



## CENTRAL CONNECTICUT COAST YMCA School Aged Child Care Registration & Release Form

Site Location/Program _____	Child's School _____
Number of Days _____ Days of Wk M T W T F <input type="checkbox"/> Before <input type="checkbox"/> After	Program Start _____ Program End _____
Child's First Name _____	Last _____ Gender _____
Address _____	City _____ State _____ Zip _____
Date of Birth _____ Age as of Sept 1, yrs. _____ mos. _____	Grade entering in Fall _____ Child resides with _____
Parent/Guardian #1 _____	Parent/Guardian #2 _____
Relationship to Child _____	Relationship to Child _____
Home Address _____	Home Address _____
City/State/Zip _____	City/State/Zip _____
Place of Employment _____	Place of Employment _____
Employment Address _____	Employment Address _____
City/State/Zip _____	City/State/Zip _____
Info will be sent via email	
Email Address _____	Email Address _____
<input type="checkbox"/> Home Phone # ( ) _____	<input type="checkbox"/> Home Phone # ( ) _____
<input type="checkbox"/> Cell Phone # ( ) _____	<input type="checkbox"/> Cell Phone # ( ) _____
<input type="checkbox"/> Work Phone # ( ) _____	<input type="checkbox"/> Work Phone # ( ) _____

Does your child require special accommodations (social, behavioral, medicine)? No \_\_\_ Yes \_\_\_ Will you be providing an individualized care plan? Yes \_\_\_ No \_\_\_

**Authorization for medical attention:**

I give permission for the YMCA Certified First-Aid staff to treat my child, if needed. I authorize the child care staff to consent to emergency treatment (under advice of a Connecticut licensed physician) for my child when the need for such treatment is immediate and when efforts to contact me are unsuccessful. My child will be transported to the nearest emergency facility. I understand that any expenses incurred, through transportation and the treatment of my child, are my responsibility.

Name of Physician _____	Address/Phone _____
Insurance Company _____	Policy Number _____
Policy Holder _____	Relationship to Child _____

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

**Concussion Information:** I have read the CDC Concussion Fact Sheet and will talk to my child about the information. (<http://www.cdc.gov/headsup/>)

**Guardian Authorization:**

In order to ensure the well-being of all our participants and our ability to help you with picking up your child, please include every person that could assume the custody of your child for any unforeseen circumstances. The YMCA WILL require photo I.D. to release any child to an authorized pick up person listed on this form. I authorize the YMCA to release my child to the custody of the following people other than Parents/Guardians listed above:

Name: _____	Relationship: _____	Phone: _____	Phone: _____
Name: _____	Relationship: _____	Phone: _____	Phone: _____
Name: _____	Relationship: _____	Phone: _____	Phone: _____

The YMCA is required to permit either parent to pick up the child unless the YMCA is furnished with a court order to the contrary. Please list below any persons not authorized to pick-up this child and attach the original copy of the court order.

Name: \_\_\_\_\_ Relationship \_\_\_\_\_

**Parent/Guardian Permission:**

I understand that the Central Connecticut Coast Young Men's Christian Association, Inc. (the "Parent Company") and all of its branches are a charitable organization that makes its programs and facilities available to persons only on the condition that they agree to assume full responsibility for injury and damage. Therefore in exchange for acceptance of the child in the YMCA programs, I release, on behalf of the child, myself and members of the child's family, the YMCA, the Parent Company, and officers, directors, employees and volunteers from all claims of damage or loss to the child's property and claims of personal injury or property damage caused to others by the child, including injury or damage to YMCA property or personnel.

I understand the financial requirements, registration, payment obligations and deadlines as outlined in the School Aged Child Care Handbook.

