



**Wilson Police Athletic League**  
**2022 Membership / Registration Form**  
[www.wilsonpdpal.org](http://www.wilsonpdpal.org)

*For Internal Use Only – This registration accepted/reviewed by:*

Participant's Name		Today's Date	
Street Address		City	Zip Code
<b>Gender</b> <input type="checkbox"/> Male <input type="checkbox"/> Female		<b>Ethnicity</b> <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> White	
School	Grade (as of January 1, 2022)	Age	Date of Birth
Home Phone			
Parent's/Guardian's Name <i>(Please print.)</i>		E-mail address <i>(Please print.)</i>	
Parent's/Guardian's Work Phone		Parent's/Guardian's Cell Phone	
Grandparent's Name <i>(Please print.)</i>		E-mail address <i>(Please print.)</i>	
Grandparent's Work Phone		Grandparent's Cell Phone	
Alternate/Back Up Emergency Contact Name (and relationship)		Alternate/Back Up Emergency Contact Phone	

**MEDICAL HISTORY**

Medical conditions currently under treatment
Pre-existing injuries under treatment
Fractures or other disability-type injuries
Allergies (drug, food, asthma, etc.) <i>Note: If your child has asthma, please send his/her inhaler with him/her. Please make sure it is marked with his/her name. If he/she has allergies that require him/her to carry an Epi pen, please send that marked with his/her name.</i>
Medications required or presently taking



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**Waiver and Consent for Medical Treatment**

Name of Child

In consideration of its allowance of my child to participate in its program, I hereby release and waive the Wilson Police Athletic League, and its employees, agents, representatives, officers, directors, sponsors, and other organizations assisting PAL from any and all liability for any loss or injury sustained or incurred (including any loss or injury resulting from the representatives, officers, and directors) while my child participates in PAL's program, or while traveling to or from PAL's program. If I cannot be reached in the event of an emergency, I authorize any physician treating my child to perform any and all medical procedures which the physician determines to be medically appropriate under the circumstances.

**Parent/Guardians's Name (Please print.)**

**Parent/Guardian's Signature**

Date

**Talent Release Agreement**

I hereby assign and grant to the City of Wilson and the Wilson Police Department the right and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me or my child by the City of Wilson and the Wilson Police Department, and I hereby release the City of Wilson and the Wilson Police Department from any and all liability from such use and publication. I hereby authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/ videotapes/electronic representations and/or sound recordings without limitation at the discretion of the City of Wilson and the Wilson Police Department, and I specifically waive any right to any compensation I may have for any of the foregoing.

**Parent/Guardian's Signature**

Date

**Student-Athlete & Parent/Legal Custodian Concussion Statement\***

We were given a copy of the *Student-Athlete & Parent/Legal Custodian Concussion Information Sheet*, and we have read and understand the information provided.

**Parent/Guardian's Signature**

\*If there is anything on this sheet that you do not understand, please ask an adult to explain or read it to you.



Wilson Police Athletic League is a  
 United Way designation-only

For more information: [www.wilsonpdpal.org](http://www.wilsonpdpal.org) or [thopkins@wilsonnc.org](mailto:thopkins@wilsonnc.org) or (252)399-2316



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**CONCUSSION**

**INFORMATION FOR STUDENT-ATHLETES & PARENTS/LEGAL CUSTODIANS**

**What is a concussion?** A concussion is an injury to the brain caused by a direct or indirect blow to the head. It results in your brain not working as it should. It may or may not cause you to black out or pass out. It can happen to you from a fall, a hit to the head, or a hit to the body that causes your head and your brain to move quickly back and forth.

**How do I know if I have a concussion?** There are many signs and symptoms that you may have following a concussion. A concussion can affect your thinking, the way your body feels, your mood, or your sleep. Here is what to look for:

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability-things bother you more easily	Sleeping more than usual
Taking longer to figure things out	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Feeling sick to your stomach/queasy	Being more moody	Trouble falling asleep
Difficulty remembering new information	Vomiting/throwing up	Feeling nervous or worried	Feeling tired
	Dizziness	Crying more	
	Balance problems		
	Sensitivity to noise or light		

*Table is adapted from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/>)*

**What should I do if I think I have a concussion?** If you are having any of the signs or symptoms listed above, you should tell your parents, coach, athletic trainer or school nurse so they can get you the help you need. If a parent notices these symptoms, they should inform the school nurse or athletic trainer.

**When should I be particularly concerned?** If you have a headache that gets worse over time, you are unable to control your body, you throw up repeatedly or feel more and more sick to your stomach, or your words are coming out funny/slurred, you should let an adult like your parent or coach or teacher know right away, so they can get you the help you need before things get any worse.

