

REGISTRATION & REFUNDS

Walk In

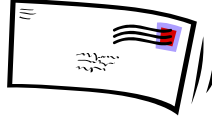


You may register in person by coming into the Recreation Office.

255 N. Georgia Ave.
Monday - Friday
8:00AM - 4:30PM

Mail In

Simply Complete the registration and concussion forms and mail it with your payment to:



Eastmont Parks & Recreation
255 N. Georgia Ave.
East Wenatchee, WA 98802

Online

Go to our website and follow the link to start an account with Community Pass or log into an existing account. Add the participants and then you can register them for the desired programs.



www.eastmontparks.com

Registration Policy

Advanced registration and payment is required. Please register early as classes may be cancelled if registration is insufficient. Program sizes are limited and registrations will be on a first come, first serve basis. We reserve the right to cancel, reschedule or combine activities as needed.

Cancellation and Refund Policy

In the unlikely event that your program is cancelled, we will notify you by phone and/or email. You may either transfer into another program or receive a full refund within three weeks of the cancellation.

At any time a participant requests a refund, you will be subject to a \$5 administrative fee. This fee will not be imposed if you are switching to a different program. The participant will then receive a refund check, within three weeks, for the remaining balance.

All refund and transfer options will be forfeited after the established deadline. If there is no deadline, then all refund and transfer options will be forfeited the day the program starts.

Many of the programs in this brochure are made possible through partnerships. Eastmont Parks and Recreation would like to thank our partners for making these programs happen and for caring about our community. Thank you to: Wenatchee Valley College Men's Basketball team, the City of East Wenatchee, Rams Football Team, Eastmont High School Boy's Basketball teams, Football Teams and Cheerleading Squad, Challenger Sports, Community for Wenatchee Valley Skate Parks, the YMCA, the WRAC, Highlander Golf Course, Wenatchee Valley Sports Council and Julia Dominguez. Thank you!!

We would like to give a special thank you to the Eastmont School District, whose cooperation allows the Recreation Department to use school facilities that are needed for specific activities. The Eastmont Parks and Recreation Department and the Eastmont School District have worked closely for many years sharing resources and giving the taxpayer efficient use of the budget dollar. Thank you!!

Special
Thank
You!

REGISTRATION FORM

| PARTICIPANT INFORMATION | | |
|---|-------------------|-------------------------------------|
| Last name: | First: | Date of Birth: / / |
| Parent/Guardian Name: | | Child's Age: Gender: Male Female |
| Preferred Phone: | Other Phone: | Email: |
| Address: | City/Zip: | |
| Circle a t-shirt size Y-S (6-8) Y-M(10-12) Y-L (14-16) A-S A-M A-L A-XL | | |
| Alternate Emergency Contact: | | Phone: |
| List any illnesses, allergies, special dietary concerns, behavioral problems, etc.: | | |
| Individuals cleared to pick up your child: | | |
| 1) | | Phone: |
| 2) | | Phone: |
| 3) | | Phone: |
| AUTHORIZATION AND WAIVER | | |
| <p>I certify that I am the participant or parent/legal guardian of the child who wishes to participate in the Eastmont Metropolitan Park District (EMPD), Parks & Recreation Department program(s).</p> <p>I acknowledge that recreation activities have inherent risks, including the risk of personal injury. I acknowledge that myself or my child could be injured during recreation activities. As a condition of the EMPD allowing myself or my child to participate in the Summer Programs, I hereby waive all claims against the Eastmont Metropolitan Park District (EMPD), Eastmont School District #206, Wenatchee Valley College, Revolution, Highlander Golf Course, Challenger Sports, and Strikers Baseball, including their elected officials, employees and agents, for personal injuries and/or property damages that may arise from or be in any way connected to my or my child's participation. This waiver is made on my behalf, my spouse's behalf and the behalf of my child, and binds me and my child and our heirs, executors and administrators.</p> <p>In the event that I or my child are injured and a spouse or parent/guardian cannot be contacted, I authorize the EMPD, or it's affiliates, to obtain any emergency medical services for myself or my child that are believed to be reasonably necessary. I agree to be legally responsible for the cost of such services. I further authorize myself and my child for pictures, which may be used in program activity and promotion.</p> <p>I HAVE READ THE PARENT LETTER (Day Camp Only), REGISTRATION FORM, AUTHORIZATION AND WAIVER, CODE OF CONDUCT, SUDDEN CARDIAC ARREST FORM, CONCUSSION FORM AND WAIVER AND AM SIGNING THIS WITH A FULL UNDERSTANDING OF ALL OF THESE TERMS.</p> | | |
| <hr style="border: 1px solid black;"/> | | |
| Participant or Parent/Guardian Signature | Print Name | Date |
| <hr style="border: 1px solid black;"/> | | |
| Medical Insurance Provider | Plan/Group Number | Identification Number |

