



Parent Responsibilities

All parents want their kids to do well and have fun in the activities they pursue. We want you to be actively involved in positive ways with your child's sport experience at the YMCA of Hagerstown. To do that, you need to first understand your responsibilities as a parent of a child in a YMCA youth sports program.

1. Encourage your child to play sports, but don't pressure. Let your child choose to play-and to quit-if he or she wants.
2. Understand what your child wants from sports and provide a supportive atmosphere for achieving these goals.
3. Set limits on your child's participation. Don't make sport everything in your child's life; make it a part of life.
4. Keep winning in perspective, and help your child do the same.
5. Help your child set challenging but realistic performance goals rather than focusing only on "winning the game".
6. Help your child understand the valuable lessons sport can teach.
7. Help your child meet responsibilities to the team and to the coach.
8. Turn your child over to the coach at practices and games-don't meddle or coach from the sidelines.
9. Supply the coach with information on any allergies or special health conditions your child has and make sure your child brings any necessary medications to practices and games.

Parent Code of Conduct

1. Remain in the spectator area during competitions.
2. Let coaches coach.
3. Keep comments positive to players, parents, officials, and coaches of both teams.
4. Cheer for your team.
5. Show interest, enthusiasm, and support for your child.
6. Be in control of your emotions.
7. Help when you're asked to by a coach or an official.
8. Thank the coaches, officials, and other volunteers who conducted the event.

Concussion Information

What happens if you think your child has suffered a concussion?

1. Parents and coaches should inform each other if they think the athlete may have a concussion. Remember it is better to miss one game than to miss the whole season. When in doubt, sit them out.
2. Any athlete who is suspected of suffering a concussion should be removed from play immediately.
3. 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.

What are the criteria for gradual return to play?

1. No symptoms at rest/no medication used to manage symptoms.
2. No return of symptoms with typical physical and cognitive activities of daily living.
3. Neurocognitive functioning at typical baseline.
4. No other medical/neurological complaints/findings.

For up-to-date information on concussions, please go to: <https://www.cdc.gov/headsup/index.html>