**What are some of the problems that may affect me after a concussion?** You may have trouble in some of your classes at school or even with activities at home. If you continue to play or return to play too early with a concussion, you may have long term trouble remembering things or paying attention, headaches may last a long time, or personality changes can occur. Once you have a concussion, you are more likely to have another concussion.

**How do I know when it's ok to return to physical activity and my sport after a concussion?** After telling your coach, your parents, and any medical personnel around that you think you have a concussion, you will probably be seen by a doctor trained in helping people with concussions. Your school and your parents can help you decide who is best to treat you and help to make the decision on when you should return to activity/play or practice. Your school will have a policy in place for how to treat concussions. You should not return to play or practice on the same day as your suspected concussion.

***You should not have any symptoms at rest or during/after activity when you return to play, as this is a sign your brain has not recovered from the injury.***

*This information is provided to you by the UNC Matthew Gfeller Sport-Related TBI Research Center, North Carolina Medical Society, North Carolina Athletic Trainers' Association, Brain Injury Association of North Carolina, North Carolina Neuropsychological Society, and North Carolina High School Athletic Association.*



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**CONCUSION**

**INFORMACION PARA ESTUDIANTES-ATLETAS Y PADRES/TUTORES LEGALES**

**¿Qué es una concusión?** Una concusión es una lesión al cerebro causada por un golpe directo o indirecto en la cabeza. Y como resultado hace que el cerebro no funcione como debería. Puede o no hacer que usted vea todo obscuro o se desmaye. Puede pasarle a usted por una caída, un golpe en la cabeza, o un golpe al cuerpo que ocasiona que su cabeza y su cerebro se muevan rápido hacia atrás y adelante.

**¿Cómo puedo saber si tengo una concusión?** Hay muchos indicios y síntomas que usted puede tener después de una concusión y que pueden afectar su manera de pensar, lo que siente, su estado de ánimo, capacidades físicas o el sueño. Esto es lo que debe buscar:

Pensamiento/Memoria	Físico	Emocional/Animo	Sueño
Dificultad para pensar con claridad	Dolor de cabeza	Irritabilidad-todo molesta con facilidad	Dormir más de lo habitual
Tomarse mas tiempo para entender las cosas	Visión confusa o borrosa	Tristeza	Dormir menos de lo habitual
Dificultad para concentrarse	Sentirse mal del estómago/mareado	Sentirse más temperamental	Dificultad para quedarse dormido
Dificultad para recordar información nueva	Vómito, devolver el estomago	Sentirse nervioso o preocupado	Sentirse cansado
	Mareo	Llorar mas	
	Problemas de Equilibrio		
	Sensibilidad al ruido o luz		

*La tabla está adaptada del Centro para el Control y Prevención de Enfermedades (<http://www.cdc.gov/concussion/>)*

**¿Qué debo hacer si creo que tengo una concusión?** Si usted tiene algunos de los indicios o síntomas antes mencionados, debe decirle a sus padres, entrenador, preparador físico o enfermera de la escuela para que le den la ayuda que necesita. Si el padre observa estos síntomas, debe informar a la enfermera de la escuela o al preparador físico.

**¿Cuándo debería estar particularmente preocupado?** Si tiene un dolor de cabeza que empeora con el tiempo, usted no puede controlar su cuerpo, vomita en repetidas ocasiones y se siente más y más enfermo del estómago, o sus palabras se escuchan chistosas o como balbuceos, usted debe informar a un adulto, ya sea un padre, entrenador o maestro inmediatamente, para que le den la ayuda que usted necesita antes de que empeore.

**¿Cuáles son algunas de las cuestiones que me pueden afectar después de una concusión?** Puede tener problemas en algunas de las clases de la escuela y con las actividades de casa. Si usted sigue jugando o regresa a jugar muy pronto con una concusión, es posible que tenga problemas a largo plazo para recordar cosas, o poner atención, los dolores de cabeza pueden durar mas tiempo o pueden ocurrir cambios en la personalidad. Ya que tuvo una concusión, es posible que sea más propenso a tener otra concusión.

**¿Cómo puedo saber cuándo está bien volver a la actividad física y mi deporte después de una concusión?** Después de informar al entrenador, padres y cualquier personal médico alrededor de usted que piensa que tiene una concusión, es posible que sea visto por un médico capacitado en ayudar a personas con concusiones. La escuela y los padres pueden ayudar a decidir quién es el mejor para darle tratamiento y ayudar a tomar la decisión de cuándo debe volver a la actividad/juego o práctica. Su escuela debe tener una política establecida sobre cómo tratar concusiones. Usted no debe volver a jugar o practicar en el mismo día en que se sospecha ocurrió la concusión.

***Usted no debe tener ningún síntoma en el reposo o durante/después de la actividad cuando regresa a jugar, pues esta es una señal de que su cerebro no se ha recuperado de la lesión.***