

Mukilteo Baseball Club - Code of Conduct

The Mukilteo Baseball Club (MBC) is a non-profit organization and is intended to be a long term community asset; providing the baseball/softball youth of our community an experience that promotes sportsmanship, instruction, teamwork, respect for, and enjoyment of the game of baseball/Softball. MBC desires to be complimentary to Little League organizations from ages 8-12. Our mission is to provide a competitive baseball/softball experience for the youth of Mukilteo and the surrounding communities. We strive to provide baseball/softball players ages 8-18 an experience that promotes sportsmanship, instruction, teamwork, respect for, and enjoyment of the game of baseball.

Our Teams Shall:

- Represent our community in a positive way and participate in service activities to give back;
- Practice to develop the skills necessary to enjoy competitive baseball;
- Participate in 3-5 tournaments; and
- Participate in a structured indoor winter training program.

Our Coaches Shall:

- Exhibit good sportsmanship on and off the field;
- Create a positive culture of team success;
- Have proactive communication;
- Role model positive behaviors for our players;
- Have previous baseball/Softball coaching experience; and
- Balance player development goals with competitive goals.

Our Players Shall:

- Recognize that baseball/Softball comes after family, schoolwork, and being a good community citizen;
- Exhibit good sportsmanship on and off the field;
- Respect all players on the team;
- Communicate issues including playing time concerns personally with the coaches at appropriate times;
- Play multiple sports;
- Incorporate healthy eating and exercise habits in their lives;
- Participate in winter training programs; and
- Be a leader in our community and schools by giving back to others.

Our Parents Shall:

- Support coaches with playing time decisions;
- Positively support all players on the team;
- Abide by the “24 hour rule” taking at least 24 hours after a game or practice to contact coaches about any issues that are not urgent due to safety concerns;
- Encourage players to speak directly to the coach if there are questions/concerns about playing time, positions, etc.;
- Avoid de-briefing games or practices in the car ride home. This is a time to be positive and encouraging;
- Offer to support the club in various volunteer opportunities;
- Direct issues and opportunities directly to coaches or MBC Board Members via face-to-face communications or phone calls;
- Ensure that players attend at least 75% of tournament games during the year;
- Promptly pay club dues

Our Club Shall:

- Create an environment to learn and play baseball/Softball while having fun;
- Provide an opportunity to play baseball for qualified players regardless of gender, race, or economic conditions;
- Organize a club-wide winter training program of 1-2 days/week from January through March;
- Provide coaches that subscribe to the mission of the club; and
- Provide administrative infrastructure sufficient to allow coaches to coach

Player Signature: _____ Date: _____

Player Print Name: _____

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Print Name: _____

CONCUSSION Information Sheet



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - › Work with their coach to teach ways to lower the chances of getting a concussion.
 - › Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - › Ensure that they follow their coach's rules for safety and the rules of the sport.
 - › Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.
- Can't recall events *prior to* or *after* a hit or fall.

Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*

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



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

Concussions affect each child and teen differently. While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.

Revised 5/2015

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.



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

You can also download the CDC *HEADS UP* app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

Discuss the risks of concussion and other serious brain injury with your child or teen and have each person sign below.

Detach the section below and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injury.

I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete Name Printed: _____ Date: _____

Athlete Signature: _____

I have read this fact sheet for parents on concussion with my child or teen and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian Name Printed: _____ Date: _____

Parent or Legal Guardian Signature: _____

Keep Their Heart in the Game

A Sudden Cardiac Arrest Information Sheet for Athletes and Parents/Guardians

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

How common is sudden cardiac arrest in the United States?

As the leading cause of death in the U.S., there are more than 300,000 cardiac arrests outside hospitals each year, with nine out of 10 resulting in death. Thousands of sudden cardiac arrests occur among youth, as it is the #2 cause of death under 25 and the #1 killer of student athletes during exercise.

Who is at risk for sudden cardiac arrest?

SCA is more likely to occur during exercise or physical activity, so student-athletes are at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think they're out of shape and need to train harder, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA.

FAINTING
is the
#1 SYMPTOM
OF A HEART CONDITION

What should you do if your student-athlete is experiencing any of these symptoms?

