



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



San Ysidro
School District **EST - 1887**
QUALITY EDUCATION AND OPPORTUNITY FOR ALL STUDENTS TO SUCCEED

LEARN GROW THRIVE

**LEAD Parent Handbook
Expanded Learning Programs
YMCA OF SAN DIEGO COUNTY**



www.ymca.org

Introduction

Welcome to the LEAD program. The San Ysidro School District, in cooperation with the YMCA of San Diego County - Expanded Learning Programs, are committed to opening community schools before and after school to provide a safe place for middle school age youth to experience increased academic enrichment.

The LEAD program is operated by several collaborative partners. The California Department of Education, who provides the funding, the San Ysidro School District who oversees the program's fiscal administration, the individual school who provides the space and guidance for specific student needs, and the YMCA who operates the program on site.

This handbook is intended as a guide to understanding the policies and procedures of the YMCA LEAD program. Families enrolled in the YMCA LEAD program are expected to read, understand, and abide by the policies and standards herein. Please read it carefully, and feel free to ask us any questions you may have. As a parent of a child enrolled in the program we encourage you to observe and participate in activities and events. Any contributions of your time or talents are greatly appreciated.

YMCA Mission Statement

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through development of the spirit, mind and body.

Expanded Learning Programs Vision Statement

The YMCA of San Diego County partners with local school districts, families, and communities to offer students safe and nurturing expanded learning programs that prepare them for college, career, and life.

YMCA Inclusivity Statement

The YMCA is an organization open to all people. We welcome and value individuals of all age, race, ethnicity, religion, gender identity, gender expression, ability, sexual orientation and financial circumstances. We are committed to having programs and services that embrace diversity, reflecting the people and needs of our community.

Program Description

LEAD stands for:

Learning, Eager, Artistic Driven

The LEAD program was designed by experts in child development, education, youth leadership, and recreation. The site supervisor and program youth leaders work closely with the school. The YMCA youth leaders, classroom teachers, resource teachers, literacy tutors, and the school principal work together to tailor the curriculum to the specific needs of your school's program.

LEAD is a literacy and art enrichment program whose primary focus is to assist students with higher achievement in the school day. LEAD achieves this by assisting students with their daily homework and incorporating key educational elements into recreation based activities. LEAD creates a fun supplement to a student's standard school day learning.

The LEAD program is specifically designed to create an enthusiasm for learning, while building reading, writing, verbal, math, and science skills. Planned activities are fun, challenging, and developmentally appropriate for each program participant.

The program is held in locations at the school where the children feel safe and comfortable such as: classrooms, computer labs, multi-purpose rooms and auditoriums.

Hours of Operation*

LEAD operates every day when school is in session. For care during holidays and vacation breaks, please contact the YMCA of San Diego County - Expanded Learning Programs Day Camp department at 619-428-9622. Program operating hours are as follows:

| <u>SCHOOL</u> | <u>AM</u> | <u>PM</u> | <u>PM MIN DAY</u> |
|-----------------------------|-----------|-----------|-------------------|
| Vista Del Mar Middle School | 6:15-7:45 | 2:05-6:00 | 12:30-6:00 |
| San Ysidro Middle School | 6:15-7:45 | 2:05-6:00 | 12:30-6:00 |

**Program hours are based on school bell times and are subject to change.*

How are students selected for the LEAD program?

All LEAD applications will be reviewed by LEAD staff and school personnel. Each LEAD program has a maximum number of students that they are able to serve. Children will be enrolled based on the rating system detailed below, up to the capacity for each school's program. If the program receives more applications than spaces available, first priority for participation will be given to applications with 7 points. Once the LEAD program has reached its capacity, children not accepted for participation will be placed on a wait list, in the same order of priority, and will be accepted as space becomes available. Student's attendance is monitored throughout the school year. If a student's attendance drops below program attendance standards or a change in the schedule committed to on their application occurs, a student may be unenrolled from the program.

