



## 2020 - 2021 REGISTRATION FORM

Player Information (please print clearly)

Returning \_\_\_\_\_ New \_\_\_\_\_ (Please include a copy of the player's birth certificate if player is new this season)

Name \_\_\_\_\_

Sex M or F D.O.B \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

### Parent Information

Names(s) \_\_\_\_\_

Best Contact Phone Number(s) \_\_\_\_\_

Address (if different from above) \_\_\_\_\_

Email \_\_\_\_\_

Single Season Fee:

\$175 League Players

\$70 Non League Players

(10% discount per additional sibling)

**WAIVER:** I, the parent/guardian of the registrant, agree that I and the registrant will abide by the rules of the club and their affiliate organizations. Recognizing the rules of the club, I hereby indemnify Effingham Force FC, their affiliate organizations, and all persons, coaches, and officials, including the owners of the fields and facilities used in the programs, for actions taken by the registrant; and hold harmless Effingham Force FC, their affiliate organizations and all persons, coaches, and officials, including the owners of fields and facilities used in the program, from any and all liability of every nature, kind and description as a result of injury, hurt or damage sustained by the registrant as a result of his/her participation in the Effingham Force FC club.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

## Media Release

To be used for social media and potential promotional material. Player's names and other information will not be released. By signing this form, I authorize the Effingham Force FC to use the following personal information: My Picture: including photographic, motion picture, and electronic (video) images I hereby grant Effingham Force FC the right to use, publish and reproduce, for all purposes, pictures of me in film or electronic (video) or photographic form, and printed and electronic copy of the information described above, including, without limitation, Internet, and for exhibition, distribution, promotion, advertising and in brochures and other print media. This permission extends to all languages, media, and formats now known or hereafter devised. The permission shall continue unless I revoke the permission in writing.

PARENT/GUARDIAN Signature \_\_\_\_\_ Date \_\_\_\_\_

PLEASE COMPLETE ALL FORMS AND RETURN BY JULY 28, 2017.

MAIL TO:

Effingham Force

130 Green Paddock Circle

Guyton, GA 31312

(NOTE: A completed registration MUST include the full packet including the Code of Conduct, Responsibilities and registration forms for consideration.)

Effingham Force FC

Responsibilities and Pledge

As a parent/guardian I agree the primary focus of Effingham Force FC Soccer is to ensure that the time spent learning and playing soccer is positive and rewarding for the player. I/We also understand that at the competitive level every effort will be made to play our child, however it is up to the coach to decide if a child does or does not play. THERE ARE NO GUARANTEES OF PLAYING TIME. I/We agree we will maintain a positive attitude towards the named player, coaches and game always, and agree that the game is played by, for and on behalf of our children.

I agree and certify that I have read the terms above.

Parent/Guardian Name Printed \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

## ***Effingham Recreation and Parks and Effingham Force Code of Conduct***

Soccer is an exciting, fast moving and fun game. Coaches, players, parents and fans should remember that the objective is to have fun and learn the game of soccer. It is important to our soccer program that all participants conduct themselves in a positive and responsible manner. Effingham Force FC will not tolerate behavior which brings the Club, team or game into disrepute. The Club believes that the attitude shown by players toward the coaches, the referees, the opposing players and the importance of winning vs. losing are of paramount importance. Inappropriate comments or actions by players towards coaches, parents, teammates or opposing players are not acceptable. These types of actions and comments include foul language, excessive physical contact not associated with normal soccer play, or other types of unsportsmanlike conduct (i.e. taunting) will not be tolerated. The following standards have been established to set expectation for players' behavior during and after soccer events:

### ***The following is derived from the National Youth Sports Safety Foundation***

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

#### ***As a parent, player or spectator:***

- 1. I will not force my child/player to participate in sports.**
- 2. As a parent or player, I will remember that children participate to have fun and that the game is for youth, not adults.**
- 3. As a parent or player, I will inform the coach of any physical disability or ailment that may affect the safety of myself as a player, child or the safety of others.**
- 4. As a parent or player, I will learn the rules of the game and the policies of the league.**
- 5. As a parent or player, I (and my guests) will be a positive role model for my child/player and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.**
- 6. As a parent or player, I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.**
- 7. As a parent or player, I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.**
- 8. I will teach my child/player to play by the rules and to resolve conflicts without resorting to hostility or violence.**
- 9. As a parent or player, I will treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.**
- 10. As a parent or player, I will teach my child/player and understand that doing one's best is more important than winning, so that my child or myself will never feel defeated by the outcome of a game or his/her/my performance.**
- 11. As a parent or player, I will praise my child/player for competing fairly and trying hard, and make my child/player feel like a winner every time.**
- 12. As a parent or player, I will never ridicule or yell at my child/player or other participants/players for making a mistake or losing a competition.**

13. As a parent or player, I will emphasize skill development and practices and how they benefit my child/player over winning. I will also de-emphasize games and competition in the lower age groups.
14. As a parent or player, I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child/player to win.
15. As a parent or player, I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. As a parent or player, I will demand a sports environment for my child/player or myself that is free from drugs, tobacco, and alcohol and I, parent/player, will refrain from their use at all sports events.
17. As a parent or player, I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to conform to the Code of Conduct while attending or participating in a youth sports event, I will be subject to disciplinary action, including but not limited to the following in any order or combination:

- Verbal warning issued by an official, head coach, or staff of Effingham County Recreation and Parks.
- Written Warning
- Game suspension or immediate ejection from event with written documentation of incident kept on file by Effingham County Recreation and Parks and Effingham Force FC.
- Suspension from multiple events.
- Game forfeit determined by official or coach.
- Season suspension or multiple season suspension issued by Effingham County Recreation and Parks and Effingham Force FC.