We need to let student-athletes know that if they experience any SCA-related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a primary care physician. If the athlete has any of the SCA risk factors, these should also be discussed with a doctor to determine if further testing is needed. Wait for your doctor's feedback before returning to play, and alert your coach, trainer and school nurse about any diagnosed conditions.

What is an AED?

An automated external defibrillator (AED) is the only way to save a sudden cardiac arrest victim. An AED is a portable, user-friendly device that automatically diagnoses potentially life-threatening heart rhythms and delivers an electric shock to restore normal rhythm. Anyone can operate an AED, regardless of training. Simple audio direction instructs the rescuer when to press a button to deliver the shock, while other AEDs provide an automatic shock if a fatal heart rhythm is detected. A rescuer cannot accidentally hurt a victim with an AED—quick action can only help. AEDs are designed to only shock victims whose hearts need to be restored to a healthy rhythm. Check with your school for locations of on-campus AEDs.



The Cardiac Chain of Survival

On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delay in attending to a sudden cardiac arrest victim decreases the chance of survival by 10%. Everyone should be prepared to take action in the first minutes of collapse.

Early Recognition of Sudden Cardiac Arrest



Collapsed and unresponsive.
Gasping, gurgling, snorting, moaning or labored breathing noises.
Seizure-like activity.

Early Access to 9-1-1



Confirm unresponsiveness.
Call 9-1-1 and follow emergency dispatcher's instructions.
Call any on-site Emergency Responders.

Early CPR



Begin cardiopulmonary resuscitation (CPR) immediately. Hands-only CPR involves fast and continual two-inch chest compressions—about 100 per minute.

Early Defibrillation



Immediately retrieve and use an automated external defibrillator (AED) as soon as possible to restore the heart to its normal rhythm. Mobile AED units have step-by-step instructions for a bystander to use in an emergency situation.

Early Advanced Care



Emergency Medical Services (EMS) Responders begin advanced life support including additional resuscitative measures and transfer to a hospital.

Keep Their Heart in the Game

Recognize the Warning Signs & Risk Factors of Sudden Cardiac Arrest (SCA)

Tell Your Coach and Consult Your Doctor if These Conditions are Present in Your Student-Athlete

Potential Indicators That SCA May Occur

- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or startle
- Excessive shortness of breath during exercise
- Racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise

Factors That Increase the Risk of SCA

- Family history of known heart abnormalities or sudden death before age 50
- Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- Family members with unexplained fainting, seizures, drowning or near drowning or car accidents
- Known structural heart abnormality, repaired or unrepaired
- Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks or performance-enhancing supplements

What is CIF doing to help protect student-athletes?

CIF amended its bylaws to include language that adds SCA training to coach certification and practice and game protocol that empowers coaches to remove from play a student-athlete who exhibits fainting—the number one warning sign of a potential heart condition. A student-athlete who has been removed from play after displaying signs or symptoms associated with SCA may not return to play until he or she is evaluated and cleared by a licensed health care provider. Parents, guardians and caregivers are urged to dialogue with student-athletes about their heart health and everyone associated with high school sports should be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency.

I have reviewed and understand the symptoms and warning signs of SCA and the new CIF protocol to incorporate SCA prevention strategies into my student's sports program.

STUDENT-ATHLETE SIGNATURE

PRINT STUDENT-ATHLETE'S NAME

DATE

PARENT/GUARDIAN SIGNATURE

PRINT PARENT/GUARDIAN'S NAME

DATE

For more information about Sudden Cardiac Arrest visit

California Interscholastic Federation
<http://www.cifstate.org>

Eric Paredes Save A Life Foundation
<http://www.epsavealife.org>

CardiacWise (20-minute training video)
<http://www.sportsafetyinternational.org>



Mukilteo Baseball Club

Player Information Form *(Please complete accurately and legibly)*

Player name: _____

Player address: _____

City: _____ Zip: _____

Current grade: _____ MBC Team Level: _____

Medical Info (allergies, conditions, etc.): _____

Primary position: _____ Secondary position: _____

Bats: _____ Throws: _____

Player level in 2017? _____ (Majors, Minors, Farm, etc)

Player prefers to be called (nickname): _____

Jersey Size: _____ Preferred Numbers: _____
(list top three in order of preference)