Summer Day Camp – Space is limited

Minimum of 3 days per week! \$80 (5 full days) ~ \$70 (4 full days) ~ \$20 (per single day) ~ \$12 (per half day)

| | | | | | |
|--------------------------|---------------------------------|---------------------------------------|--|--|---------------------------------|
| <input type="checkbox"/> | Week 1 June 13-17 | Circle Full Days M T W TH F | Circle AM Half Days M T TH F | Circle PM Half Days M T TH F | Weekly Total \$ _____ |
| <input type="checkbox"/> | Week 2 June 20-24 | Circle Full Days M T W TH F | Circle AM Half Days M T TH F | Circle PM Half Days M T TH F | Weekly Total \$ _____ |
| <input type="checkbox"/> | Week 3 June 27-July 1 | Circle Full Days M T W TH | Circle AM Half Days M T TH | Circle PM Half Days M T TH | Weekly Total \$ _____ |
| <input type="checkbox"/> | Week 4 July 5-8 | Circle Full Days T W TH F | Circle AM Half Days T TH F | Circle PM Half Days T TH F | Weekly Total \$ _____ |
| <input type="checkbox"/> | Week 5 July 11-15 | Circle Full Days M T W TH F | Circle AM Half Days M T TH F | Circle PM Half Days M T TH F | Weekly Total \$ _____ |
| <input type="checkbox"/> | Week 6 July 18-22 | Circle Full Days M T W TH F | Circle AM Half Days M T TH F | Circle PM Half Days M T TH F | Weekly Total \$ _____ |
| <input type="checkbox"/> | Week 7 July 25-29 | Circle Full Days M T W TH F | Circle AM Half Days M T TH F | Circle PM Half Days M T TH F | Weekly Total \$ _____ |
| <input type="checkbox"/> | Week 8 August 1-5 | Circle Full Days M T W TH F | Circle AM Half Days M T TH F | Circle PM Half Days M T TH F | Weekly Total \$ _____ |
| <input type="checkbox"/> | Week 9 August 8-12 | Circle Full Days M T W TH F | Circle AM Half Days M T TH F | Circle PM Half Days M T TH F | Weekly Total \$ _____ |
| <input type="checkbox"/> | Week 10 August 15-19 | Circle Full Days M T W TH F | Circle AM Half Days M T TH F | Circle PM Half Days M T TH F | Weekly Total \$ _____ |
| <input type="checkbox"/> | Week 11 August 22-26 | Circle Full Days M T W TH F | Circle AM Half Days M T TH F | Circle PM Half Days M T TH F | Weekly Total \$ _____ |

Summer Programs

All Participants under 18 must sign and return the Concussion Form on the next page as well.