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



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## CENTRAL CONNECTICUT COAST YMCA School Aged Child Care Authorizations and Acknowledgements

Site Location \_\_\_\_\_ Child's School \_\_\_\_\_

Child's First Name \_\_\_\_\_ Last \_\_\_\_\_ Gender \_\_\_\_\_

### Parent Guardian Authorizations and Acknowledgements

I understand there are risks associated with activities and programs in which my child is a participant. I hold the Y Branch, the Central Connecticut Coast YMCA, its employees, representatives, agents, and assigns from any and all claims whatsoever against said parties resulting from or caused by my child's participation. \_\_\_\_\_ Initials

I acknowledge that I have received a copy of the YMCA Child Care Parent Handbook which covers the following information: general policies, accounting policies, days program is closed and complaint procedure. I understand that if I have any questions in regards to the content of this handbook it is my responsibility to notify the YMCA at the earliest convenience. \_\_\_\_\_ Initials

I hereby give permission for my child to participate in all activities (including field trips) that are part of the program. \_\_\_\_\_ Initials

I hereby give my consent for my child to participate in activities that involve water while under the supervision of the YMCA staff or their representatives. \_\_\_\_\_ Initials

I hereby give my consent for my child to be transported by the YMCA staff or their representatives. I grant permission to have my child transported to one of the YMCA's other facilities in case of inclement weather. \_\_\_\_\_ Initials

I understand that neither the YMCA nor any of its paid or volunteer workers can be held responsible in the events of an accident. I understand that all precautions will be taken to ensure the safety and health of my child. \_\_\_\_\_ Initials

I also grant permission for photographs taken of my child while at school aged child care to be used for publicity and promotional purposes. \_\_\_\_\_ Initials

I acknowledge that the school district is not responsible for incidents/accidents that occur during after-school hours. \_\_\_\_\_ Initials

I understand that if I am receiving Care 4 Kids, my contract for child care and all associated fees is on file with the YMCA. If for any reason Care 4 Kids fails to pay, I, as a client of the YMCA, will be held responsible for the full child care tuition. By initialing, I agree with these terms. \_\_\_\_\_ Initials

I understand that the Site Location, the Y branch and the Central Connecticut Coast YMCA are not responsible for personal property lost, damaged, or stolen while members and/or program participants are using the facilities, on the premises, or involved in Y programs. \_\_\_\_\_ Initials

I understand that my monthly payment is due on the 20th of the month for the upcoming month and that a \$25 late fee will be charged if my payment is not received on time. I understand that there will also be a \$20 fee for any returned payments. Furthermore, I understand that if payment is not received by the 30th of the month, my child will not be allowed to attend the program until my balance is paid in full. \_\_\_\_\_ Initials

### Getting to know your child

The YMCA believes that *every* child in our care is a unique individual. Help us to provide the best care for your child by providing us as much information as possible. We strongly encourage you to meet with the Director and visit the program prior to enrolling your child.

#### Please answer the following questions:

Please explain if there are certain situations that may cause your child difficulty. How can we best work with your child in these situations?

What limitations does your child have?

Are special provisions required to enable your child to participate in our program? (Including all food allergies).

Please list all medications and/or medical conditions affecting your child. (Must complete medication administration form, individual care plan and supply site with appropriate medication prior to starting the program).

Other comments:

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

02/23/2017



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## CENTRAL CONNECTICUT COAST YMCA School Aged Child Care Payment Authorizations

Site Location \_\_\_\_\_ Child's School \_\_\_\_\_

Child's First Name \_\_\_\_\_ Last \_\_\_\_\_ Gender \_\_\_\_\_

### Child Care Agreement

I \_\_\_\_\_, hereby authorize the Central Connecticut Coast YMCA to charge the account listed on the 20<sup>th</sup> of each month in the amount of \$ \_\_\_\_\_ to act as payment for School Aged Child Care services. I understand that I must provide THIRTY DAYS notice, in writing, if I wish to discontinue this service. This agreement is for the current school year plan only and the last draft will occur on May 20, 2019. **There will be a \$20.00 charge for any EFT or charge returned by the bank. Also a \$25.00 late payment fee will be added to the account if not paid before the first of the month. These fees will be automatically drafted from my School Aged Child Care account.**

I understand it is my responsibility to notify the YMCA of any change in address, bank account information (if utilizing bank draft for payment of child care) or credit card information/expiration date (if utilizing credit card for payment of child care).

Please print your name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

I authorize my bank to honor preauthorized Electronic Funds Transfers (or credit card charges) against my account for (child care service) payments as indicated below. When the bank honors the EFT (or credit card) by charging my account, such transfer shall constitute notice of payment due and my receipt for the payment. Should any preauthorized EFT (or credit card) not be honored by said bank when received by them, then it is understood that the payment is to be made by me in the amount of said payment plus service charge. It is further understood that if such payment is not honored by the bank (or credit card institution), then the YMCA, at its discretion, may resubmit the amount due for payment on a future date.