First priority shall go to pupils who are identified by the program as homeless youth, as defined by the federal McKinney-Vento homeless Assistance Act (42 U.S.C. Sec. 11434a), at the time that they apply for enrollment or at any time during the school year, and to pupils who are identified by the program as being in foster care. Second priority for enrollment will be given to students who can attend the full day every day. Second priority will be based on the application rating system.

Application Rating System

| | |
|--|----------|
| Student participated in the LEAP/LEAD program during the previous school year and met at least 90% attendance overall. | 2 Point |
| OR Student was enrolled on the waitlist in the previous school year. | 1 Point |
| Student will attend AM program | 1 Point |
| Student will attend PM program. | 1 Point |
| Student has applied for and will attend the full duration of the afterschool program, 5 days a week. | 2 Points |
| OR Student has applied for and will attend half of the afterschool program time, 5 days a week. | 1 Point |
| Parent will have attended an orientation meeting during the registration period. | 1 Point |

If there is a wait list of students, they are added to the program as current students who do not meet prioritized attendance requirements are dropped.

How many students will be admitted into the program at my child's school?

The amount of students selected varies by school and by school year. The total number of students served is based on the funding provided to each individual school. Each school is specifically granted its own funding amount for each school year. Our goal is to serve as many students as possible with the funding provided. Typically, a program will serve anywhere from 40 to 95 students.

Attendance Policies and Procedures

The LEAD program is funded by the After School Education & Safety (ASES) Program. The ASES Program intends that program participants attend 5 days a week for the duration of program hours. Enrolled students who do not attend daily or for the duration of the program may be unenrolled to make room for a student who needs the program full time. Families may be enrolled for AM, PM, or AM and PM.

Full time attendance means that:

AM participants attend every morning from opening time until school begins. To participate, students must arrive within the first half of program operation. Students arriving after the program start time must have a late arrival form on file.

PM participants attend from school dismissal until closing time at 6:00 PM. In order to avoid long lines at sign-out time parents/guardians may begin signing out their children out at 5:45 PM for a 6:00 PM pickup.

It is required that each child **MUST** be signed in and out of the program each day by an authorized **ADULT** 18 years of age or older.* All adults signing students out must be prepared to show a valid photo ID. Participants may not sign themselves out of the program or be signed out by siblings under the age of 18. Children will only be released to individuals authorized on the LEAD Application. The custodial parent/legal guardian who signed the application form is the only person who can authorize the site to release the child to another individual or make changes to the application.

Students are allowed to sign themselves in (AM program) or out (PM program) **ONLY when a **Permission for Students to Walk To and From Program Form** is filled and submitted. By*

submitting this form, parents/guardians acknowledge they give permission and request that their child be permitted to walk to the AM program alone from home or walk home alone from the LEAD program. Once students sign themselves out of program, they must leave campus.

The YMCA is not responsible for a child before being signed in or after being signed out of the program.

Early Pick Up

Because participants must stay for the duration of the program, any pickup prior to 6:00 PM is considered an early pick up. If pickup is needed before 6:00 PM, an early release form must be filled out and placed on file. Additionally, all children must stay for a minimum of half of the afternoon operating hours for that day. Please be aware that when assessing students for enrollment, not only are days attended considered, but hours attended as well. Therefore, even with a valid early release on file, students who attend every day, for the duration of the program are considered to have a higher need for the program.

Late Pick Up / Drop Off

It is imperative that all children be picked up and dropped off on time each day. A child who is dropped off late to morning program three or more times may be unenrolled from the program. A child who is picked up early/late three or more times (or one time after 6:30) may be unenrolled from the program. Emergency contacts will be called for any child who is not picked up prior to 6:00 PM. Any child left after 6:30 PM without notification is considered abandoned and the appropriate authorities will be contacted. Therefore, please ensure your contact numbers are current and up to date.

