

2020 Cheerleader Dates

REGISTRATION:	July 8 th , 9 th & 10 th	5:00 PM – 7:00 PM
UNIFORM MEASUREMENT: \$95.00 Youth Size & Adult \$100.00 2XL (NO CHECKS, CASH ONLY)	Friday, July 17 th @ Civic Center Gym	5:00 PM – 7:00 PM
TEAM MOTHER MEETING:	Monday, July 27 th	7:00 PM
FIRST PRACTICE:	Monday, August 10 th (@ Soccer Field Under Trees)	5:30 PM – 7:00 PM
FIRST GAME:	Saturday, September 12 th	
PRINCESS & QUEEN PRELIMINARY JUDGING:	Tuesday, September 29 th	
PICTURE DAY:	Wednesday, September 16 th @ Civic Center	
PRINCESS & QUEEN FINALS JUDGING:	Thursday, October 1 st	
YOUTH NIGHT:	TBA	
CROWNING OF PRINCESS AND QUEEN:	Saturday, October 10 th	
LEAGUE TOURNAMENTS BEGIN:	Saturday, November 14 th	

Note: Cheerleader will travel to Pike Co., Lamar Co., Butts Co., Brooks, Locust Grove, Manchester, Monroe Co. and Carrollton. Parents will be responsible for transportation to and from games.

****No refunds will be made after Thursday, July 16th**

Assumption of Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person to person contact and high contact services. As a result, federal, state and local governments and federal and state health agencies recommend social distancing and have in many locations prohibited the congregation of groups of people.

The Thomaston-Upson County Recreation Department and Upson County have put in place preventative measures to mitigate the spread of COVID-19. However, the Recreation Department nor the County of Upson **CANNOT GUARANTEE** that anyone you are legally responsible for or yourself will not become infected with COVID-19 by participating in a Recreation/Upson County sponsored activity or utilization of a Recreation/Upson County facility. Further, attending a Recreation/Upson County sponsored could potentially increase risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that those I am legally responsible for and myself may be exposed to or infected by COVID-19 by attending Recreation/Upson County activities or utilization of Recreation/Upson County facilities and that such exposure or infection may result in personal injury, illness, permanent disability and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 at Recreation/Upson County activities and utilization of Recreation/Upson County facilities may result from the actions, omissions, or negligence of myself and others, including but not limited to Recreation/Upson County employees, volunteers and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to those I am legally responsible for and myself, including but not limited to person injury, disability, death, illness, damage, loss, claim, liability or expense of any kind, that I or the party I am responsible for may experience or incur in connection with mine or his/her participation in the Recreation/Upson County activities or utilization of Recreation/Upson County facilities. On my behalf and on behalf of those I am legally responsible for, I hereby release, covenant not to sue, discharge and hold harmless and indemnify the Recreation/Upson County, its employees, agents and representatives, of and from any and all claims including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any claims based on the actions, omissions, or negligence of Recreation/Upson County, its employees, agents and representatives, whether a COVID-19 infection occurs before, during or after participation in any Recreation/Upson County activity or utilization of a Recreation/Upson County facility.

I further agree to take all steps necessary to comply with the Executive and Emergency Orders issued by World Health Organization, the Federal Government, Center for Disease Control, State of Georgia and Upson County.

Print Names of those you are legally responsible for (including self)

Signature of Participant or Parent/Guardian

date

Print Name of Participant or Parent/Guardian

2020 COVID 19 GUIDELINES

Recreation Department responsibilities

Create and distribute protocols guiding season to all families who elect to play.
Have an effective communication plan in place.
Have an action plan in place in case of notification of a positive result.
Staff and volunteer coaches trained on protocols and requirements
Be prepared to shut down or stop program if necessary.
Ask player/families to bring hand sanitizer with them.
Enforce that no player should attend practice or game if he/she is exhibiting any symptoms including fever, cough, shortness of breath or difficulty breathing, chills, sore throat or new loss of taste or smell.
Enforce no team huddles, hugs, handshakes or high five.
Enforce Do NOT SHARE equipment mandate
Will not allow sunflower seeds, boiled peanuts, gum or any other items that require spitting to be sold at concessions
Recommend to avoid touching goals, benches, fences, nets or other people's belongings.
Enforce No team water coolers. Each player will bring own water bottle/drink
**DUE TO HEAT INDEXES---IF PLAYER DOES NOT BRING WATER/DRINK CANNOT PLAY/PRACTICE
NO WATER----NO PLAY**

