

South Bay Aquatics Information Packet

2220 Otay Lakes Road, Ste 502-755, Chula Vista, CA 91915
(619) 517-6180 – Phone or Text / admin@southbayaquatics.org

Welcome to SBA! Here you will find information regarding the swim team.

POOL LOCATIONS

Refer to www.southbayaquatics.org for current locations/hours

***(EL) Eastlake**, Eastlake Greens Pool, 2405 Clubhouse Drive, Chula Vista
(*must be resident of Eastlake Association to swim at pool)

(LV) Loma Verde Pool, 1420 Loma Lane, Chula Vista

(MD) Mater Dei High School, 1615 Mater Dei Dr, Chula Vista

(MM) Mt. Miguel High School, 8585 Blossom Lane, Spring Valley

GROUPS AT EACH LOCATION

Eastlake: Bronze / Silver

Loma Verde: Bronze / Silver

Mater Dei: Bronze* / Gold / All Senior Groups

Mt. Miguel: Bronze / Silver

***There is a waiting list / limited space at Mater Dei for the bronze group**

PROCESS TO JOIN

Step 1: TESTING

Placement testing is required for all new swimmers and returning swimmers suspended longer than 6 months. During the spring/summer, most groups can have a waiting list. Contact Admin@southbayaquatics.org for information on scheduling a swim test and to join the current waiting list (if applicable). Testing days and times vary by location.

Test Requirements: The swimmer must swim 50 yards freestyle with breathing; 25 yards backstroke and be deep water safe.

Step 2: CREATE ONLINE ACCOUNT/REGISTER FOR 2 WEEK TRIAL

After the test, go to www.southbayaquatics.org to register online for a 2-week trial for \$50. Registration with a valid email is required. Weekly and team-wide notices are sent by email. Coaches have alternative means of communication for their specific groups. It is imperative parents join their swimmer(s)' group platforms. The coaches will give that information to you once you are on their roster. When creating your account, please verify **ALL EMAILS/CELL PHONE NUMBERS**.

To register, go to www.southbayaquatics.org and select **START REGISTRATION**. Choose the appropriate group and check out. From there, you will be taken through a series of pages to complete.

Terms to know:

Account refers to the parent/guardian responsible for the swimmer.

Member refers to the swimmer.

A valid email address and phone number along with other pertinent information are required. During the initial registration, you must pay by credit card. Once the Admin approves the account, you will have access to update/view your account. All payments must be made by credit card or ACH/Bank Draft. If you have any questions or issues creating the account, please email admin@southbayaquatics.org. Only ONE account is needed per family. Multiple swimmers are tied to the email address. Sports Engine is the platform that runs our website. It is possible to have an account already through Sports Engine if your athletes played other sports.

Step 3: TRIAL PERIOD

Upon successful completion of the assessment and registration, swimmers may start the Two-Week Trial Period upon registration and space availability. The start date of the Trial may depend on a waiting list at the pool (if applicable). The Admin or coaches will notify you of a waiting list.

TWO WEEK TRIAL PERIOD:

We offer **NEW SBA SWIMMERS** a **ONE TIME** two (2) week tryout for \$50. It is for two (2) consecutive weeks and cannot be broken up over a longer period of time. The fee is due at the time of registration; trial periods cannot start without registering first.

If your swimmer decides to continue after the trial period, the remaining days of the month will be prorated and due after the two-week trial has ended (if applicable). The full monthly fees are charged at the beginning of the following month. ****The only time fees are not prorated is if the tryout covers the last 2 weeks of a month.*** Swimmers continuing after the trial period are also required to register with USA Swimming; this is an annual registration. More information below.

It is the responsibility of the parents to notify SBA Admin if they are not continuing after the trial period. Billing will continue unless otherwise notified.

