

Code of Conduct

Youth running clubs play an important role in promoting the physical, social and emotional development. It is essential to encourage athletes to embrace the values of good sportsmanship.

I, _____, pledge the following while participating with Bolt Track and Field:

- 1) I will be responsible for my words and actions.
- 2) I will not engage in unsportsmanlike conduct. I will encourage good sportsmanship towards all attendees at every practice and meet.
- 3) I will not engage in any behavior which would endanger the health, safety or well-being of any attendee.
- 4) I will not use drugs, tobacco or alcohol while at a practice or meet and will not attend, coach, or participate in a youth event while under the influence of drugs, tobacco or alcohol.
- 5) I will not engage in the use of profanity. I will use appropriate language
- 6) I will treat all attendees with respect.
- 7) I will not engage in verbal or physical threats or abuse aimed at any attendee.
- 8) I will not initiate a fight or scuffle with any attendee.
- 9) I will remember that we are guests at meets and treat each track, field and public buildings with respect.
- 10) I will follow the rental guidelines for any location in which we practice or compete.
- 11) I will comply with the USATF rules and guidelines.
- 12) I will remember to put the well-being of my child(ren) ahead of my personal desire to win.
- 13) I will do my best to make every practice on time, ready to listen, work hard and learn.
- 14) I will be supportive of ALL athletes on the team.
- 15) I will support coaches and officials in order to provide an enjoyable and fun experience.
- 16) I will remember children are involved in organized sports for their enjoyment and children need models not criticism.
- 17) I will support the team by volunteering to help.

Anyone who fails to conform their conduct to the preceding code of conduct while attending, coaching, officiating, or participating in the Bolt Track and Field program will be subject to disciplinary action, including but not limited to the following:

- 1) Verbal warning issued by coaching staff or board of directors
- 2) Written warning issued by coaching staff or board of directors.
- 3) Suspension or immediate ejection issued by the organization or official who is authorized to issue such suspension by the youth running organization.
- 4) Season suspension or multiple season suspension issued by organization or by an official who is authorized to issue such suspension by the youth running organization.

Concussion:

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a ding or a bump on the head can be serious. You can not see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- Pressure in head
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- Do not feel right
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly

Slurred speech
Shows behavior or personality changes
Cannot recall events prior to hit
Cannot recall events after hit
Seizures or convulsions
Any change in typical behavior or personality
Loses consciousness

What can happen if my child keeps playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athletes safety.

If you think your child has suffered a concussion:

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new Zackery Lystedt Law in Washington now requires the consistent and uniform implementation of long and well established return to play concussion guidelines that have been recommended for several years:

a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time

and

not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>

Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 6/15/2009

Permission and Liability:

As a coach, volunteer, participant, and/or legal guardian of the child(ren) named in the Bolt Track and Field registration, do hereby give permission for myself and/or said child(ren) to participate and attend the club practices(s) and meet(s). I assume all risks and hazards incidental to such participation, including transportation to and from the activities, and do hereby waive, release, absolve, indemnify and agree to hold harmless Bolt Track and Field, coaches, club officers, assistants and persons transporting myself and/or my child(ren), and the City of Kirkland, from any and all claims arising out of any injury to myself and/or my child(ren).

I hereby authorize all medical, surgical, diagnostic, and hospital care or procedures which may be performed or prescribed for myself and/or my child(ren) by a licensed physician or hospital, when deemed immediately necessary or advisable to safeguard my and/or my child(ren)'s health.

I understand that I am committing myself and/or my child(ren) to Bolt Track and Field, a USA Track & Field registered club and may not run, jump, walk or throw with or for another USA Track & Field registered club for a period of 120 days following the last competition wearing this club's jersey, without the written permission from the president of this club.

I understand Bolt Track and Field is an all volunteer organization and that my/our family will have a responsibility to assist the club and that our participation will be required at both the Bolt Track and Field Meet and the Junior Olympic Association Meet (if athlete is participating). If we are unable to fulfill our obligation, it is our responsibility to find a replacement for our assigned shift.

I understand personal information of team members may not be shared without obtaining the permission of the individual athlete and/or parent.

I understand that a parent or guardian of child(ren) 9 years or younger must be present at practice and either run with the child(ren)s group or walk the course to be always available if needed.

Photography and Video Release Form:

This letter confirms the agreement between you and Bolt Track and Field regarding your child's participation in approved Bolt Track and Field activities in which they may be photographed or videotaped (the Property) from time to time.

For valuable consideration received, you hereby irrevocably grant to Bolt Track and Field perpetually, exclusively, and for all media throughout the world (including print, non-theatrical, home-video, CD-ROM, internet, social media and any other electronic medium presently in existence or invented in the future) the right to use incorporate (alone or together with other materials), in whole or in part, photographs or video footage taken of your child as a result of their participation in approved activities of Bolt Track and Field.