I choose to utilize the EFT option for monthly payment (direct debit from my  Checking  Savings account)

Bank Name \_\_\_\_\_ Name on Account \_\_\_\_\_

Routing/Transit Number \_\_\_\_\_ Account Number \_\_\_\_\_

Authorized Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I choose to utilize the Credit Card Payment option for monthly payment (automatic direct charge to credit card)

Credit Card Type  American Express  MC  Visa Card Holder Name \_\_\_\_\_

Credit Card needs to be scanned at the branch. Card Holder Address \_\_\_\_\_

Authorized Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**2018-2019**

**SCHOOL AGED CHILD CARE ONLY**

**Attach voided check here.**



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**CENTRAL CONNECTICUT COAST YMCA**  
**School Age Child Care Behavior Contract for Participants, Parents and Families**

**EXPECTATIONS**

- Show respect by treating other children and adults the way I would want to be treated.
- Be honest, will always tell the truth about actions and feelings.
- Be a friend that others can trust.
- Demonstrate caring by helping others and treating them kindly.
- Take responsibility for my own behavior and accept the consequences for my actions.
- To be free from cruel teasing and insults.
- Have a safe, calm, clean and orderly environment.
- Make mistakes without being ridiculed by others.
- Seek help from those that are there to help. Talk with Y Staff when frustrated or feel mistreated.
- Be treated with dignity and respect by everyone.
- Use appropriate, acceptable language, don't talk back or use obscene, threatening language or speak in an unkind manner.
- Avoid fights or verbal abuse.
- Be fair and accepting of others eager to join any activity.
- Work and play safely.
- Be kind, considerate, helpful, and respectful toward others.
- Follow directions and listen attentively while participating in activities.
- Share equipment and materials fairly and use them properly.
- Respect property, especially things that do not belong to me.
- Cooperate with others who are there to help.
- Speak up when witnessing unfairness or offensive language or behavior of others.
- Be a good sport whether I win or lose.
- Be truthful with everyone.

**CONSEQUENCES**

- Letter of discipline for talking back, destroying property, bullying children, disrupting the program, refusing obey. Parent will be required to sign these reports acknowledging that they have read the report. After three reports child and parent may be required to meet with the Y Leadership Staff.
- Letter of discipline and immediately suspended for a minimum of one day for hitting, kicking, biting, spitting, scratching, swearing, making degrading or racial remarks, or leaving the group. Parents may be required to meet with the Y Director before the child can return to the program.
- Services may also be terminated if the parent is physically or verbally abusive to a staff member. It is our desire that every child enjoys his/her experience in the program.
- Participation in the School Age Child Care program may be limited or discontinued if this contract is not followed.

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**Signature**

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**Signature**

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**Date**



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## CENTRAL CONNECTICUT COAST YMCA School Age Child Care 2018-2019 Transportation Permission Form

I hereby give permission for my child, \_\_\_\_\_, give my permission for daily transportation to and from his/her school as indicated on my child's enrollment form as well as for emergency situations when the school needs to be evacuated for the safety of the children.

In the event of an emergency and I cannot be reached please call:

\_\_\_\_\_ at \_\_\_\_\_  
(Emergency Contact) (Phone Number)

I prefer my child to be taken to \_\_\_\_\_ hospital and in the event that my child requires emergency medical attention the following physician should be notified.

\_\_\_\_\_  
Physician's Name and number

\_\_\_\_\_  
Signature of Parent/ Guardian

\_\_\_\_\_  
Date



# State of Connecticut Department of Education Health Assessment Record



To Parent or Guardian:

In order to provide the best educational experience, school personnel must understand your child's health needs. This form requests information from you (Part I) which will also be helpful to the health care provider when he or she completes the medical evaluation (Part II).

State law requires complete primary immunizations and a health assessment by a legally qualified practitioner of medicine, an advanced practice registered nurse or registered nurse, a physician assistant or the school medical advisor prior to school entrance in Connecticut (C.G.S. Secs. 10-204a and 10-206). An immunization update and additional health assessments are required in the 6th or 7th grade and in the 9th or 10th grade. Specific grade level will be determined by the local board of education. This form may also be used for health assessments required every year for students participating on sports teams.