CURRENT and RETURNING SWIMMERS:

SBA is a year-round swim program, and it is expected swimmers will take time off throughout the year for various reasons. An important thing to keep in mind: **it is the parent's responsibility to inform SBA if you plan to be gone 30 days or longer.** Email admin@southbayaquatics.org before the end of the last active month to have your account suspended. Suspended accounts are not billed. All billing automatically occurs on the 1st day of each month for all active accounts. **Note: Monthly fees are not pro-rated after the initial tryout period (if applicable) and are assessed whether a swimmer attends 1 practice a month or 20+, so returning before the end of the month will generate the full monthly fee.**

The two-week tryout offer is only valid once. If a swimmer returns after an extended break, they are not eligible for the trial again. Additionally, returning swimmers **MUST** register with USA Swimming prior to returning to the team. **There is no grace period.**

MONTHLY FEES AND GROUP TIME COMMITMENTS

Group	Duration	Price
Pre-Bronze	Up to 2 hours a week (smaller groups)	\$145 per month
Bronze	Up to 4 hours a week (3 or 4 days a week)	\$145 per month
Bronze 2	Up to 4 hours a week + up to 30 minutes of dryland at pool (4 days a week)	\$145 per month
Silver	1.5 hours weekdays	\$168 per month
Gold~	2 hours Monday-Saturday	\$191 per month
Senior Groups: (time standards - not age based)		
Senior Development	2 hours weekdays	\$168 per month
Senior Prep~	2 hours Monday-Saturday plus dryland	\$191 per month
Senior Performance~	Minimum 2 hours daily up to 6 days a week with dryland plus additional workouts during peak season	\$214 per month

~The Gold and Senior groups may incorporate up to 30 minutes of dry land activities before swimming and also have additional morning workouts throughout the season. Some dryland activities may incur additional costs.

Monthly fees are due on the first day of the month and considered late after the 10th day. A late fee of 10% will be added after the 10th day unless other arrangements are made before the first day of the month. Note: Monthly fees are not pro-rated after the initial tryout period (if applicable) and are assessed whether a swimmer attends one practice a month or all practices offered.

Accounts are required to keep a valid credit/debit card or automatic bank draft active.

Coaches cannot accept cash/check payments at the pool. Arrangements should be made with the admin to collect cash or checks; additionally, checks can be mailed to SBA; however, you are encouraged to go online and make a credit/debit payment at any time on your account to avoid any late fees. Credit card payments are charged automatically on the 1st day of each month or the 1st day of the quarter, if paying quarterly. Please email admin@southbayaquatics.org with any issues regarding adding credit/debit card/ACH information.

ANNUAL TYR PACKAGE:

In 2025, SBA partnered with TYR to receive top-quality performance gear, consistent access to the latest TYR technology, and exclusive team support, all of which will play a vital role in their development and success at every level.

Starting November 1, 2025, each active swimmer will be billed for the team bundle package which consists of a **team shirt, hoodie, practice suit, and SBA swim cap**. Beginning in 2026, this annual charge will happen between September and November. The costs vary depending on the suit but range from \$66-\$110.

DISCOUNTS:

We offer a \$10 monthly sibling discount for any additional active swimmer(s) **in the same household**. The first swimmer is full price. All additional siblings must be registered on the same account; the discount automatically applies each month all siblings are active.

We offer a 10% discount if a swimmer pays quarterly**: Jan-Mar, Apr-Jun, Jul-Sept, and Oct-Dec. This fee is due the first month of each quarter. *For example, a swimmer in the Bronze group's quarterly fee is \$391.50 (\$145 x 3 months x 10% off.) If there is a second swimmer in the household who is also in the Bronze group, that swimmer's quarterly fee is \$364.50 (\$145 - \$10 sibling discount = \$135 x 3 months x 10% off.)* Quarterly fees are not pro-rated and suspending/leaving the team during a quarter will revert to the regular monthly amount due for each month attended during the quarter.

**10% quarterly discount does not apply to swimmers with Outreach rates.

OUTREACH: Finally, we offer a 25% monthly discount for swimmers who qualify under the following: Federal food stamp program (SNAP) / Federal housing documentation (HUD.GOV) / WIC Program (Women, Infant and Children Federal Nutrition Program) / Temporary Assistance for Needy Families (previously AFDC) / Emergency Food Assistance Program (TEFAP) / Medicaid Medical Card / Children's Health Insurance Program (CHIP) / State programs / Social Security Disability Insurance (SSDI) / Supplemental Security Income (SSI) / Home Energy Assistance Program (LIHEAP)

Refer to [this link](#) and EMAIL one of the USA Swimming approved documents to the Admin to receive the 25% discount. Paper copies are not accepted. Updated documents are required by **September 1 of each year** to keep the discount. Also, Outreach cannot be combined with any other discounts. The discounted rate takes effect the month following receipt of the letter. **NO EXCEPTIONS.**

REFUNDS:

Refunds are issued on a case-by-case basis. **It is the parent/guardian's responsibility to notify the admin when swimmers are taking a leave of absence.** Accounts are not automatically refunded if your swimmer does not attend for a calendar month. If approved, no more than **1 month of fees** charged will be refunded and only applies to the month contacted. **NO EXCEPTIONS.** (Ex. Parent emails on January 1 to stop account; only January fees will be refunded). **Notifying the coaches of suspension is not sufficient; they do not have account access.** Email admin@southbayaquatics.org or call/text at 619-517-6180. A confirmation notice will be given.

