheeyouthcircus@yahoo.com

COMMUNICATION

GroupMe

We use GroupMe to send out text messages for Circus updates. Download the GroupMe app and we will invite you to be a part of the group.

Facebook

The Circus uses Facebook! We have a closed group page called Circus. Search for it and request to be added.

CIRCUS BOARD OF DIRECTORS & TRAINERS

President - Charlie Brown

Vice President - Cheryl Suter

Treasurer - Glenna Brown & Nicole Dailey

Secretary - Sheralinn Lawson

Trainers - Brandon Brown, Charlie Brown, Meghan Brown, Josh Dailey, Kim Faulkner, Zach Faulkner, Mollea Ochoa, Martin Talbot (Assistant Trainer), William Tuthill

To reach anyone from the Board or any of the trainers, please use the wenatcheeyouthcircus@yahoo.com email.

MEMBERSHIP DUES

The annual membership fee for Wenatchee Youth Circus is

\$25 per performer or \$30 per family

PLUS AN ADDITIONAL \$5 per person for insurance (each performer and parent/guardian).

If your family has 2 parents and 4 children, for example, it would be \$30 for the family and \$30 for the insurance for a total of \$60.

COVID COMPLIANCE

The Wenatchee Youth Circus is committed to keeping our performers, trainers, parents, volunteers and all others involved with us as safe as possible. In keeping with that commitment, we stay in compliance with the State of Washington Department of L&I and the Chelan-Douglas Health District. At present, there are no COVID restrictions in place but we ask that you or your children stay home when they are sick.

MEALS

When we are performing on the road, the Circus provides meals for performers and their traveling families. There are three meals a day, with the exception of set up day. On set up day, performers and volunteers will bring a sack lunch and water bottle as the cook shack takes time to set up and will not be ready in time for breakfast or lunch.



WHAT TO BRING FOR WENATCHEE YOUTH CIRCUS TRAVEL

<u>Start of the season to be loaded in Wagons and Cook Shack:</u>	<u>Bring for every venue to be packed in your personal Travel Bag:</u>	<u>Specific personal items for performance:</u>
<ul style="list-style-type: none"> • Sleeping bag • Pillow • Stacking chair (for Cook Shack) • Optional – cot or sleeping pad • Each performer will donate the following: <ul style="list-style-type: none"> • Stacking chair (for Cook Shack) • Bag or Box of Cereal • Bag of Chips • Package of Cookies 	<ul style="list-style-type: none"> • Packed lunch and an extra snack for set-up day • Flashlight • Deodorant... Please! Thank you! • Toothbrush and toothpaste... Please! • Shoes other than performance shoes including closed toed shoes for set-up/tear-down • Warm clothes • Swimsuit • Towel • Shower shoes or flip-flops • Sunscreen • Optional – sunglasses • Optional – refillable water bottle 	<ul style="list-style-type: none"> • Blue Crew shirt • Hair brush (sharing is discouraged) • Hair bands and bobby pins (lots of ‘em) • Hair spray • Make-up, if desired (clown make-up is provided by WYC) <p>Girls (see Costume information below for specific details)</p> <ul style="list-style-type: none"> • Appropriate undergarments for costumes • Performance shoes • Performance tights (a spare pair is recommended in case of a tear) <p>Boys (see Costume information below for specific details)</p> <ul style="list-style-type: none"> • Appropriate undergarments for costumes • Performance shoes

NOTE:

Every performer must have a Blue Crew shirt to wear during the show when not in costume. Shirts are \$15. WYC provides all the costumes needed for the show.

COSTUMES, HAIR, AND MAKE-UP FOR PRACTICES AND PERFORMANCES

EXPECTATIONS

- Costumes belong to the Circus. Please take good care of your costume.
- *This shows respect for the Circus and the folks who spend time sewing or cleaning costumes.*
- Please do not rummage through someone else’s costume container or the spare clown costume tubs. Please ask the Costume lead or an adult designated as costume helper for assistance.
- Please pack and use deodorant! Thank you!

Taking care of your costume demonstrates how responsible you can be with your costume and making our shows top notch!