Leave of Absence

It is the family's responsibility to notify the site supervisor if your student will be absent from program. Each LEAD site has a phone number and email that you may leave a message on to report an absence. If a child is scheduled to attend and do not report to the program, the site staff will make every effort to verify the absence with the school staff and/or contact the parents. Unfortunately, children who have multiple unexcused absences throughout the year are considered to have lower need of the program and may be unenrolled.

Program Visitation

We encourage families to take an active interest in their student's success. If you wish to observe your child during the program, please notify a staff member of your presence and inform him/her what you would like to observe. Please be aware that only individuals authorized to pick-up students will be permitted into the program area.

Adult/Child Ratio

In accordance with our contract with the San Ysidro School District and the State of California, LEAD maintains a 1:20 or better staff: student ratio.

Contacting the Program

If you need to contact the program, please utilize the following phone numbers and emails. We understand that communication with your child is important, please note that we may not be able to put you in immediate contact with your child. However, we will get them your message if this is the case.

| | | |
|-----------------------------|----------------|---------------------------|
| Vista Del Mar Middle School | (619) 722-9432 | lead-vistadelmar@ymca.org |
| San Ysidro Middle School | (619) 454-0770 | lead-syms@ymca.org |

Cell Phones & Technology

We understand that many families want to be able to contact their child directly, but a cell phone vibrating or ringing during our program causes a major distraction to the other students. We ask if you need to contact your child during program hours to please call the YMCA cell phone listed above.

Additionally, personal cell phones and electronic devices are discouraged from the LEAD program. If possible, please leave all such devices at home. While at LEAD all devices are to be kept put away at all times.

Personal Belongings

Students are encouraged to only bring to school the items and supplies they need for the school day and the LEAD program. Additional items such as toys, games, electronics, phones, sports equipment, etc. should not be brought to the LEAD program.

Each program maintains a Lost & Found for items forgotten at the program. The Lost & Found may be combined with the school's or just for LEAD, depending on the school site. Please check this area as soon as you discover an item is missing, as they are periodically donated throughout the year. The LEAD program will try to keep lost items for at least a week prior to being sent for donation.

The YMCA LEAD program is not responsible for the theft, loss, or damage of personal belongings.

Academic Enrichment & Homework

The LEAD programs provide an academic enrichment component on a daily basis. Program staff members work with school faculty to ensure that the activities provided by the program support the regular school day curriculum.

Students receive daily homework assistance and literacy lessons, as well as participate in special events and curriculum throughout the school year.

LEAD youth leaders assist students with their homework daily. However, family members will still want check their child's homework for completeness and accuracy as our staff cannot provide one to one assistance with each student.

The Big 4 Conference

The Big 4 is a unique series of hosted events that unites staff from different school sites as well as brings students and their families together to partake in various sport, academic, and performing art

showcases. Students in grades 3rd through 8th can participate in the Big 4 and selections are made based on good academic and behavior standing both with the school and the LEAD program. We encourage each student to try out for their program's team for each of the BIG 4 events as there are a limited amount of slots available at each LEAD program.

Other Activities

While attending the YMCA LEAD program students are encouraged to participate in a variety of recreation and enrichment activities which vary by school and may include:

| | | |
|----------|---------------------------|---------|
| ART | MULTI-CULTURAL ACTIVITIES | CRAFTS |
| COOKING | STEM | WRITING |
| ROBOTICS | PERFORMING ARTS | MUSIC |
| SPEECH | FORIEGN LANGUAGE | DANCE |
| SPORTS | COMPUTER CLASSES | FILM |

Snacks

LEAD program participants receive a free afternoon snack each day. Students are also welcome to bring their own snack if desired. However, there are many children in our programs with peanut allergies - please do not send your child with peanut products.

If your child has any dietary restrictions or allergies please contact the site supervisor so an alternate snack may be provided.

YMCA OF SAN DIEGO COUNTY LEAD PROGRAM TECHNOLOGY USE GUIDELINES

General Provisions

The YMCA of San Diego County - Expanded Learning Programs LEAD Program shall provide technology resources to its students for educational purposes. The goal of providing these resources is to promote educational opportunities for the program's participants. The use of YMCA of San Diego County - Expanded Learning Programs LEAD Program technology resources shall be given to participants for the enhancement of education-related functions. Individuals who use the YMCA of San Diego County - Expanded Learning Programs LEAD Program network shall consent to be monitored.