Step 4: REGISTER WITH USA SWIMMING:

At the conclusion of the two-week trial period, each swimmer is **required** to register with USA Swimming...**NO EXCEPTIONS!** It is for catastrophic liability insurance while at SBA functions (meets, practices, etc.). It is also required to enter sanctioned swim meets. A separate email with the

registration code will be sent at the end of the trial period to register. **NOTE: If your swimmer is not registered with USA Swimming by the end of the trial period, you cannot get into the pool until such registration occurs.** New swimmers **MUST** register at the conclusion of the trial period; returning swimmers **MUST register prior to returning to SBA.** The registration is an annual occurrence; however, the following year's registration opens September 1 of the current year for the same price. For example, 2026 registrations are open from September 1, 2025, and are good through December 30, 2026. The following year's registration open September 1.

All swimmers, regardless of status (new, current or returning) will register directly with USA Swimming. New members need to register by the conclusion of the trial period to remain eligible to practice; **returning swimmers must register before resuming practices**, and current swimmers have until the end of December to register for the following year. Parents self-register and pay for new and/or renewed USA Swimming registrations. **In order to register, you must receive an email from the Admin with the registration code;** the initial process is lengthy and a bit complicated.

There are 2 main types of registrations: Premium and FLEX. Both are good through December 30; however, FLEX is for swimmers through 12 years of age and allows swimmers to compete in 2 sanctioned swim meets per calendar year; premium has no meet restrictions. Once the 2 meet maximum has been met, SBA will upgrade and bill the FLEX registration upon entry of the third meet. FLEX can only be upgraded to the same year as Premium by paying the difference. (e.g. 2026 FLEX can upgrade to 2026 Premium for \$57; 2025 FLEX cannot upgrade to 2026 Premium (after September 1)).

Like SBA, USA Swimming offers a discount on registration for swimmers who qualify under the Outreach guidelines. If you meet any of the Outreach criteria, ask the Admin for a separate code to register as an Outreach athlete. The fee is \$7 and has no meet restrictions. Click [here](#) for acceptable documents and submit to the Admin via email.

Annual Renewals/Upgrades:

Every swimmer must be registered with USA Swimming to be in the pool (except during the trial period). Parents are required to self-renew their swimmer's USA Swimming registration each year; SBA can only upgrade FLEX to premium during the same year.

SWIM MEET ENTRIES

Swim meet schedules for each season can be found on SBA's website under Team Events or on our LSC website www.si-swimming.com. This is a great place to find local swimming information. Upcoming meets, results from past meets, forms, and other information can all be found on the website listed above.

SBA adds a \$2 Administrative Fee to each swimmer entering a swim meet. Meet formats and instructions to enter/pay are under each meet listed. Most meets are entered online only on the website whereby parents can pay online themselves or be billed/charged for the entries. All payments should be made online. Information as to when the entries are due for specific swim meets is on the Team Events tab, located on the SBA website (www.southbayaquatics.org). The deadline for meet entries is generally on a Sunday, up to 2 weeks before the specific swim meet. The meet entries **MUST BE REGISTERED ONLINE.** Credit cards are billed a few days after the deadline passes. For questions

regarding an entry, ask your swimmer's coach. **Late entries (if accepted) will be charged double and are at the discretion of the host team. No Exceptions.**

REFUNDS / NO SHOWS / SCRATCHED EVENTS:

If you register for a swim meet, you are responsible for the meet fees **even if you do not attend the meet FOR ANY REASON**. To avoid being charged for the meet, you **MUST** decline by the stated deadline. Once the deadline passes, SBA pays the meet entries on the swimmers' behalf and is not refunded for missed events. Keep in mind you may enter any number of qualified events; however, if the meet has entry limits, you will need to scratch extra events. There are no refunds for scratched events. Always read the meet information sheet for entry limits. **There are NO EXCEPTIONS to these rules, even for SBA hosted meets.**

PARENTS CONDUCT AND VOLUNTEERING

Since 2023, USA Swimming requires parents to complete the Safe Sport Modules (Parent's Guide to Misconduct in Sports). This is also a requirement to be allowed on the deck; lack of completion does not excuse volunteering duties. Fines will still apply. More information is listed further in the packet.