No eating or drinking (except water) in your costume.

If it is not your costume, hair stuff, clothes, or make-up, please be respectful. Be responsible for your costume and personal stuff by keeping it neatly in your bag. Keep your area neat and organized in your tent.

Girls Footwear	Girls Tights	Girls Undergarments
<p><u>Girls Footwear</u> Black gymnastic shoes (Capezio is one brand) – It is recommended to pick up two pairs just in case a pair gets damaged during a performance. LINK TO DISCOUNT DANCE JAZZ SHOES LINK TO CAPEZIOS</p>	<p><u>Girls Tights</u> Girls mesh in skin tone color – (professional fishnet seamless dance tights) – It is highly recommended that you have a spare pair or two because tights do tear. Large holes or ratty looking tights will not be allowed in a show. It is suggested that you purchase a practice pair in a different color so that show tights stay nice. <i>Suggestions: getdancewear.com or discountdance.com</i></p>	<p><u>Girls Undergarments</u> Underwear: Skin color thongs. For younger girls, please wear plain minimized underwear in skin color. Bras: Nude or clear strapped bra or adhesive bra</p>

Boys Footwear & Undergarments

Boys Footwear

Wrestling shoes (preferably black) or black gymnastic shoes

Boys Undergarments

Compression shorts or jockstrap for boys 10 and older

Biker shorts for boys 9 and under

CLOWNING ONLY; Sneakers or closed toe shoes are okay. No tights or special undergarments necessary.

Make and Hair

Please pack all make-up and hair supplies that you will need for the season and replenish when needed.

Bring extra bobby pins, hairbands, hairspray, etc.

IMPORTANT: Bring your own brush/comb; sharing is not advised. Label your brush/comb with a permanent marker.

Other important items to bring for performances:

- Sunscreen!
- Water bottle which can be refilled at cook shack!
- Blue Crew shirt!
- Deodorant

2023 WYC Costumes and Blue Crew Leads

Costume Lead for 2023 will be announced prior to our performance season.

If you have an issue with your costume, please let the Costume Lead know.

Blue Crew shirt: Every performer (and any volunteer helping with the show) must have a Blue Crew shirt to wear during the show if they are not in costume. Shirts are \$15 and subject to change. Mollie Ochoa is the contact for ordering Blue Crew shirts and other swag. We will announce Blue Crew orders ahead of time. Email your order to wenatcheeyouthcircus@yahoo.com with "BLUE CREW ORDER" in the subject line.

WENATCHEE YOUTH CIRCUS PERFORMANCE EXPECTATIONS

Trainers Rules:

1. Hydration - Water is important. Hydrate before shows. Stay hydrated between shows.
2. Eating: No eating in costumes. Eat healthy.
3. Gum: No gum allowed!
4. Footwear: Black Capezio type gymnastic shoes or wrestling shoes (black preferred). Wrestling shoes must be tied and secured on feet at all times during practicing and performing.
5. Costumes: Performer must have appropriate costume for Act. Take care of your costumes. Place your costume in your storage container when done.
6. Show: 1 hour before show is time to do hair and make-up. Performers must be ready 30 minutes to showtime. Performers must set their own equipment 30 minutes prior to showtime.
7. Acts: Trainers decide who is in the Acts!
8. Blue Crew: Anyone on the Performance lot during the show must be wearing a Blue Crew shirt. Costumed performers not in the current Act must stay behind the wagons.
9. Ownership: Do not be afraid to learn about and take ownership of rig or equipment.
10. Shoes: Closed-toed shoes anytime while on the performance lot around equipment to include set up, tear down, showtimes and while practicing. No bare feet, sandals, or flip-flops!
11. Respect: The Circus is your family. Treat everyone with respect and work on communication.
12. Packing: Check the What to Bring document and Costume Information document.
13. Cell phones: No cell phones allowed on the performance Lot!
14. Tents: Keep tidy. Pick up your stuff. Costumes in containers.
15. Meals: Performers go first, then adults. Seconds after everyone has been through line. You must be there for all meals. You will not be served out of Cook Shack if you miss a meal.
16. Ring Curb: Be there on time and prepared to pay attention.