*Please print*

Student Name (Last, First, Middle)		Birth Date	<input type="checkbox"/> Male <input type="checkbox"/> Female
Address (Street, Town and ZIP code)			
Parent/Guardian Name (Last, First, Middle)		Home Phone	Cell Phone
School/Grade	Race/Ethnicity		<input type="checkbox"/> Black, not of Hispanic origin
Primary Care Provider	<input type="checkbox"/> American Indian/ Alaskan Native		<input type="checkbox"/> White, not of Hispanic origin
	<input type="checkbox"/> Hispanic/Latino		<input type="checkbox"/> Asian/Pacific Islander
			<input type="checkbox"/> Other
Health Insurance Company/Number* or Medicaid/Number*			
Does your child have health insurance?		Y N	If your child does not have health insurance, call <b>1-877-CT-HUSKY</b>
Does your child have dental insurance?		Y N	

\* If applicable

## Part I — To be completed by parent/guardian.

**Please answer these health history questions about your child before the physical examination.**

Please circle **Y** if "yes" or **N** if "no." Explain all "yes" answers in the space provided below.

Any health concerns	Y N	Hospitalization or Emergency Room visit	Y N	Concussion	Y N
Allergies to food or bee stings	Y N	Any broken bones or dislocations	Y N	Fainting or blacking out	Y N
Allergies to medication	Y N	Any muscle or joint injuries	Y N	Chest pain	Y N
Any other allergies	Y N	Any neck or back injuries	Y N	Heart problems	Y N
Any daily medications	Y N	Problems running	Y N	High blood pressure	Y N
Any problems with vision	Y N	"Mono" (past 1 year)	Y N	Bleeding more than expected	Y N
Uses contacts or glasses	Y N	Has only 1 kidney or testicle	Y N	Problems breathing or coughing	Y N
Any problems hearing	Y N	Excessive weight gain/loss	Y N	Any smoking	Y N
Any problems with speech	Y N	Dental braces, caps, or bridges	Y N	Asthma treatment (past 3 years)	Y N
<b>Family History</b>				Seizure treatment (past 2 years)	Y N
Any relative ever have a sudden unexplained death (less than 50 years old)		Y N		Diabetes	Y N
Any immediate family members have high cholesterol		Y N		ADHD/ADD	Y N

Please explain all "yes" answers here. For illnesses/injuries/etc., include the year and/or your child's age at the time.

Is there anything you want to discuss with the school nurse? Y N If yes, explain:

Please list any **medications** your child will need to take **in** school:

*All medications taken in school require a separate **Medication Authorization Form** signed by a health care provider and parent/guardian.*

I give permission for release and exchange of information on this form between the school nurse and health care provider for confidential use in meeting my child's health and educational needs in school.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

**Part II — Medical Evaluation**

**Health Care Provider must complete and sign the medical evaluation and physical examination**

Student Name \_\_\_\_\_ Birth Date \_\_\_\_\_ Date of Exam \_\_\_\_\_

I have reviewed the health history information provided in Part I of this form

**Physical Exam**

**Note:** \*Mandated Screening/Test to be completed by provider under Connecticut State Law

\*Height \_\_\_\_\_ in. / \_\_\_\_\_% \*Weight \_\_\_\_\_ lbs. / \_\_\_\_\_% BMI \_\_\_\_\_ / \_\_\_\_\_% Pulse \_\_\_\_\_ \*Blood Pressure \_\_\_\_\_ / \_\_\_\_\_

	Normal	Describe Abnormal	Ortho	Normal	Describe Abnormal
Neurologic			Neck		
HEENT			Shoulders		
*Gross Dental			Arms/Hands		
Lymphatic			Hips		
Heart			Knees		
Lungs			Feet/Ankles		
Abdomen			*Postural <input type="checkbox"/> No spinal abnormality <input type="checkbox"/> Spine abnormality: <input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Marked <input type="checkbox"/> Referral made		
Genitalia/ hernia					
Skin					