All Youth Sport Coaches:

Will be asked to wear masks during practices, games and at all times when in coaching role
Will ask players daily how they are feeling. Will send home anyone who acts/behaves like they are sick.
Will follow all department, local, and state health guidelines
Will monitor and be responsible to be compliant with social distancing requirements
Will comply with sanitation practices dictated by individual sport
Enforce no water no play

Parent Responsibility

Will not bring player to practice/games if exhibiting symptoms of COVID19
Parent will check child temperature before activities with others
Parents will consider not carpooling or very limited carpooling
Parent will ensure child practice or game uniform are washed after each wearing
Player/parent responsible for cleaning equipment prior/after each practice or game
Parent will provide water/drinks for player. **NO WATER NO PLAY/PRACTICE**
Parent will be responsible that their player has sanitizing products with them at practice and games.
Will not gather to watch other games. Will exit/leave once game has concluded.

CHEERLEADING SPECIFIC GUIDELINES

Team Mothers responsible for monitoring social distancing during practices/games
Pom Poms will be used only at games not practice
Cheerleaders must provide own drink for practice and games. No team drinks or snacks will be dispersed
If no water/drink is brought with cheerleader...**NO PRACTICE OR PARTICIPATION**
Only one parent will be allowed to attend game
Parents should remain in vehicle during practices

I have read and understand the above guidelines. If, I or my player/child does not comply then I understand he/she will not be able to participate in youth Cheerleading program. **I also understand that no refunds will be made if my player/child is sent home due to non-compliance. I understand that no refunds will be given if season is postponed or cancelled.**

Name of Parent/Guardian

Date

HEAT FACT SHEET

YOUTH RECREATION TEAMS

For sports like football, fall baseball, fall soccer, and cheerleading...temperatures can be above the 95 degree mark. Heat indexes are even higher. Here are some tips to make sure your player is as well prepared as possible for these high temperatures.

1. Players should consume 16 - 24 ounces of fluid 1 to 2 hours before workout/competition.
2. Drink 4 - 8 ounces of water during every 20 minutes of exercise.
3. Drink before you feel thirsty. When you feel thirsty, you have already lost needed fluids.
4. Remember sports drinks *should contain less than 8% carbohydrates*. Carbohydrate content greater than 8% requires stomach to work and empty and should be avoided.
5. Remind your player to take advantage of all water breaks. We strongly encourage drinking water.
6. Wear light weight and light colored clothing when possible.
7. Avoid wearing articles that prevent water absorption. Wear natural absorbent fibers close to skin are best.
8. Athletes should wear sun screen on exposed skin.
9. Please be aware that medications can increase risk in extreme heat. Please inform coach if your player is taking diuretics, antihistamines, beta blockers and or anti-cholinergics. These medications can make player more prone to heat exhaustion.
10. Please exercise caution if your player is recovering from an illness. Again this could make player more prone to heat problems.

PARENTS:

Please stay close to practices and or check back often. If temperatures do become a problem...practices may be cut short. Provide your coach with a cell phone number that you may be reached in case practices are cut short or canceled.

A FACT SHEET FOR Youth Sports Parents



This sheet has information to help protect your children or teens from concussion, or other serious brain injury.

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.
 - 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. There is no "concussion-proof" helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

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. Remind them that *it's better to miss one game than the whole season.*

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

- 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"

GOOD TEAMMATES KNOW:

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.



cdc.gov/HEADSUP

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' healthcare provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



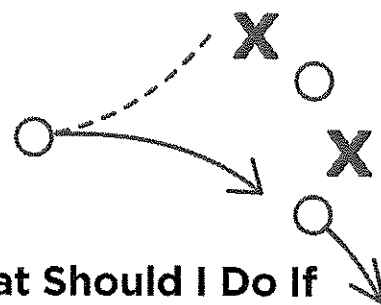
Plan ahead. What do you want your child or teen to know about concussion?

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.



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 healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare 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 healthcare provider should assess a child or teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

Revised January 2019

To learn more,
go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)