During the show performers not in the Act must remain behind the wagons. Please be respectful & supportive of your fellow performers performing their Act by keeping noise level low and not playing with equipment (especially juggling items, globes, costumes, and rigging). Be respectful toward Blue Crew.

Circus as a "JOB"

The Wenatchee Youth Circus is legally contracted by venues such as fairs and city celebrations to perform. The audiences and the venue pay for our performance. We are a non-profit and these funds are used to keep the circus operating, to provide meals, update equipment, etc.

We are all volunteers, but it is good to consider it like a "job" where we work as a team. We need to be respectful to our paying guests and give them our best performance. This also means being respectful to our fellow performers and the adult volunteers traveling with us. If you need help, ask for it. If you see something that needs to be done, help out. If you are asked to help, do it! Teamwork!

As a Circus team, everyone is a performer and a member of Blue Crew. Set-up and tear-down is part of the performance and everyone is expected to help out. We work hard! But, we enjoy each other's company and take time to have some fun, too!

TRAVEL SEASON INFORMATION

Trainers	Attendance	Non-Performers
<p>Brandon Brown Charlie Brown Meghan Brown Josh Dailey Kimberly Faulkner Zack Faulkner Mollea Ochoa Haven Ploch (Assistant Trainer) Martin Talbot William Tuthill</p>	<p>Communication is important! If a performer is not available for a performance, please communicate with the trainer who is scheduled for that travel venue (listed on the Google Calendar). Absences will be worked around because the “show must go on”.</p> <p>Absences in acts such as Fly or High Wire can mean that the act may not be able to happen for a particular venue so please think long and hard about your commitment.</p>	<p>“Townies” or friends are not allowed on equipment or within the perimeter of the Lot after or between shows. This is a safety and liability issue.</p>
		Equipment
Hydration	Nutrition	
<p>De-hydration can become a serious issue during travel especially for performers. Please start extra hydration 1 to 2 days before travel. During the performance schedule, performers are expected to refrain from drinking coffee, pop, or other sugary beverages. Water and Gatorade are available at Cook Shack. Bring a water bottle to fill up or use your Red Cup. Any caffeine drinks for performers are not allowed.</p>	<p>It is especially important for performers to have good nutrition in order to maintain the physical stamina required for set-up/tear-down, practice, and performance. Our cook and volunteers make sure to provide ample meals and snacks to keep everyone well-fueled during circus trips. Please make sure you are eating sufficient calories and a balanced diet. Performers with unique dietary requirements that are not met by the standard Cook Shack menu will need to take responsibility for their own nutritional needs. Any concerns will be addressed by trainers and executive board members.</p>	
Travel Age	Drivers and passengers	Cook Shack and Ring Curb Meetings
<p>Performers under the age of 12 must be accompanied by a parent or established guardian/adult.</p> <p>If you have any questions about this policy, please talk to a member of the Executive Board.</p>	<p>Performers catching a ride to the show are asked to provide the Driver with funds to cover fuel.</p> <p>Expected amount for each travel venue is listed on Google Calendar.</p>	<p>Bell ringing - this means food - or sometimes a meeting. Follow the bell sound. All performers and adults expected to attend.</p>

OUR CIRCUS FAMILY

As a Circus team, everyone is a performer and a member of Blue Crew. Set-up and tear-down is part of the performance and everyone is expected to help out. We work hard but we enjoy each other's company and take time to have some fun, too!

Adult volunteers and parents – There is plenty to do during set-up, down time, performances, and tear-down. Some examples include:

- Setting up and tearing down Boys and Girls tents
- Setting up tables and chairs around Cook Shack.
- Wiping down chairs and tables after meals and during tear-down.
- Working with a performer to help set-up their assigned equipment.
- Helping with meals: preparation, serving, and cleaning up dishes.
- Costume repair and altering.
- Braiding hair – 1 hour before show.
- Make-up – 1 hour before show helping with clown make-up.
- Helping (teaching) younger performers with small jobs such a garbage pick-up, carrying stakes at set-up/tear-down, wiping down chairs/tables, etc.
- Concession Stand – Set-up, tear-down, and working during the performances.