More so than swimmers, parents are the most valuable asset to SBA's success, and volunteering is essential. Normally SBA hosts 5-6 swim meets a year, and those meets would not be possible without parent support. **In order to register for any swim meet, swimmers are required to have a parent volunteer at the meets. At home meets, swimmers cannot check in for events until a parent/volunteer is on the schedule.**

For non-SBA hosted (away) meets, all swimmers are required to have a parent volunteer at the meet. This usually involves lane timing; however, certain meets have other responsibilities. At the end of this packet is the VOLUNTEERING POLICY. Please read it over carefully and contact the admin if you have any questions/concerns.

Each facility allows parents to remain in the pool area; however, during practice, parents **MUST** remain in the spectator areas of the pools and not disturb the coaches or swimmers. If you have a question for the coach, please email them first and arrange to talk to them before or after the practice.

Swimmers **MUST** be picked up within 15 minutes of their scheduled end of practice time to avoid being assessed a late pick-up fee. Be on time or check with other parents if you need to carpool.

FUNDRAISING

SBA is a non-profit swim team that runs primarily on monthly fees from the general membership. In order to keep the monthly fees as low as possible, SBA hosts swim meets and small optional fundraisers throughout the year. **There is only one MANDATORY fundraiser for the team.** Fees and donations collected throughout the year are used to help defray pool costs, purchase and maintain team equipment and keep monthly fees at reasonable rates.

SWIM-A-PALOOZA (MANDATORY FUNDRAISER)

Once a year SBA hosts a Swim-A-Palooza. This is the **one mandatory** fundraiser for our team. Traditional year-round swimmers and summer seasonal swimmers joining at least 30 days before the scheduled fundraiser are required to participate. There are minimums set at the beginning of each campaign year. Minimums may be set per family or individual rates starting at *\$200. In addition to minimum donation, swimmers are encouraged to swim up to 200 laps during the designated Swim-A-Palooza day. More information is available during the fundraising campaign. Prizes and other incentives are offered for raising the most funds during the campaign. ***24-hour relay participants have a minimum amount PER SWIMMER regardless of household status.**

ADDITIONAL INFORMATION / UNFORSEEN CIRCUMSTANCES:

While we try to get information out early for planned pool closures, there are times when a pool will close unexpectedly and/or practice times/locations change. The plan in place is to notify all parents as soon as we are notified; however, to do that effectively, we need all parents to not only have their contact information up to date and verified on the SBA website, but to also be on the group messaging apps of their coach(es). Please have not only the Account page updated, but also the Member page (swimmer's page) as well so coaches can send out messages quickly and to each active member. Each account and member page should have an email address and cell phone number. Once those are entered, you will receive an email/text asking to verify, please answer accordingly. Additionally, check Instagram, X and Facebook for up-to-date SBA information. **Coaches have their own group chats on WhatsApp; be sure to get your information to them as Coaches have the most up to date pool information.**

DELINQUENT ACCOUNT POLICY:

SBA is a non-profit swim club that relies almost exclusively on membership dues to operate. Through our mandatory fundraiser and other outlets, we are able to keep the fees lower than other swim teams in the area. With that in mind, it is important to keep all accounts current. If a situation arises, please do not hesitate to contact the admin to discuss options. Article II, Section 5.B of the By-laws state in part that any membership with dues more than 30 days in arrears and without a payment plan ... shall be terminated. Furthermore, Article III, Section 2.A states in part that members who have not paid fees by the 10th of the month shall not be permitted to enter the pool until fees are paid current.

SBA PARENT VOLUNTEER POLICY

South Bay Aquatics (SBA) is a parent run non-profit organization. SBA is able to keep the monthly fees low by implementing several revenue generating activities like the mandatory fundraiser and hosting 5-6 swim meets a year. The other major factor in keeping fees low is volunteering.

