**JCAT**

Just Care Aquatics Swim Team

Article 7.                                **Electronic Communication Policy**

**Section 7.1**              The [Just Care Aquatics Swim Team] (the "Team") recognizes the prevalence of electronic communication and social media in today's world. Many of our swimmers use these means as their primary method of communication. While the Team acknowledges the value of these methods of communication, the Team also realizes that there are associated risks that must be considered when adults use these methods to communicate with minors.

**Section 7.2**               General Content: All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. The content and intent of a" electronic communications must adhere to the USA Swimming Code of Conduct regarding Athlete Protection.

For example, as with any communication with an athlete, electronic communication should not contain or relate to any of the following:

• drugs or alcohol use;

• sexually-oriented conversation; sexually explicit language; sexual activity

• the adult's personal life, social activities, relationship or family issues, or personal problems; and

• inappropriate or sexually explicit pictures

• Note: Any communication concerning an athlete's personal life, social activities,

relationship or family issues or personal problems must be transparent, accessible, and professional.

Whether one is an athlete, coach, board member, or parent, the guiding principle to always use in communication is to ask: "Is this communication something that someone else would find appropriate or acceptable in a face-to-face meeting?" or "Is this something you would be comfortable saying out loud to the intended recipient of your communication in front of the intended recipient's parents, the coaching staff, the board, or other athletes?"

Concerning electronic communications, a simple test that can be used in most cases is whether the electronic communication with swimmers is Transparent, Accessible, and Professional.

Transparent: All electronic communication between coaches and athletes should be transparent. Your communication should be clear and direct and free of hidden meanings, innuendo, and expectations.

Accessible: All electronic communication between coaches and athletes should be considered a matter of record and part of the Team's records. Whenever possible, include another coach or parent in the communication to have no question regarding accessibility.

Professional: All electronic communication between a coach and an athlete should be conducted professionally as a team representative. This includes word choices, tone, grammar, and subject matter that model the standards and integrity of a staff member.

If your communication meets all three of the T.A.P. criteria, then it is likely your method of communication with athletes will be appropriate.

**FACEBOOK, SNAPCHAT, BLOGS, AND SIMILAR SITES**

Coaches may have personal Facebook (or other social media site) pages, but they are not permitted to have any athlete member of the Team join their personal page as a "friend." A coach should not accept any "friend" request from an athlete UNDER FALSE PRETENCES. Coaches and athletes are not permitted to have "private message" through Facebook. Coaches and athletes are not permitted to "instant message" each other through Facebook chat or other methods.

The Team has an official Facebook page that athletes and their parents can "friend" for

information and updates on team-related matters.

Coaches are encouraged to set their pages to "private" to prevent athletes from accessing the coach's personal information.

**TWITTER**

Best Practice: The Team has an official Twitter page that coaches, athletes and parents can follow for information and updates on team-related matters. Coaches are not permitted to [www.usaswimming.org/protect](http://www.usaswimming.org/protect) follow athletes on Twitter. Likewise, athletes are not permitted to follow coaches on Twitter. Coaches and athletes are not permitted to "direct message" each other through Twitter.

Alternative Option: Coaches and athletes may follow each other on Twitter. Coaches cannot retweet an athlete message post. Coaches and athletes are not permitted to "direct message" each other through Twitter.

**TEXTING**

Subject to the general guidelines mentioned above, texting is allowed between coaches and athletes from 7 am until 9 pm. Texting shall be used to communicate information directly related to team activities.

**EMAIL**

Athletes and coaches may use email to communicate between the hours of 7 am and 9 pm.

When communicating with an athlete through email, a parent, another coach, or a board member must also be copied.

**REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS**

The parents or guardians of an athlete may request in writing that their child not be contacted by coaches through any form of electronic communication.

 Article 8.                 Action Plan of the Just Care Aquatics Swim Team to Address Bullying

**Section 8.1**               PURPOSE: Bullying of any kind is unacceptable at [Just Care Aquatics Swim Team] (the "Team") and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The Team is committed to providing a safe, caring, and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member, or athlete/mentor.

**Section 8.2**               Objectives of the Team's Bullying Policy and Action Plan:

1. To make it clear that the Team will not tolerate bullying in any form.

2. To define bullying and give all board members, coaches, parents, and swimmers a good understanding of bullying.

3. To make it known to all parents, swimmers, and coaching staff that there is a policy and protocol should any bullying issues arise.

4. To make how to report bullying clear and understandable.

5. To spread the word that (Name of Team) takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported.

**Section 8.3**             WHAT IS BULLYING? The USA Swimming Code of Conduct prohibits bullying. Generally, bullying is the use of aggression, whether intentional or not, which hurts another person—bullying results in pain and distress.

The USA Swimming Code of Conduct defines bullying in 304.3.7. Bullying is the severe or repeated use by one or more USA Swimming members of oral, written, electronic, or other technological expressions, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has the effect of:

i. causing physical or emotional harm to the other member or damage to the other

member's property;

ii. placing the other member in reasonable fear of harm to themselves or of damage to his/her property;

iii. creating a hostile environment for the other member at any USA Swimming activity;

iv. infringing on the rights of the other member at any USA Swimming activity; or

v. materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for this section shall include, without limitation, practices, workouts, and other events of a member team or LSC).

**Section 8.4**            REPORTING PROCEDURE: An athlete who feels that they have been bullied is asked to do one or more of the following things:

• Talk to your parents;

• Talk to a Team Coach, Board Member, or other designated individual;

• Write a letter or email to the Team Coach, Board Member, or other designated

individual;

• Make a report to the USA Swimming Safe Sport staff.

There is no express time limit for initiating a complaint under this procedure. Every effort should be made to bring the complaint to the attention of the appropriate team leadership as soon as possible to make sure that memories are fresh and behavior can be accurately recalled and bullying behavior can be stopped as soon as possible.

**Section 8.5**              HOW WE HANDLE BULLYING: If bullying is occurring during team-related activities, we STOP BULLYING ON THE SPOT using the following steps:

1. Intervene immediately. It is ok to get another adult to help.

2. Separate the kids involved.

3. Make sure everyone is safe.

4. Meet any immediate medical or mental health needs.

5. Stay calm. Reassure the kids involved, including bystanders.

6. Model respectful behavior when you intervene.

Suppose bullying is occurring at our team, or it is reported to be occurring at our team. In that case, we address the bullying by FINDING OUT WHAT HAPPENED and SUPPORTING THE KIDS INVOLVED using the following approach:

**FINDING OUT WHAT HAPPENED**

1. First, we get the facts.

a. Keep all the involved children separate.

b. Get the story from several sources, both adults and kids.

c. Listen without blaming.

d. Don't call the act "bullying" while you are trying to understand what happened.

e. It may be difficult to get the whole story, especially if multiple athletes are involved or the bullying involves social bullying or cyberbullying. Collect all available information.

2. Then, we determine if it's bullying. Many behaviors look like bullying but require different approaches. It is important to determine whether the situation is bullying or something else.

a. Review the USA Swimming definition of bullying;

b. To determine if the behavior is bullying or something else, consider the following questions:

• What is the history of the kids involved?

• Have there been past conflicts?

• Is there a power imbalance? Remember that a power imbalance is not

limited to physical strength. It is sometimes not easily recognized. If the

targeted child feels like there is a power imbalance, there probably is.

• Has this happened before? Is the child worried it will happen again?

c. Remember that it may not matter "who started it." Some kids who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior.

d. Once you have determined if the situation is bullying, support all of the kids involved.

**SUPPORTING THE KIDS INVOLVED**

3. Support the kids who are being bullied

a. Listen and focus on the child. Learn what's been going on and show you want to help. Assure the child that bullying is not their fault.

b. Work together to resolve the situation and protect the bullied child. The child,

parents, and fellow team members, and coaches may all have valuable input. It may help to:

i. Ask the child being bullied what can be done to make them feel safe. Remember that changes to routine should be minimized. They are not at fault and should not be singled out. For example, consider rearranging lane assignments for everyone. If bigger moves are necessary, such as switching practice groups, the child who is bullied should not be forced to change.

ii. Develop a game plan. Maintain open communication between the Team and parents. Discuss the steps that will be taken and how bullying will be

addressed going forward.

c. Be persistent. Bullying may not end overnight. Commit to making it stop and

consistently support the bullied child.

 4. Address bullying behavior

a. Make sure the child knows what the problem behavior is. Young people who bully must learn their behavior is wrong and harms others.

b. Show kids that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.

c. Work with the child to understand some of the reasons they were bullied. For example:

i. Sometimes, children bully to fit in or just to make fun of someone who is a little different from them. In other words, there may be some insecurity involved.

ii. Other times, kids act out because something else-issues at home, abuse,

stress-is going on in their lives. They also may have been bullied. These kids may require additional support.

d. Involve the kid who was bullied in making amends or repairing the situation. The goal is to help them see how their actions affect others. For example, the child can:

i. Write a letter apologizing to the athlete who was bullied.

ii. Do a good deed for the bullied person, for the Team, or others in your community.

iii. Clean up, repair, or pay for any property they damaged.

e. Avoid strategies that don't work or have negative consequences:

i. Zero tolerance or "three strikes, you're out" strategies don't work.

Suspending or removing from the team swimmers who bully does not reduce bullying behavior. Swimmers may be less likely to report and address bullying if suspension or getting kicked off the team is the consequence.

ii. Conflict resolution and peer mediation don't work for bullying. Bullying is not a conflict between people of equal power who share equal blame. Facing those who have been bullied may further upset kids who have been bullied.

f. Follow-up. After the bullying issue is resolved, continue finding ways to help the child who bullied to understand how they affect other people. For example, praise acts of kindness or talk about what it means to be a good teammate.

 5. Support bystanders who witness bullying. Every day, kids witness bullying. They want to help but don't know-how. Fortunately, there are a few simple, safe ways that athletes can help stop bullying when they see it happening.

a. Be a friend to the person being bullied;

b. Tell a trusted adult - your parent, coach, or team board member;

c. Help the kid being bullied get away from the situation. Create a distraction, focus the attention on something else, or offer a way for the target to get out of the

situation. "let's go; practice is about to start."

d. Set a good example by not bullying others.

e. Don't give the bully an audience. Bullies are encouraged by the attention they get from bystanders. If you do nothing else, just walk away.

**JUST CARE AQUATICS SWIM TEAM**

**CONTRACT AGREEMENT**

This agreement is set forth between Just Care Aquatics and

Name of responsible person/party

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

First Last

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address City State Zip

(\_\_\_\_\_\_\_) \_\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Primary Phone email

The responsible person shall agree to one of the following terms listed below:

\_\_ Year-round (Jan-Dec)

\_\_ Season 1 (August- March)

\_\_ Season 2 (April – August)

The responsible person indicated on this document shall assume responsibility in making the appropriate payments for the agreed fees and date on or before the 1st of every month, for the duration of the agreement. If the set forth responsible person terminates the agreement prior to the exit date, full payment of the remaining months shall be assessed. A late fee of $10 is assessed if payment is made after the 10th  of a given month.

The set forth responsible person also agrees to pay any fees associated with meets or team obligations: example, as listed, but not limited volunteer time at Border champs, meet participation fees, team birthday parties, or fundraising. The minimum fee is $9 per associated hour of function.

Each swimmer and party must participate in 3 meets during the short course season and two during the long course season. The set parties must participate in the Border Championship for the appropriate season. If the set party does not participate, a fee of $10 per hour of volunteer time shall be assessed and swimmers’ entry fees.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_                          \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature                                                                             Date

JUST CARE AQUATICS SWIM TEAM

**REGISTRATION AGREEMENT**

**SWIMMER #1**

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

         Last                                 First                                         Middle

NICKNAME:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BIRTHDAY\_\_\_\_\_/\_\_\_\_/\_\_\_\_\_

AGE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_Returning\_\_\_\_\_\_\_\_\_New \_\_\_\_\_\_\_ (please check one)

SWIMMER’S SCHOOL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_GRADE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I hereby agree to the terms and conditions set forth by Just Care Aquatics.

\_\_ Year-round contract

\_\_ Season 1 (August- March)

\_\_ Season 2 (April – August)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_                          \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature                                                                             Date

**SWIMMER #2**

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

         Last                                 First                                         Middle

NICKNAME:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BIRTHDAY\_\_\_\_\_/\_\_\_\_/\_\_\_\_\_

AGE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_Returning\_\_\_\_\_\_\_\_\_New \_\_\_\_\_\_\_ (please check one)

SWIMMER’S SCHOOL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_GRADE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I hereby agree to the terms and conditions set forth by Just Care Aquatics.

\_\_ Year-round contract

\_\_ Season 1 (August- March)

\_\_ Season 2 (April – August)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_                          \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature                                                                             Date

**SWIMMER #3**

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

         Last                                 First                                         Middle

NICKNAME:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BIRTHDAY\_\_\_\_\_/\_\_\_\_/\_\_\_\_\_

AGE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_Returning\_\_\_\_\_\_\_\_\_New \_\_\_\_\_\_\_ (please check one)

SWIMMER’S SCHOOL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_GRADE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I hereby agree to the terms and conditions set forth by Just Care Aquatics.

\_\_ Year-round contract

\_\_ Season 1 (August- March)

\_\_ Season 2 (April – August)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_                          \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature                                                                             Date

**MEDICAL INFORMATION & EMERGENCY RELEASE**

**(ONE PER SWIMMER)**

Swimmer’s Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents’ Names:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent’s Work

Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1.                  In the space provided below, list any pertinent health or medical information and instructions or unique problems (allergies, tetanus booster dates, drug allergies, asthma, prescriptions, etc.)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.                  Aside from yourselves (the parents of the Swimmer), please indicate (in order), those individuals that you would like the coaches to contact should there be an emergency involving your child:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.                  Swimmer’s Doctor:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.                  Swimmer’s Dentist:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_        Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

I (we) hereby give our permission for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

to participate in practice and travel with the Just Care Aquatics to local and out-of-town meets throughout the current swim season.  Although I expect all reasonable safety procedures to be followed, I will not hold the coaches of JCAT nor any chaperone or volunteer working with or traveling with the group personally liable for any accident which may occur.

In case of a minor emergency (cuts, scratches, headache, etc.), I (we) give the coaches or chaperones permission to treat these as they deem necessary.  In the event of a more serious emergency, I hereby permit the person in charge to be handled in the best manner as determined by the chaperones or coaches of JCAT until I can be contacted.

**TO THE ATTENDING PHYSICIAN OR HOSPITAL:**

Permission is hereby granted for you at the discretion of the coaches or chaperons of JCAT to perform whatever care is necessary for my child’s welfare until you can reach me personally.

INSURANCE INFORMATION (**must be complete**)

Subscriber’s Name (parent):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance Company:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ID # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Group # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance Coverage (i.e. medical, dental):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance authorization phone number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Preferred local hospital: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_