Youth Programs

| | | | |
|--------------------------|----------------------------------|---|-------------|
| <input type="checkbox"/> | Summer Art in the Park | Thursday's, June 9-30, Meeting Room | \$65 |
| <input type="checkbox"/> | Summer Tennis Camp | June 13-17, Eastmont Park Tennis Courts | \$55 |
| <input type="checkbox"/> | Ladycats Basketball Camp | June 13-16, Sterling Gym | \$55 |
| <input type="checkbox"/> | Tennis Lessons | Session 1 (June 21-30) Session 2 (July 5-14) Session 3 (July 19-28) | \$60 |
| <input type="checkbox"/> | Strikers Baseball Camp | June 20-22, Eastmont Park 4Plex | \$55 |
| <input type="checkbox"/> | Skateboarding Camp | June 20-23, Kenroy Skate Park | \$55 |
| <input type="checkbox"/> | Golf Camp | July 5-7, Highlander Golf Course | \$55 |
| <input type="checkbox"/> | Future Cats Football Camp | July 13-14, Eastmont Park Soccer Field | \$40 |
| <input type="checkbox"/> | Wildcat Cheer Camp | August 15-18, Eastmont Park Soccer Field | \$55 |
| <input type="checkbox"/> | Rams Football Camp | August 15-18, Eastmont Park Soccer Field | \$55 |

Adult Programs

| | | | |
|--------------------------|-----------------------------|--|-------------|
| <input type="checkbox"/> | Adult Tennis Lessons | Session 1 (June 6-July 11) Session 2 (July 18-Aug 15) | \$50 |
| <input type="checkbox"/> | Adult Tennis League | Singles (August-September) | \$5 |
| <input type="checkbox"/> | Adult Tennis Leagues | Doubles (May-June) Partner's Name: | \$5 |

Registration forms received without payment will not be processed. There is an additional NSF of \$25.00 for returned checks. Refunds are only available according to our Refund Policy.



Sudden Cardiac Arrest

Information Sheet for

Student-Athletes, Coaches and Parents/Guardians

SSB 5083 ~ SCA Awareness Act



What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

SCA is also the leading cause of sudden death in young athletes during sports

What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!



Cardiac 3-Minute Drill

- 1. RECOGNIZE Sudden Cardiac Arrest**
 - Collapsed and unresponsive
 - Abnormal breathing
 - Seizure-like activity
- 2. CALL 9-1-1**
 - Call for help and for an AED
- 3. CPR**
 - Begin chest compressions
 - Push hard/ push fast (100 per minute)
- 4. AED**
 - Use AED as soon as possible
- 5. CONTINUE CARE**
 - Continue CPR and AED until EMS arrives



**Be Prepared!
Every Second Counts!**



**WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION**



**SCA Awareness
Youth Heart Screening
CPR/AED in Schools**

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

EASTMONT PARKS & RECREATION

Concussion Information Sheet

A concussion is a brain injury that is caused by a bump or blow to the head. It can change the way your brain normally works. It can occur during practices or games in any sport. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven't been knocked out. You can't see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

PARENTS AND GUARDIANS

What are the signs and symptoms of a concussion observed by Parents/Guardians:

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- ... Appears dazed or stunned
- ... Is confused about assignment or position
- ... Forgets an instruction
- ... Is unsure of game, score, or opponent
- ... Moves clumsily
- ... Answers questions slowly
- ... Loses consciousness (even briefly)
- ... Shows behavior or personality changes
- ... Can't recall events prior to being hit or falling
- ... Can't recall events after being hit or falling

How can a Parent/Guardian help their child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- ... Ensure that they follow their coach's rules for safety and the rules of the sport.
- ... Encourage them to practice good sportsmanship at all times.
- ... Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- ... Learn the signs and symptoms of a concussion.

What should a Parent/Guardian do if they think their child has a concussion?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports. Notify your child's coach if you think your child has a concussion.
2. Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon (while the brain is still healing), risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. Tell your child's coach about any recent concussion in ANY sport or activity. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

ATHLETES

What are the symptoms of a concussion?