Mealtime

- WASH YOUR HANDS! No food before your hands are washed. Use the sink on the side of Cook Shack to wash up or a restroom facility, if available.
- Must have shirt and shoes on before going through Cook Shack food line.
- NO eating in COSTUMES!
- Kids always in line before adults. Performers eat first.
- Second helpings are welcome after everyone has gone through the line.
- Mandatory to come when bell is rung – adults included. Even if you are not going to eat. Sometimes important issues are discussed at the mealtime because everyone is there. So if the bell rings, please come.
- NEVER USE THE DRINKING WATER JUGS for anything other than to get a drink. No hand washing or playing in the water.
- If the jug of water or Gatorade is empty, please refill. If you don't know how, ask someone in Cook Shack or someone who has done it before. Teamwork!
- When garbage sack is full, pull it out the bag, tie it off, and replace can with a clean bag. Don't pile garbage to overflowing. Teamwork!
- NO KIDS IN COOK SHACK.
- If the Cook Shack door is closed or rope is across the door – Cook Shack is closed.
- We always need volunteers to help serve and clean up. All adults are welcome to volunteer and their help is much appreciated.
- EVERYONE is expected to clean-up their own eating area (garbage).
- Write your name on Red cup and return empty & right side up to holder when not using.
- It is suggested you bring a refillable water bottle with your name on it.
- NO FOOD IN TENTS!
- If our current menu cannot accommodate your special dietary requirements, the Cook Shack will accept individual 'special' foodstuff (pre-packaged meals, snacks) brought from home. Our Cook will store them appropriately in the refrigerator, freezer, or cupboards. These will then be available by letting the Cook know at least 2 hours prior to mealtime. This will purely be a reheating process in the microwave, no cooking/meal preparation is available.

Purpling

Girls are Red. Boys are Blue. No Purpling, please! 'Nuff said.

Lost and Found

It is suggested performers label ALL of their personal items and clothing to reduce or eliminate lost items. There is not enough room nor is it practical to store lost clothing or items left after each show. Please make sure to put your clothes and towels (dirty and clean) away in your travel bag each day or right after you change clothes. Underwear and socks will be thrown away if not claimed at tear-down. Other clothing items may be claimed by others if no one knows to whom they belong. Please check around your tent and the Lot when you pack up to make sure you have everything!

Tents

The purpose of Boys and Girls tents is to provide:

1. An area to get a good night's sleep before performances
2. Changing rooms for costumes
3. A place to store travel gear and personal belongings

Things to keep in mind concerning tents:

- Be kind and respectful to your fellow tent mates and their belongings.
- The tents and wagons are not a play area.
- Older performers have an opportunity to set good examples and provide positive leadership to younger performers.
- All personal clothing articles are to be put away in your travel bag. No loose clothing all over the tents or the Lot. Suggestion: bring a garbage sack for any dirty laundry and a small baggie for toiletries.
- Night time – It would be great to have a tent mom and a tent dad. Please let a member of the Executive Board know if you are interested in volunteering for a show or two. This person would be in charge of helping kids remember to keep their belongings together and getting everyone settled for the night.
- Curfew is set by the trainers each night and is strictly enforced. When curfew is called that means that your teeth are brushed and final trip to the bathroom is done before curfew.
- At Tear-down, everyone is expected to have your sleeping bag/cot/pad ready to go in the wagon. Personal belongings should be stowed in your travel bag.
- No food in tents!

Dogs

- All dogs brought on trips must be leashed and kept at owner’s tent or RV.
- No free roaming dogs.
- Poop patrol for your dog, please.
- No dogs allowed at Cook Shack area or on the performance Lot.

Smoking

No smoking on the performance Lot or around Cook Shack.

Smoking only allowed in your own vehicle or tent/RV area that is separate from the non-smoker tents and RVs.

Spitting

Absolutely no spitting! Anywhere!

Money

Money – don’t bring a bunch of money on trips to avoid loss.

If you do bring money, it is suggested that you have an adult be in charge of it for you.

Cell Phones

NO cell phones on the Lot during set-up, performance, practice, or tear-down.