You hereby agree that you will not bring or consent to others bringing claim or action against Bolt Track and Field on the grounds that anything contained in the Property, or in the advertising and publicity used in connection herewith, is defamatory, reflects adversely on you or your child, violates any other rights whatsoever, including, without limitation, rights of privacy and publicity. You hereby release Bolt Track and Field, its directors, officers, successors and assigns from and against any and all claims, demands, actions, causes of actions, suits, costs, expenses, liabilities, and damages whatsoever that you may hereafter have against Bolt Track and Field in connection with the Property.

This agreement shall not obligate Bolt Track and Field to use the Property or to use any of the rights granted hereunder, or to prepare, produce, exhibit, distribute or exploit the Property.

Bolt Track and Field shall have the right to assign its rights hereunder, without your consent, in whole or in part, to any person, firm or corporation.

Refund Policy:

At the athlete's request, the cost of registration will be refunded minus the \$25 administrative fee, within 14 days of the team's first practice, not the individual athlete's first practice. No refund issued for uniforms once order is placed.

At the request of the coaching staff, a full refund will be awarded if it is determined that the program is not a good fit for an individual athlete and the athlete will be exited from the program. There is no refund in the case of an infraction of the Bolt Track and Field Code of Conduct which results in expulsion from the program.

COVID Release:

In consideration of being allowed to participate in any way with the Bolt Track and Field Track and Field Club including training, instruction, or competition, whether involving team or individual events and activities, the undersigned acknowledges, appreciates, and agrees that: The risk to have direct or indirect contact with individuals who have been exposed to and/or diagnosed with one or more communicable diseases, including but not limited to COVID-19 or other medical conditions, diseases, or maladies, and/or any mutation or variation thereof does exist and it is impossible to eliminate the risk that I, or my child, could become infected through contact with or close proximity to an individual with a communicable disease;

Contracting the COVID-19 may result in serious health issues for the participant and/or individuals the participant subsequently comes into contact with, and while particular rules, equipment, and personal discipline may reduce the risk of contracting the virus, the risk can never be completely removed;

I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,

I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual, significant hazard during my presence or participation, I will remove myself from participation and bring such hazard to the attention of the nearest official immediately; and,

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS BOLT TRACK AND FIELD, its officers, officials, agents and/or employees, other participants, sponsoring agencies, directors, sponsors, advertisers, and, if applicable, owners and lessors of the premises used to conduct the event (collectively, the "Releasees"), WITH RESPECT TO ANY AND ALL INJURY, ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Parent or legal guardian of each youth player must sign below.

FOR PARENT/GUARDIAN OF PARTICIPANT OF MINORITY AGE: This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases, and, for myself, my heirs, assigns and next of kin, I release and agree to indemnify the Releases from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE.

I agree, on behalf of myself and my child, to agree to abide by the terms of this waiver and release, which includes the terms of the attached Code of Conduct.

_____ Parent Name Child Name

Parent Signature
COVID-19 Return to Play Code of Conduct

As a condition of my child's return to play and use of the facilities with Bolt Track and Field: I will abide by the plan requirements set forth governing safety and behavior prior to being allowed to participate or enter a facility whether it is a practice, competition, or camp. I hereby agree and acknowledge that my participation, and that of my child, is completely voluntary and is not required or encouraged by Bolt Track and Field Track and Field staff.

I will not allow my child to participate in any activities if any member of my household has any of the following new or worsening signs or symptoms of possible COVID-19: Cough - Shortness of breath or difficulty breathing - Chills - Repeated shaking with chills - Muscle pain - Headache - Sore throat - Loss of taste or smell - Diarrhea - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit - Known close contact with a person who is lab confirmed to have COVID-19. I further agree that if any member of my household experiences these symptoms, I will notify the Bolt Track and Field President, Cameron Bolt at coachcam@boltrackclub.org.

I will not allow my child to return to sports participation if any individual in my household has diagnosed with COVID-19, until all three of the following criteria are met: i) at least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications); (ii) the individual has improvement in symptoms (e.g., cough, shortness of breath); and (iii) at least 10 days have passed since symptoms first appeared; or in the case of an individual who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19, and the individual may not return until they have completed the same three-step criteria listed above; or if the individual has symptoms that could be COVID-19 and wants to return to work before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an alternative diagnosis.

I agree to, whenever possible, drop off kids and pick them up from practice while staying inside my vehicle. If I choose to stay and observe the practice, they may do so from pre-designated areas, while keeping proper distancing from athletes and other parents.

I agree to instruct my child on the club's recommended guidelines for physical contact, which initially involve the prohibition of hugs, high-fives, etc.

I agree to ensure that my child has washed or sanitized their hands before entering the facility.