After careful review of our current practices as well as researching policies/practices of other teams locally and regionally, the Board implemented the following guidelines for volunteering obligations:

* Our hosted (home) swim meets (typically 5-6/yr.), **REQUIRE** a 2-4 hour volunteer block during **each session** your child swims depending on meet length and number of SBA swimmers entered.

Swimmers cannot check in unless a parent/guardian is signed up for volunteering slots. Sessions are typically days of the meet (ex. Saturday and Sunday)

* For non-hosted (away) meets, all families are **REQUIRED** to volunteer in **EACH session** they have a swimmer competing. The majority of volunteering at away meets is lane timing unless it is a championship level meet.

A team parent meeting for all away meets is set for 30 minutes before the start of each session. During this time, parents meet each other and arrange how their time block will be managed. To ensure fairness, just as the swimmers have a check-in cutoff, so will the parents.

Parents are expected to be present at the parent meeting (and fulfill your timing slot) in order to receive credit for volunteering. The Parent Board voted to implement a \$100* FINE billed to your account for EACH parent meeting and/or timing slot missed (this could result in several fines for multiple sessions/multiple days). *That amount will increase for repeat violators.

It is the **PARENT'S** responsibility to be present or have a representative responsible for fulfilling your volunteering obligations. **This applies even if your coach allows you to show up to the meet after the session starts (ex: relay only swimmers).** The goal is to have fair, widespread parent participation. *You cannot send your swimmer entered in the meet to the meeting to represent you.

Parent meetings are scheduled 30 minutes before the start of the session.

SAFE SPORT FOR PARENTS/SWIMMERS REQUIREMENTS

Instructions for Safe Sport for Parents Course

USA Swimming and San Diego-Imperial Swimming, our governing bodies require all swim teams to be a Safe Sport Recognized Club. SBA is a Safe Sport Recognized club. Part of maintaining our recognized status is that all SBA parents of swimmers of all ages as well as all athletes 12 and over complete the Safe Sport modules. Once your swimmer/athlete is registered, you can register for the module.

The courses are all offered through USA Swimming and as parents/swimmers complete the courses, the information is updated automatically. **This course must be taken annually** by each member of SBA, board members and coaches included.

This online course takes about 1 hour to complete.

This is a requirement from USA Swimming.

When you complete the course save/download the certificate and email to the Admin.

Items of Note: LSC (local swim club) - SI for San Diego Imperial

Club Code: SBA (South Bay Aquatics)

1. Create/login to your account with USA Swimming (hub.usaswimming.org) When you register your child for USA Swimming under your name, that is the account you will use.

2. Verify your email; an email will come from Ping to verify your account. (If necessary)

3. Login to your USA Swimming account and select the EDUCATION tab.
4. Select Course Catalog
5. Select Safe Sport Courses
6. Select **Parents Guide to Misconduct in Sport**
7. Select Go to Course
8. Once the course is complete, print the certificate and email to the admin.
9. Forward completed certificate to admin@southbayaquatics.org

IMPORTANT WEBSITES & EMAIL ADDRESSES

www.southbayaquatics.org – SBA’s Official Website

www.si-swimming.com – San Diego/Imperial Swimming Website

www.usaswimming.org – USA Swimming Website

admin@southbayaquatics.org – SBA Admin

treasurer@southbayaquatics.org – SBA Treasurer

President@southbayaquatics.org – SBA President

teamstore@southbayaquatics.org – Team Store (team shirts, hoodies, caps, etc)

<https://www.swimwestusa.com/collections/south-bay-aquatics-1> - Team Store (suits, parkas, gear)

Password: gosba

Coaches:

CoachVuk@southbayaquatics.org – Vuk Celic – Sr Performance / Head Coach

Nedsmaggiora@gmail.com – Ned Maggiora - Head Age Group Coach, Gold Group Coach

CoachAndy@southbayaquatics.org – Andy Randazzo - Senior Prep/Senior Performance Coach

CoachNatalia@southbayaquatics.org – Natalia Martinez – Bronze Coach

CoachRyoko@southbayaquatics.org - Ryoko Gidley – Bronze/Silver Coach

Jdavalos121@yahoo.com – Joe Davalos – Bronze/Silver/Sr Development Coach

ddanielacarolinaa@gmail.com – Dani Ramirez – Bronze Coach

admin@southbayaquatics.org / (619) 517-6180 – Team Admin

Text message preferred as those are seen before phone calls. Messages will be returned within 24 hours.