Keep your phone in your bag in the tent.

Medications

All medications must be kept under lock and key at Cook Shack or with a parent with medical instructions to disburse. WYC is not responsible for disbursing medications. If your child has medications that need taken and you will not be traveling with them, please personally arrange for another parent to help your child with their medications.

Complaints

Direct complaints to an Executive Board member. Remember – Be nice. Be respectful. The best way to work out issues is with each other.

Stealing

If you are caught stealing, you will be sent home for the summer.

Non-performers

“Townies” or friends are not allowed on equipment or within the perimeter of the Lot after or between shows. This is a safety and liability issue.

Equipment

Attention to detail is important. Learn what rigging is supposed to look like at set-up and practice. Keep an eye out for loosening knots, stakes pulling, etc. Safety – All eyes on everything. Pre-check – Performers should be pre-checking their equipment before use.

Attendance

Communication is important! If a performer is not available for a performance, please communicate with the trainer who is scheduled for that travel venue. Our cook also needs to plan for meals.

2023 WYC Executive Board		2023 WYC Cooks TBD
Brandon Brown (Trainer) Charlie Brown (Trainer) Glenna Brown Meghan Brown (Trainer) Josh Dailey (Trainer) Nicole Dailey Kim Faulkner (Trainer)	Zack Faulkner (Trainer) SHERALINN LAWSON Mollea Ochoa (Trainer) Cherilyn Suiter Martin Talbot William Tuthill (Trainer)	
		2023 WYC Truck Drivers TBD



Wenatchee

Youth Circus Paperwork (page 1)

Date:

Please complete all sections unless instructions say "optional".

By typing your name in the signature blocks provided in this document, you are signing these documents electronically. You agree that your electronic signatures are the legal equivalent of your manual signatures on this document.

Name of performer/performers		
1. Name:	DOB:	AGE:
2. Name:	DOB:	AGE:
3. Name:	DOB:	AGE:
4. Name:	DOB:	AGE:
5. Name:	DOB:	AGE:
6. Name:	DOB:	AGE:
<i>If there are more than 6 performers in your family, please write the remaining performers and their dates of birth here:</i>		

Personal Information		
Address:		
City:	State:	Zip:
Mother's Name:	Cell #:	Home #:
Mother's Email:		
Father's Name:	Cell #:	Home #:
Father's Email:		
Guardian's Name:	Cell #:	Home #:
Guardian's Email:		
Emergency Contact #1:		Phone #:
Emergency Contact #2:		Phone #:
Family Doctor:		Phone #:



Wenatchee

Youth Circus Paperwork (page 2)

Insurance Company

1. Insurance Name:

Policy Number:

Medical Consent Information for Minor Child under 18 Years of Age:

Fill this out if your performer(s) are under 18.

The undersigned is/are the natural Parent(s)/Guardian(s) of the performer(s) listed above.

Whereas, the undersigned knowingly acknowledges that the above mentioned minor(s) will be away from Wenatchee, Washington or home city on trips with the Wenatchee Youth Circus for extended periods of time, and whereas, the undersigned have confidence that those persons in charge of the Wenatchee Youth Circus will seek out proper medical care of the above mentioned child(ren) in the event of an accident or illness or other injury and, therefore, desire to grant any physician or surgeon who may be requested to render medical aid to said child(ren) the absolute authority to exercise his/her personal judgment regarding the care and treatment of the above mentioned child(ren) while traveling with the Wenatchee Youth Circus away from Wenatchee, Washington or home city.

In particular, we give our consent and authorization to any surgical procedure, which may, in the opinion of the treating physician or surgeon, is required to be performed upon above-mentioned child(ren) by reason of any illness or injury sustained upon the above-mentioned child(ren) while they are away from Wenatchee, WA or their home city.

Furthermore, we specifically consent to the administration of anesthesia and to all forms of medical care and treatment including the administration of drugs which are, in the opinion of the treating physician or surgeon, required for the proper medical treatments and to hold any physician or surgeon who may render such treatment, the Wenatchee Youth Circus inc., and any of its representatives free and harmless for any claim, demands, or suits for damages from any injury or complication whatsoever which may result from any accident or treatment administered to the above mentioned child(ren).