**Screenings**

*Vision Screening			*Auditory Screening			Lead:	Date
Type:	<u>Right</u>	<u>Left</u>	Type:	<u>Right</u>	<u>Left</u>		
With glasses	20/	20/	<input type="checkbox"/> Pass	<input type="checkbox"/> Pass			
Without glasses	20/	20/	<input type="checkbox"/> Fail	<input type="checkbox"/> Fail	*HCT/HGB:		
<input type="checkbox"/> Referral made			<input type="checkbox"/> Referral made		Other:		

TB: High-risk group?  No  Yes PPD date read: \_\_\_\_\_ Results: \_\_\_\_\_ Treatment: \_\_\_\_\_

**\*IMMUNIZATIONS**

Up to Date or  Catch-up Schedule: **MUST HAVE IMMUNIZATION RECORD ATTACHED**

**\*Chronic Disease Assessment:**

**Asthma**  No  Yes:  Intermittent  Mild Persistent  Moderate Persistent  Severe Persistent  Exercise induced  
*If yes, please provide a copy of the Asthma Action Plan to School*

**Anaphylaxis**  No  Yes:  Food  Insects  Latex  Unknown source

**Allergies** *If yes, please provide a copy of the Emergency Allergy Plan to School*

History of Anaphylaxis  No  Yes Epi Pen required  No  Yes

**Diabetes**  No  Yes:  Type I  Type II

**Other Chronic Disease:**

**Seizures**  No  Yes, type: \_\_\_\_\_

This student has a developmental, emotional, behavioral or psychiatric condition that may affect his or her educational experience.  
*Explain:* \_\_\_\_\_

Daily Medications (*specify*): \_\_\_\_\_

This student may:  participate fully in the school program  
 participate in the school program with the following restriction/adaptation: \_\_\_\_\_

This student may:  participate fully in athletic activities and competitive sports  
 participate in athletic activities and competitive sports with the following restriction/adaptation: \_\_\_\_\_

Yes  No Based on this comprehensive health history and physical examination, this student has maintained his/her level of wellness.  
Is this the student's medical home?  Yes  No  I would like to discuss information in this report with the school nurse.

Signature of health care provider MD / DO / APRN / PA	Date Signed	Printed/Stamped <b>Provider</b> Name and Phone Number
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# Immunization Record

**To the Health Care Provider: Please complete and initial below.**

**Vaccine (Month/Day/Year)** Note: \*Minimum requirements prior to school enrollment. At subsequent exams, note booster shots only.

	Dose 1	Dose 2	Dose 3	Dose 4	Dose 5	Dose 6
<b>DTP/DTaP</b>	*	*	*	*		
<b>DT/Td</b>						
<b>Tdap</b>						
<b>IPV/OPV</b>	*	*	*			
<b>MMR</b>						
<b>Measles</b>	*	*				
<b>Mumps</b>	*					
<b>Rubella</b>	*					
<b>HIB</b>	*				Students under age 5	
<b>Hep A</b>						
<b>Hep B</b>	*	*	*			
<b>Varicella</b>	*					
<b>PCV</b>					Pneumococcal conjugate vaccine	
<b>Meningococcal</b>						
<b>HPV</b>						
<b>Flu</b>						
<b>Other</b>						

**Disease Hx** \_\_\_\_\_  
**of above** (Specify) (Date) (Confirmed by)

**Exemption**

**Religious** \_\_\_\_\_ **Medical: Permanent** \_\_\_\_\_ **Temporary** \_\_\_\_\_ **Date** \_\_\_\_\_  
 Recertify Date \_\_\_\_\_ Recertify Date \_\_\_\_\_ Recertify Date \_\_\_\_\_

**Immunization Requirements for Newly Enrolled Students at Connecticut Schools**

**KINDERGARTEN** DTaP: At least 4 doses. The last dose must be given on or after 4th birthday  
 Polio: At least 3 doses. The last dose must be given on or after 4th birthday  
 MMR: 1 dose on or after the 1st birthday  
**Measles:** Second dose of measles vaccine (or MMR), given at least 4 weeks after the first dose  
 Hib: Children less than 5 yrs of age need 1 dose at 12 months or older Children 5 and older do not need proof of Hib vaccination  
 Hep B: 3 doses  
 Varicella: 1 dose on or after the 1st birthday or verification of disease