Parents/Legal Guardian Information:

Father: _____ Work Phone: _____

Email Address: _____ Cell Phone: _____

Volunteer Area(s): _____

Mother: _____ Work Phone: _____

Email address: _____ Cell Phone: _____

Volunteer Area(s): _____

Emergency Contact: _____

Phone: _____ Relationship to Player: _____

Mukilteo Baseball Club - Volunteer Opportunities

There is no "i" in "team" but there is a "u" in "volunteer"! The Mukilteo Baseball Club believes in empowering all of our parents to participate as volunteers in whatever capacity they are most comfortable. With such a diverse group of parents, we understand there may be skills, know-how, resources, or ideas that could help to support our goal of creating the best baseball experience possible for our children.

Below are some of the areas that we need help. If you have any ideas on how you could serve the baseball club in a means not specified, please let us know. We welcome your ideas on how parents can help to cultivate a positive baseball culture in Mukilteo. Thank you for your support!

- Sponsorship Committee
- Player Uniforms and Optional Gear
- Club Equipment Manager
- Tournament Coordinator
- Team Parent Liaison
- Team Scorekeeper
- Club Electronic Media Manager (website, facebook)
- Marketing (Logo, Banner Design, Uniform Design, Forms)
- Spirit Wear
- Umpire
- Photographer

Other ideas: _____

MUKILTEO BASEBALL CLUB

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

PLEASE READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the MUKILTEO BASEBALL CLUB (the, Releasee) athletic sports program, related events and activities (the "Baseball/Softball Activities"), the undersigned participant and/ or legal guardian (the "Parent"), for themselves, their heirs, successors, and assigns:

1. ACKNOWLEDGE, agree and represent the nature of Baseball/Softball Activities involves risk and danger of serious bodily injury, including permanently disability, paralysis, and death. The risks and dangers may be caused by not only the inherent nature of Baseball/Softball Activities, but also by the Participant's actions or inaction, the action or inaction of others, and other conditions in which the Baseball/Softball Activity takes place, or the negligence of the Releasee. There may be other risks and social and economic losses which may arise from the Baseball/Softball Activities which are either not known or not readily foreseeable at this time, out which are intended to be addressed by this Agreement;
2. ASSUME ALL SUCH RISKS, both known and unknown, even if arising from the negligence of the releasee or other, and assume full responsibility for the Participant's participation in the Baseball/Softball Activities;
3. AGREE to comply with the stated and customary items and conditions for participation. If, however, I observe any unusual significant hazard or conditions during the Baseball/Softball Activities the Participant will remove themselves from participation and will immediately bring such hazard or condition to the attention of the nearest official of the Releasee immediately, and:
4. RELEASE, INDEMNIFY AND HOLD HARMLESS the officers, officials agents, and/or employees, other participants, sponsoring agencies, sponsors and advertisers, and if applicable, owners and lessons on the premises used to conduct the Baseball/Softball Activities (Also "Releasee"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property arising from Baseball/Softball Activity. WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEE OR OTHERWISE:
5. As the Participant's Parent, I specifically consent to the Participant's participation in the Baseball/Softball Activities, and confirm and assume the foregoing. I further represent the Participant in qualified, in good health and proper physical condition to participate in the Baseball/Softball Activities and RELEASE, DISCHARGE COVENANT NOT TO SUE, INDEMNIFY, AND HOLD each Release HARMLESS from all liability, claims, demands, losses, or damages on the account of the Parent and the participant, and their respective heirs, successors, and assigns which may arise during the Baseball/Softball Activity, and whether caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, and further agree that if, despite the Releasee, the Parent, the Parent will INDEMNIFY and HOLD each Releasee Harmless from any litigation expenses, attorney fees, loss liability, damage, or cost which may be incurred as the result of any such claim.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, FULLY UNDERSTANDING ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGGN IT FREELY AND VOLUNTARILY WITHOUT INDUCEMENT, IN CONSIDERATION OF THE PARTICIPATION OF THE BASEBALL/SOFTBALL ACTIVITIES BY THE PARTICIPANT.

Participant's Signature: _____ Date Signed: _____

Parent/Guardian Signature: _____ Date Signed: _____