Parent/Guardian Signature:

Parent/Guardian Signature:



Wenatchee Youth Circus Paperwork (page 3)

Consent for Medical Treatment Adult (18 and over) Performer / Volunteer / Guest:	
<i>Fill this form out for each performer / volunteer / guest 18 and over. There are two of these in this packet for an additional person such as a spouse. Should you need an additional form, please contact wenatcheeyouthcircus@yahoo.com.</i>	
Name 1:	DOB1:
Address 1:	
Email 1:	
Emergency Contact #1:	
Phone Number:	Relation:
Doctor's Name:	Phone:
Existing Medical Conditions:	
Current Medications:	
Allergies:	
Insurance Company:	Policy #:

I knowingly acknowledge that I am responsible for carrying medical insurance for myself and I acknowledge that I am responsible for any and all medical costs not covered by medical insurance, and if I choose to not carry medical insurance, I understand that it is my responsibility to pay all treatment costs in the event of an injury or illness while traveling, performing, or volunteering with the Wenatchee Youth Circus, Inc. I understand that the Wenatchee Youth Circus will seek out proper medical care for me in the event of an accident or illness or other injury and, therefore, I desire to grant any physician or surgeon who may be requested to render medical aid to myself the absolute authority to exercise his/her personal judgment regarding my care and while traveling, performing or volunteering with the Wenatchee Youth Circus. I give my consent and authorization for any surgical procedure, which may, in the opinion of the treating physician or surgeon, be required to be performed upon myself by reason of any illness or injury. Furthermore, I specifically consent to the administration of anesthesia and to all forms of medical care and treatment including the administration of drugs which are, in the opinion of the treating physician or surgeon, required for the proper medical treatment and to hold any physician or surgeon or medical treatment facility who may render such treatment, the Wenatchee Youth Circus Inc., and any of its representatives, free and harmless for any claim, demands, or suits for damages from any injury or complication whatsoever, including death, which may result from any accident, illness or treatment administered to the above mentioned person.

Performer/Volunteer/Guest 18 & Over Signature:



Wenatchee Youth Circus Paperwork

 (page 4)

Consent for Medical Treatment Adult (18 and over) Performer / Volunteer / Guest:	
<i>Fill this form out for each performer / volunteer / guest 18 and over. There are two of these in this packet for an additional person such as spouse. Should you need an additional form, please contact wenatcheeyouthcircus@yahoo.com.</i>	
Name 2:	DOB2:
Address 2:	
Email 2:	
Emergency Contact #2:	
Phone Number 2:	Relation 2:
Doctor's Name 2:	Phone 2:
Existing Medical Conditions 2:	
Current Medications 2:	
Allergies 2:	
Insurance Company 2:	2 Policy #:

I knowingly acknowledge that I am responsible for carrying medical insurance for myself and I acknowledge that I am responsible for any and all medical costs not covered by medical insurance, and if I choose to not carry medical insurance, I understand that it is my responsibility to pay all treatment costs in the event of an injury or illness while traveling, performing, or volunteering with the Wenatchee Youth Circus, Inc. I understand that the Wenatchee Youth Circus will seek out proper medical care for me in the event of an accident or illness or other injury and, therefore, I desire to grant any physician or surgeon who may be requested to render medical aid to myself the absolute authority to exercise his/her personal judgment regarding my care and while traveling, performing or volunteering with the Wenatchee Youth Circus. I give my consent and authorization for any surgical procedure, which may, in the opinion of the treating physician or surgeon, be required to be performed upon myself by reason of any illness or injury. Furthermore, I specifically consent to the administration of anesthesia and to all forms of medical care and treatment including the administration of drugs which are, in the opinion of the treating physician or surgeon, required for the proper medical treatment and to hold any physician or surgeon or medical treatment facility who may render such treatment, the Wenatchee Youth Circus Inc., and any of its representatives, free and harmless for any claim, demands, or suits for damages from any injury or complication whatsoever, including death, which may result from any accident, illness or treatment administered to the above mentioned person.