**GRADES 1-6** DTaP/Td/Tdap: At least 4 doses. The last dose must be given on or after 4th birthday  
 Students who start the series at age 7 or older only need a total of 3 doses  
 Polio: At least 3 doses. The last dose must be given on or after 4th birthday  
 MMR: 1 dose on or after the 1st birthday  
**Measles:** Second dose of measles vaccine (or MMR), given at least 4 weeks after the first dose  
 Hep B: 3 doses  
 Varicella: 1 dose on or after the 1st birthday or verification of disease

**GRADES 7-12** Td/Tdap: At least 3 doses. The last dose must be given on or after 4th birthday. Students who start the series at age 7 or older only need a total of 3 doses  
 Polio: At least 3 doses. The last dose must be given on or after 4th birthday  
 MMR: 1 dose on or after the 1st birthday  
**Measles:** Second dose of measles vaccine (or MMR), given at least 4 weeks after the first dose  
 Hep B: 3 doses  
 Varicella: 1 dose on or after first birthday or verification of disease:  
**VARICELLA VACCINE:** For students <13 years of age, 1 dose given on or after the 1st birthday. For students 13 years of age or older, 2 doses given at least 4 weeks apart  
**VERIFICATION OF DISEASE:** Confirmation in writing by a MD, PA, or APRN that the child has a previous history of disease, based on family or medical history

_____ Initial/Signature of health care provider MD / DO / APRN / PA	_____ Date Signed	_____ Printed/Stamped <b>Provider</b> Name and Phone Number
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# PARENT & ATHLETE CONCUSSION INFORMATION SHEET



## WHAT IS A CONCUSSION?

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 quickly 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.

## 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 after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

### 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.

## SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

## SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of 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 hit or fall
- Can’t recall events after hit or fall

[ INSERT YOUR LOGO ]



**“IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON”**

## 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 if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that 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)

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

1. 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 professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. 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, and 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.
3. 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.

## WHY SHOULD AN ATHLETE REPORT THEIR 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 brain. They can even be fatal.

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STUDENT-ATHLETE NAME PRINTED

---

STUDENT-ATHLETE NAME SIGNED

---

DATE

---

PARENT OR GUARDIAN NAME PRINTED

---

PARENT OR GUARDIAN NAME SIGNED

---

DATE

JOIN THE CONVERSATION  [www.facebook.com/CDCHeadsUp](http://www.facebook.com/CDCHeadsUp)



HEADS UP

TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](http://WWW.CDC.GOV/CONCUSSION)

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).



# CENTRAL CONNECTICUT COAST YMCA

## CONFIDENTIAL FINANCIAL ASSISTANCE APPLICATION page 2

Household Income	Monthly
Wages, Salaries & Tips (all sources in household)	\$
Unemployment Compensation	\$
Social Security Compensation	\$
Disability Compensation	\$
Child Support	\$
Alimony	\$
Aid to Dependent Children	\$
Food Stamps	\$
Housing Assistance	\$
Utility Assistance	\$
401K/Retirement	\$
	\$

If necessary, include documentation of any special expenses, extenuating circumstances, or crisis expense situations of which we should be aware.

Total amount you feel you can pay per month for program fees. \$ \_\_\_\_\_  
 An amount must be entered or the application will not be processed.

**REMEMBER:** A copy of the most recent Internal Revenue Service tax statement (tax return) and the last three pay stubs of all working adults must be included for this application to be processed. Your SSI Allocation statement, DSS budget worksheet and any unemployment documents (if applicable) must also be included. You may choose to include your W-2's, and/or any other documentation that supports your current income. (This information will be held confidential). Child Care and Summer Camp applicants must also complete the Department of Social Services Care-4-Kids application and return it with this application in order for this application to be processed or reviewed.

I certify that the above information is true and complete to the best of my knowledge. If requested, I will provide further substantiation of all facts included above. I understand that applications take at least two weeks to process, after which a YMCA representative will contact me. I acknowledge that an incomplete application will not be processed.

**Applicant's Name (print)** \_\_\_\_\_

**Applicant's Signature** \_\_\_\_\_

<u>Office Use Only</u>	
Date Received: _____	
Program: _____	Date(s) of Program: _____
Financial Assistance Awarded (%): _____	
Branch Signature: _____	Date Approved: _____