



Please read, fill out, and sign the following documents.

These must be completed and returned to your coach as soon as possible to complete the registration process.

The current season's fee for Masters/Adult swimming with Manta Ray Aquatics is \$65 per month. This is billed monthly through our MRA website. An email will be sent (from Team Unify) at the end of each month as a reminder that there will be a new invoice generated for the beginning of the following month. Instructions to access your account are included in that email. Payments are due by the 10th of each month. A \$10.00 late fee will be added for payments received after the 20th of the month. An account that is more than 45 days past due without arrangements made with the treasurer to bring the account current will result in the swimmer not being allowed to participate in practice until suitable financial arrangements are made. **NOTE: All returned checks will result in a \$45 fee.**

All participants of Masters/Adult swim practices are required to register with United States Masters Swimming (USMS) before being allowed to enter the pool. Moses Lake Masters and USMS offer a two week free trial. However, registration for the two week trial must be completed for USMS before an athlete will be allowed in the pool. Proof of registration for USMS whether it is for a trial or not must be presented to a coach prior to swimming.

Trials for USMS and Moses Lake Masters are a one-time per lifetime offer.

Visit USMS.org to register. When prompted, use the information below to join under our team's account.

LMSC: Inland Northwest

Team: Moses Lake Masters

Practice Times: 5:15 a.m. – 6:45 a.m., Monday, Wednesday, & Friday

*******NOTE*******

Practice schedule subject to change without notice.

*In the event of a school closure or delayed start due to weather, practice will be canceled.

Member Name

Member Signature

Date

By signing this document, you acknowledge and accept all of the requirements of MRA membership.



MANTA RAY Aquatics

P.O. Box 452, Moses Lake, WA 98837 / mantaraysinfo@gmail.com / www.mlmr.org



Swimmer: _____
(First Name) (Middle Name) (Last Name)

Birthdate: _____ Gender: _____

Home Number: _____ Cell Number: _____

Emergency Contact: _____ Phone Number: _____

Other Emergency Contact: _____ Phone Number: _____

Physician: _____ Phone Number: _____

Allergies: _____

Diet Restrictions: _____

Other Health Concerns: _____

In the event that I should require medical attention and am unable to give consent,
I hereby authorize Manta Ray Aquatics to obtain necessary medical attention on my behalf.

Athlete Signature: _____

Date: _____





CODE OF CONDUCT - Masters

Coaches and athletes share the same goal, we all want training and competition with the team to be a safe and positive experience. To this end, we are requesting that each member read and understand the following guidelines. All members will be bound by this Code.

Members will:

- Listen to and follow the instructions of the coaches at all times.
- Use appropriate language and manners at all times (no profanity, abusive, or suggestive language).
- Treat coaches, teammates, opponents, and pool staff with respect.
- Do your part to help others swim well at practice by being courteous and respectful of others that may be sharing your lane.
- Refrain from physical contact with other swimmers during practice and in locker rooms.
- Take proper care of equipment, picking it up and storing it as directed by your coach.
- Be safe, and treat others safely. Report any injuries or incidents to the coach immediately.
- Positively represent MRA at competitions, practices, and other club-sponsored events.

Any violation of this Code of Conduct Policy will be subject to but not limited to the restriction of participation in practice and other team activities.

Thank you for reading the above and understanding how it relates to the sport of swimming, our swimmers and our team. If we all work together, our team will be successful and achieve together the goals of our coaches, swimmers and team.

Member Name

Member Signature

Date



MOSES LAKE SCHOOL DISTRICT

Concussion Information Sheet

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’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 someone reports any symptoms of concussion, or if you notice the symptoms or signs of concussion within yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• Amnesia• “Don’t 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 and coaches include:
<ul style="list-style-type: none">• 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• Can’t recall events prior to hit• Can’t recall events after hit• Seizures or convulsions• Any change in typical behavior or personality• Loses consciousness

MOSES LAKE SCHOOL DISTRICT

Concussion Information Sheet

What can happen if I keep on playing with a concussion or return to playing too soon?

Athletes with the signs and symptoms of concussion should be removed from the activity immediately. Continuing to play with the signs and symptoms of a concussion leaves the 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.

If you think you have suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the activity 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:

Athlete Name Printed

Athlete Signature

Date

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



In addition to the development of our swimmers and enjoyment of the sport of swimming, the safety and protection of our swimmers is central to our mission as a community swim club. MRA adheres to USA Swimming's SafeSport Program as a means to help protect its participants from physical abuse, sexual abuse and other types of misconduct, including emotional abuse, bullying, threats, harassment and hazing. To help prevent abuse or misconduct from occurring in our locker rooms, MRA has adopted the following locker room policy. This policy is designed to maintain personal privacy as well as to reduce the risk of misconduct in locker rooms.

Cell Phones and Other Mobile Recording Devices

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video cameras, are not permitted to be used in the locker rooms. If phones or other mobile devices must be used, they should be taken outside of the locker room. The use of these devices increases the risk for different forms of misconduct in locker rooms and changing areas. The USA Swimming Athlete Protection Policies prohibit the use of such devices in the locker room or other changing areas:

***Article 305.3** Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.*

Prohibited Conduct and Reporting

Manta Ray Aquatics Swim Team prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment and hazing, all as described in the USA Swimming SafeSport Handbook. Participants, employees or volunteers in MRA may be subject to disciplinary action for violation of these locker room policies, or for engaging in any misconduct or abuse that violates the USA Swimming SafeSport Policies.

Violations of this policy may range from being sent home from practice, to dismissal from the team. If severe violations occur involving alleged abuse, the appropriate authorities will be notified immediately, and the people involved in the allegation will not be permitted to be involved in the program until an investigation is completed.

For reports of any actual or suspected violations, please talk to a coach or member of the Board of Directors immediately. Or you may contact USA Swimming directly via their online form, or you may email/call USA Swimming Director of Safe Sport Susan Woessner swoessner@usaswimming.org 719 866-3589 or 719 332-0184. This may be done anonymously.

To review the full USA Swimming Safe Sport Handbook, please visit www.usaswimming.org/protect

We are committed to the safety and well being of our swimmers.