Performer/Volunteer/Guest 18 & Over Signature:



Wenatchee

Youth Circus Paperwork (page 5)

WENATCHEE YOUTH CIRCUS CONCUSSION FORM

This form must be read and filled out for every performer and parents must also read and sign off. Only one per household is needed but all performers must be listed on the form.

Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document 6/15/2009.

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- (forgetting game plays)
- Repeating the same question/comment

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, it is 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 Signature:

Student Athlete Signature:

Student Athlete Signature:

Student Athlete Signature:

Student Athlete Signature:

Student Athlete Signature:

Parent/Legal Guardian Signature:

If there are more than 6 performers in your family, please type in the remaining performers here:

SPECIAL DIETARY NEEDS

If our current menu cannot accommodate your special dietary requirements, the Cook Shack will accept individual 'special' foodstuff (pre-packaged meals, snacks) brought from home. Our Cook will store them appropriately in the refrigerator, freezer, or cupboards. These will then be available by letting the Cook know at least 2 hours prior to mealtime. This will purely be a reheating process in the microwave, no cooking/meal preparation is available.

CONSENT

I understand that Cook Shack cannot accommodate special dietary requirements with the current menu. If my performer requires special dietary needs, I will provide individual 'special' foodstuff (pre-packaged meals, snacks) to be stored in Cook Shack that can be reheated when required and that no cooking/meal preparation is available.

I will prepare a written plan for the Wenatchee Youth Circus trainers that describes nutritional value.



Wenatchee Youth Circus Paperwork (page 6)

MEDICAL INFORMATION

Please fill out information for each performer.

If there are more than 6 performers in your family, please contact wenatcheeyouthcircus@yahoo.com

Parent or Legal Guardian Signature:		
Performer 1 Name:		Today's Date:
Age:	Height:	Weight:
Existing Medical Condition:		
Medication:		
Allergies:		
Performer 2 Name:		Today's Date:
Age:	Height:	Weight:
Existing Medical Condition:		
Medication:		
Allergies:		
Performer 3 Name:		Today's Date:
Age:	Height:	Weight:
Existing Medical Condition:		
Medication:		
Allergies:		
Performer 4 Name:		Today's Date:
Age:	Height:	Weight:
Existing Medical Condition:		
Medication:		
Allergies:		
Performer 5 Name:		Today's Date:
Age:	Height:	Weight:
Existing Medical Condition:		
Medication:		
Allergies:		



Wenatchee Youth Circus Paperwork (page 6)

Please fill out information for each performer.

If there are more than 6 performers in your family, please contact wenatcheeyouthcircus@yahoo.com

Performer 6 Name:		Today's Date:
Age:	Height:	Weight:
Existing Medical Condition:		
Medication:		
Allergies:		

PARENT/GUARDIAN CONSENT FOR OVER THE COUNTER (OTC) MEDICATION ADMINISTRATION

Must be filled out and signed for each performer. One form per household is okay as long as all performers are listed.

This consent form provides the designated board member or parent volunteer permission to administer OTC medication (listed below) to my child/children. Medications will only be administered in times of emergency or when your child presents with symptoms needing specific OTC medications.

OTC Medications

- Triple Antibiotic Ointment
- Acetaminophen (Tylenol)
- Ibuprofen (Motrin or Advil)
- Antacid (TUMS)
- Cough Drops
- Cough/Cold/Flu Medications
- Antihistamine (Benadryl)

CONSENT

I have listed all known allergies above and verify that the information is valid and up to date. I understand there are certain risks associated with all OTC medications. A performer with an unknown allergy may have an allergic reaction to any medication they are administered.

I release Wenatchee Youth Circus from any liability related to untoward reaction when the medication is administered in accordance with the package directions.

I have read and understand the above statements and give permission to have the designated board member or parent volunteer administer OTC medications to the performers listed below.

Performer 1 Signature:
Performer 2 Signature:
Performer 3 Signature:
Performer 4 Signature:
Performer 5 Signature:
Performer 5 Signature:

If there are more than 6 performers in your family, please type in the remaining performers here: