

Parent's Meeting:

The Parent's Meeting will be on Wednesday, September 6th at the pavilions on 2200 W at Veteran's Memorial Park (approximately 7900 S 2200 W)

(If you have 2 children in different age groups you only need to attend one meeting)

- White & Red at 5:15 pm
- Yellow, Green & Blue at 6:00 pm
- The same information will be covered in both meetings.

Parent Meeting: Wednesday, September 6th
5:15 pm White & Red
6:00 pm Yellow, Green, & Blue

Practices:

Practices will be held on Mondays and Wednesdays at Veteran's Memorial Park (8015 S 2200 W)

- One or two practices may be held at West Jordan High School so they can practice running hills.
- White & Red practice at 5:15 pm
- Yellow, Green & Blue practice at 6:00 pm

Schedules: If you need additional copies of the schedule it can be found on the Gene Fullmer Recreation Center website on the cross country page under youth sports.

Water, Water, Water: Please remember to send your child with water to each practice. We want to make sure everyone stays hydrated.

Rain-Outs: In case of bad weather, you may contact Gene Fullmer Recreation Center after 4:30 pm to verify if practice has been rained out. An email will be sent to you if we have an email address for you.

Meet Info: We will have 3 Meets:

- Thursday, September 28th
- Thursday, October 5th
- Saturday, October 14th

All program contact will be by email. Please make sure that we have your correct email address.

Sportsmanship: Parents please remember that the program is for the children participating. Any person (players, spectators, parents, etc.) behaving in an inappropriate manner will be asked to leave the game or practice. The decisions of the game officials and site supervisors are final. A coach or parent seeking to resolve a conflict or issue should attempt to do so by speaking with personnel responsible for the program in the following order: (1) Volunteer Coach, (2) Site Supervisor (can be located around game sites), (3) Program Coordinator (responsible for program development, management and overall supervision). For more questions please email Liz Lujan at elujan@slco.org or call the front desk at 385-468-1951

Please see the reverse side for Patron Standards of Conduct and Head Concussion Policy and Procedure—→

Head Injury & Concussion Policy and Procedures

Pursuant to the passage of House Bill 204, Protection of Athletes with Head Injuries and in order to help protect participants in Salt Lake County sporting events, effective July 1st 2011, Salt Lake County Parks and Recreation requires that athletes, parents/guardians and coaches follow Salt Lake County Head Injury Policy and Procedures.



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. You can't 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/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away. For more information on symptoms and signs observed by teammates, parents and coaches visit our webpage—www.slco.org/recreation

What can happen if my athlete keeps on 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 a young athlete's safety.

If you think your child/player has suffered a concussion

Any athlete, under the age of 18, suspected of suffering a head injury or concussion must 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 written medical clearance; Written medical clearance must state that the athlete has been evaluated by a qualified health care provider, licensed under Utah Code Ann, Title 58, who is trained in the evaluation and management of concussions; and that the qualified health care provider has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion; and the athlete is cleared to resume participation in the County sporting program or event.

You should also inform your child's coach if you think that your child/player 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.