When a player is injured during play, every player on the field (at the time of injury following whistle blow) should "take a knee". This is a sign of respect for the injured player as well as a show of good sportsmanship. Come to practices and games on time and ready to participate, learn and work. Follow coaching direction and do not be disruptive during practice or games.

I agree and certify that I have read the terms above.

Player's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

## CONCUSSION INFORMATION SHEET



**HEADS UP  
CONCUSSION**

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 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.”

## 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.

## 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.

## 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.



TO LEARN MORE GO TO >> [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)

JOIN THE CONVERSATION AT

↳ [www.facebook.com/CDCHEADSUP](https://www.facebook.com/CDCHEADSUP)

Content Source: CDC's HEADS UP campaign. Customizable HEADS UP fact sheets were made possible through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).



CONCUSSIONS AND HEAD INJURIES

2020 - 2021 Soccer Season

PARTICIPANT'S NAME: \_\_\_\_\_

PARENT/GUARDIAN NAME: \_\_\_\_\_

ATTACHED IS A FACT SHEET THAT OUTLINES THE NATURE AND RISK OF CONCUSSIONS AND HEAD INJURIES.

MY SIGNATURE BELOW, ACKNOWLEDGES THAT YOU HAVE RECEIVED AND READ THE ATTACHED FACT SHEET.

\_\_\_\_\_

(Signature of Parent/Legal Guardian of Participants)

\_\_\_\_\_

(Date)

GEORGIA SOCCER  
SUDDEN CARDIAC ARREST (SCA) AWARENESS  
FACT SHEET FOR YOUTH ATHLETE AND PARENT/GUARDIAN

1. Sudden Cardiac Arrest is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.
2. “Youth” covered are all athletes 17 years of age or younger that wish to practice for or compete in soccer activities organized by Georgia Soccer and its Affiliates.
3. Any of the following may cause SCA:
  - a) Structural heart disease. This may or may not be present from birth
  - b) Electrical heart disease. This is a problem with the heart’s electrical system that controls the heartbeat
  - c) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection
4. Warning signs in your family that you or your youth athlete may be at high risk of SCA:
  - a) A blood relative who suddenly and unexpectedly dies before age 50
  - b) Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart
5. Warning signs of SCA. If any of these things happen with exercise, see your health care professional:
  - a) Chest pain/discomfort
  - b) Unexplained fainting/near fainting or dizziness
  - c) Unexplained tiredness, shortness of breath or difficulty breathing
  - d) Unusually fast or racing heart beats
6. The youth athlete who faints or passes out before, during, or after an athletic activity **MUST** be removed from the activity. Before returning to the activity, the youth athlete must be seen by a Ga. Licensed Physician or Cardiologist and cleared in writing.
7. If the youth athlete’s biological parent, sibling or child has had a SCA, then the youth athlete must be removed from activity. Before returning to the activity, the youth athlete must be seen by a Ga. Licensed Physician or Cardiologist and cleared in writing.
8. Any young athlete with any of these warning signs **CANNOT** participate in practices, scrimmages or competition until cleared by a Ga. Licensed Physician or Cardiologist.
9. Other reasons to be seen by a Ga. Licensed Physician or Cardiologist would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.



10. Health Care Professionals (HCP) who may evaluate and clear youth athletes. They are a Georgia licensed physician (MD) or Cardiologist. Clearance must be provided in writing to the Team official before the athlete can return to the activity.

11. Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.

12. Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, facilities have AEDs. The AEDs may be near the office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.

13. If you witness a person experiencing a SCA: First, remain calm. Follow the links in the Chain of Survival:

- a) Early recognition
  - i) Assess child for responsiveness. Does the child answer if you call his/her name?
  - ii) If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"
- b) Early CPR
  - i) Begin CPR immediately
- c) Early defibrillation (which is the use of an AED)
  - i) If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
  - ii) If an AED is not available, continue CPR until EMS arrives
- d) Early advanced life support and cardiovascular care • Continue CPR until EMS arrives

**Georgia Soccer requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest (SCA) by signing the Sudden Cardiac Arrest Parent/Athlete Fact Sheet. Return completed form to Affiliate Administrator.**

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Athlete Print Name

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Parent/Guardian Print Name

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Athlete Signature

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Parent/Guardian Signature