

CODE OF CONDUCT FORM – COACHES

MISSION:

The mission of Fountain City Recreation Commission (FCRC), also known as North Knox County Little League (NKCLL) is to promote fair play and sportsmanship through excellence in athletics. FCRC has adopted a code of conduct for Coaches to ensure exceptional opportunities for all who participate in athletics at FCRC.

COACH SELECTION:

Managers and coaches are selected by League Commissioners with the approval of FCRC. Selections are conditional upon adherence to all rules and policies of FCRC. Head coaches are responsible for the conduct of assistant coaches, players, parents, and spectators of their team. A coach selection may be suspended or revoked by FCRC for violation of rules and policies.

APPLICATION:

FCRC rules and policies apply to all coaches, assistant coaches, players, parents, and spectators. The head coach is accountable and responsible for the behavior of their team and its spectators. Examples of prohibited behavior are listed below. These examples are not intended to be all-inclusive or in any specific prioritized order.

- Violence.
- Profanity.
- Displays of bad sportsmanship.
- Threatening the umpire.
- Arguing with the umpire on judgement calls.
- Throwing of equipment, furnishings, etc.
- Refusing to abide by official’s decision.
- Harass, heckle, insult, jeer, or use verbal tactics to embarrass or insult an official, participant, assistant coach, player, or spectator before, during, or after a game and/or practice.
- Make verbal threats, sexual or racial discriminatory comments directed at anyone, including players, spectators, officials, children, or commission officials.
- Play under another name, falsify name, address or age on official roster.
- Refuse to talk to spectators on behalf of official.
- Allow or encourage uniform violations.
- Use of alcohol, tobacco, and/or controlled substance while performing coaching duties and in the presence of players, parents, and spectators, as well as on FCRC premises or other arranged facilities.
- Appear on the field intoxicated or under the influence of any controlled substance.
- Participate with debt outstanding on FCRC.

INFRACTIONS:

Infractions shall be immediately reported to the official, League Commissioner, or Officer of FCRC. The representatives receiving said complaint shall immediately report offense to the President of FCRC. The President shall then report through the following channels:

- Major offense shall be addressed through emergency meeting of the Executive Board.
- Offense can be addressed at the next Commission Meeting.
- Offense may be brought to the League Commissioner and President to determine the need for Commission action.

Coaches, players, parents, and spectators are expected to comply with the outcome of disciplinary action rendered by FCRC. Outcomes may range from a warning to a suspension for the specified duration determined by FCRC. Individuals have the right to appeal before FCRC.

Coach (print): _____ Age Division(s): _____

Coach Signature: _____ Date: _____

Coach Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form

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 doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. 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 heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year. It is the #1 cause of death for student athletes.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- fainting or seizures during exercise;
- unexplained shortness of breath;
- dizziness;
- extreme fatigue;
- chest pains; or
- racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

Public Chapter 325 – The Sudden Cardiac Arrest Prevention Act (the Act)

The act is intended to keep youth athletes safe while practicing or playing. The requirements of the act are:

- All coaches must read and sign this form. It must be returned before participation in any athletic activity. A new form must be signed each year.

Removal from play/return to play

- Any youth athlete who shows signs or symptoms of SCA must be removed from play. The symptoms can happen before, during or after activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

I have reviewed and understand the symptoms and warning signs of SCA.

Signature of Coach

Printed Coach's Name

Date

CONCUSSION

INFORMATION AND SIGNATURE FORM FOR COACHES

Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion and head injury.

(Adapted from CDC "Heads Up Concussion in Youth Sports")

Sign and return this page.

_____ I have read the *Concussion Information and Signature Form for Coaches*
Initials

_____ I should not allow any student-athlete exhibiting signs and symptoms consistent with concussion to
Initials return to play or practice on the same day.

After reading the Information Sheet, I am aware of the following information:

_____ A concussion is a brain injury.
Initials

_____ I realize I cannot see a concussion, but I might notice some of the signs in a student-athlete right
Initials away. Other signs/symptoms can show up hours or days after the injury.

_____ If I suspect a student-athlete has a concussion, I am responsible for removing him/her from activity
Initials and referring him/her to a medical professional trained in concussion management.

_____ Student-athletes need written clearance from a health care provider* to return to play or practice
Initials after a concussion. * (Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training)

_____ I will not allow any student-athlete to return to play or practice if I suspect that he/she has received
Initials a blow to the head or body that resulted in signs of symptoms consistent with concussion.

_____ Following concussion the brain needs time to heal. I understand that student-athletes are much
Initials more likely to sustain another concussion or more serious brain injury if they return to play or practice before symptoms resolve.

_____ In rare cases, repeat concussion can cause serious and long-lasting problems.
Initials

_____ I have read the signs/symptoms listed on the *Concussion Information and Signature Form for
Initials Coaches*.

Signature of Coach

Date

Printed name of Coach

CONCUSSION

INFORMATION AND SIGNATURE FORM FOR STUDENT-ATHLETES & PARENTS/LEGAL GUARDIANS (Adapted from CDC "Heads Up Concussion in Youth Sports")

Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion/head injury.

Read and keep this page.

Sign and return the signature page.

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung" or what seems to be a mild bump or blow to the head can be serious.

Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- "Young children and teens are more likely to get a concussion and take longer to recover than adults

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion listed below after a bump, blow or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care provider* says s/he is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness, even briefly	Feeling sluggish, hazy, foggy or groggy
Shows mood, behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Just not "feeling right" or "feeling down"

**Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training*

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention after a bump, blow or jolt to the head or body if s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT HIS OR HER SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brains. *They can even be fatal.*

Remember:

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care provider* says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration such as studying, working on the computer or playing video games may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

*Healthcare provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.