****Hotmail emails are not always delivered to the admin email – please call/text with inquiries****



CONCUSSION INFORMATION SHEET

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe.

Signs and Symptoms of a Concussion

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

Signs Observed by Coaches, Officials, Parents or Guardians

- ☐ Appears dazed, stunned or confused
- ☐ Unsure about event, location or name of meet
- ☐ Moves clumsily
- ☐ Answers questions slowly
- ☐ Loses consciousness (even briefly)
- ☐ Shows behavior or personality changes – irritability, sadness, nervousness,
- ☐ emotional

Can’t recall events before or after incident

Symptoms Reported by Athlete

- ☐ Any headache or “pressure” in head - how badly it hurts does not matter
- ☐ Nausea or vomiting
- ☐ Balance problems or dizziness
- ☐ Double or blurry vision
- ☐ Sensitivity to light and/or noise
- ☐ Feeling sluggish, hazy, foggy or groggy
- ☐ Concentration or memory problems
- ☐ Confusion
- ☐ Does not “feel right”
- ☐ Trouble falling asleep
- ☐ Sleeping more or less than usual

Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss practice or meets than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention on the day of the event is an important first step if you suspect or are told your swimmer has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities:

- ☐ No athlete should return to activity on the same day he/she gets a concussion
 - ☐ No athlete may return to training, regardless of sport, until he/she is cleared by a health care professional with a note specifying clearance. Athletes should NEVER return to the pool if they still have ANY symptoms..... in case an athlete returns with a note and then during the practice complains of a headache or other symptoms ☐
- Parents and coaches should never pressure any athlete to return to play

The Dangers of Returning Too Soon

Returning to the pool too early may cause Second Impact Syndrome (SIS) or Post Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete's injury and their roles in helping the child recover. During the recovery time after a concussion, physical and mental rest is required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple

tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children's brains take several weeks to heal following a concussion.

Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur. 5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to School

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
 - a. Increased problems paying attention.
 - b. Increased problems remembering or learning new information.
 - c. Longer time needed to complete tasks or assignments.
 - d. Greater irritability and decreased ability to cope with stress.
 - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help can be removed gradually.

Returning to the Pool

1. Returning to the pool is specific for each person. As an example, California law requires written permission from a health care provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER be on deck, practice, or participate in competition if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
4. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.

Resources:

Insurance - USA Swimming provides an excess accident medical insurance policy for USA Swimming members while participating or volunteering in a USA Swimming sponsored or sanctioned event. Details of the insurance coverage are on the USA Swimming website under Insurance and Risk Management.

Centers for Disease Control and Prevention - www.cdc.gov/Concussion

Zurich Concussion Conference (2012) - Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012.
<http://bjsm.bmj.com/content/47/5/250.full>

ODH Violence and Injury Prevention Program - www.healthyohioprogam.org/concussion

National Federation of State High School Associations - www.nfhs.org – Index concussions and see “A parent’s guide to concussion in sports”.

Acknowledgment of Receipt of Concussion Information Sheet

Pursuant to California Health and Safety Code §124235, a concussion and head injury information sheet shall be given by each youth sports organization offering an athletic program to each athlete in that program. The information sheet shall be signed and returned by the athlete and, if the athlete is 17 years of age or younger, shall also be signed by the athlete's parent or guardian before the athlete initiates practice or competition. The USA Swimming Concussion Information Sheet (three pages) is attached to this acknowledgment.

Please note, the information contained in the Swimming Concussion Information Sheet and this Acknowledgment is not medical advice and is no substitute for it.

I hereby acknowledge that I have received the USA Swimming Concussion Information Sheet (four (4) pages) from **SOUTH BAY AQUATICS**

I have read and understand its contents.

I also acknowledge that if I have any questions regarding the signs or symptoms of a concussion or other head injuries, the need to seek medical attention and the protocol for returning to daily activities, school and the swimming pool, I will consult with a licensed health care provider.

Athlete's Name

Athlete's Signature

Date

Parent's or Guardian's Name

Parent's or Guardian's Signature

Date

This signed acknowledgment may be returned through an electronic medium, including but not limited to, fax or electronic mail. Please check with your USA Swimming Team representatives regarding contact information.