- ... Headache or “pressure” in head
- ... Nausea or vomiting
- ... Balance problems or dizziness
- ... Double or blurry vision
- ... Bothered by light
- ... Bothered by noise
- ... Feeling sluggish, hazy, foggy, or groggy
- ... Difficulty paying attention
- ... Memory problems
- ... Confusion
- ... Does not “feel right”

What should an athlete do if they think they have a concussion?

- ... **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.
- ... **Get a medical check up.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- ... **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.
- ... **It is better to miss one game than the whole season.**

How can athletes prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- ... Follow your coach's rules for safety and the rules of the sport.
- ... Practice good sportsmanship at all times.
- ... Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
 - ... The right equipment for the game, position, or activity
 - ... Worn correctly and fit well
 - ... Used every time you play
 - ... Repaired and maintained

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

For more detailed information on concussion and traumatic brain injury, visit:
<http://www.cdc.gov/injury> or www.cdc.gov/ConcussionInYouthSports

EASTMONT PARKS & RECREATION

Code of Conduct

All participants need to abide by these basic behavior standards. We encourage parents or guardians to review and discuss the behavior standards with their children participating in our programs. Adult participants in our programs are held to the same standards. Your voluntary participation in our programs is your consent to follow these behavior standards and consequences.

- ... Every participant in the program is expected to exercise respect. This includes, but is not limited to: themselves, other participants, staff members, all people and places of business.
- ... Every participant in the program is expected to be an active listener.
- ... Every participant in the program is expected to know and understand the rules associated with the activity and follow them. Ask the staff member if you are unaware of the rules regarding the activity.
- ... Every participant in the program is expected to cooperate with program operations.
- ... Every participant in the program is expected to communicate in an appropriate manner. Harsh verbal words, tone of voice, foul language, sexually inappropriate behavior, or gestures will not be tolerated.
- ... Every participant in the program is expected to express civil conduct. If physical contact is made with another person it must be a welcome gesture and appropriate. Horseplay, unwelcome teasing, pushing, kicking, hitting or fighting, etc. will not be tolerated and may result in suspension or expulsion from the program.
- ... Participants have the right to participate in an environment where all participants can achieve their full potential without being impeded by discrimination or harassment based on race, religion, national origin, age, sex, marital status, political affiliation, veteran's status, disability, sexual orientation, or any other status protected by applicable federal, state or local nondiscrimination laws. Harassment may be verbal, visual or physical contact conduct.
- ... Every participant in the program is expected to exercise an attitude that elicits good will towards others and program activities.
- ... Every participant in the program is expected to promote and support a safe, fun and healthy environment through productive participation.

Consequences:

Any participant who engages in discriminatory, harassing, or otherwise objectionable behavior is subject to disciplinary action and removal from the program. When a participant's behavior, adult or child, is deemed inappropriate, they will be dealt with using the following steps.

If a participant displays inappropriate behavior, staff members will verbally request that the behavior be discontinued. If the participant is a child, and the behavior does not stop the staff will implement a time-out. Time-outs are given appropriate to the child's age, ability and the severity of the inappropriate behavior. If the child's behavior reoccurs or escalates, the parents will be notified immediately and the child will be removed from the program for that day.

If a participant's unacceptable behavior continues on a regular basis, staff members and the participant (and their parent if the participant is a minor) will meet. A written report will be filed, stating the inappropriate behaviors already demonstrated and the expected changes for the next program meeting date. It is also to be stated that one more incident of unacceptable behavior will result in the participants' removal from the program permanently, or for a specific period of time depending on the severity of the behavior. This report is signed by the participant, staff and parent if the participant is a minor. One copy will remain at the Parks and Recreation Department and the participant will retain another copy.

If, after the above procedures have been followed, inappropriate behaviors continue, the participant will be removed for the designated period of time, previously determined at the conference meeting. A parent will be contacted and requested to immediately remove the child from the program if the participant is a minor.

****In extreme cases of unacceptable behavior that is physically threatening to other participants or staff, the Parks and Recreation Department reserves the right to immediately remove a participant from a program.**