The YMCA of San Diego County LEAD Program shall use several procedures to ensure students are protected while using technology based materials by web filtering some Internet sites through the San Ysidro School District's web site filtering system.

It is important to understand that no filtering system is perfect. Due to the nature of the Internet and evolving technology, even with supervision, the YMCA of San Diego County - Expanded Learning Programs LEAD Program cannot guarantee that students will not LEAD an inappropriate site. It shall be the student's responsibility to report any inappropriate site or posting to the LEAD Site Supervisor, school teacher or school principal.

The document below outlines appropriate use and prohibited activities when using all technology resources and electronic devices. Every student shall follow all of the rules and conditions listed.

Unauthorized use of personal electronic devices includes:

1. Possessing, viewing, sending or sharing video or audio information having inappropriate, violent or threatening content on school grounds school shall be prohibited and may result in disciplinary action and/or immediate grounds for dismissal of the YMCA LEAD program.
2. Transmitting school materials for unethical purposes such as cheating, bullying, etc.
3. Any activity which may be in violation with the San Ysidro School District Bullying Prevention policy and procedural directive.

Social Media/ Social Networking

Student use of social media or social networking is prohibited at all times from the YMCA of San Diego County - Expanded Learning Programs LEAD programs. Proper behavior, as it relates to the use of computers, is no different from proper behavior in all other aspects of YMCA of San Diego County - Expanded Learning Programs LEAD Program activities. All users shall use technology in a responsible, ethical, and polite manner. Violation of this procedural directive shall be grounds for school disciplinary action and grounds for dismissal from all YMCA of San Diego County - Expanded Learning Programs.

Internet

The Internet and other on-line resources provided by YMCA of San Diego County - Expanded Learning Programs LEAD Program shall be used to support the academic learning of our students. The goal of providing these resources is to promote further educational opportunities for students.

The Internet is a network of many types of communication and information networks. While this creates new opportunities for learning, research, communication and collaboration, it also creates new responsibilities for YMCA of San Diego County - Expanded Learning Programs LEAD Program participants.

Internet Safety Education

The YMCA of San Diego County - Expanded Learning Programs LEAD Program Internet safety includes Internet safety education. YMCA of San Diego County - Expanded Learning Programs staff members will review cyber safety with participants as well as teaching appropriate online behaviors for students. Students shall be instructed in appropriate use of district technology resources.

Student Internet Safety

School students shall not disclose their full name or any other personal contact information for any purpose on the Internet. Personal contact information includes address, telephone, or school address. Students shall not share or post privacy-revealing personal information about themselves or other people. Students shall tell their teacher or other program employee about any message they receive that is inappropriate or makes them feel uncomfortable. Students should not delete the message until instructed to do so by a staff member.

Student Responsibilities

1. The district's system shall only be used for educational purposes of the YMCA of San Diego County - Expanded Learning Programs LEAD program.
2. The YMCA of San Diego County - Expanded Learning Programs LEAD Program shall reserve the right to monitor any on-line communications for improper use. Electronic communications and downloaded material, including files deleted from a user's account, may be monitored or read by the district officials.
3. Inappropriate use may result in a cancellation of network privileges.

4. Technology resources shall be used responsibly.
 - a. The network shall not be used for illegal or commercial activities.
 - b. Users shall not search, retrieve, save, circulate or display hate-based, offensive, inappropriate, or images or information about weapons.
5. Students shall be prohibited from accessing, posting, submitting, publishing or displaying harmful matter or material that is threatening, cyber-bullying, obscene, disruptive, or that could be construed as harassment of others based on any discrimination or prejudice of any type.
6. Students shall not use the system to encourage the use of drugs, alcohol, or weapons.
7. Vandalism will result in the cancellation of user privileges. Vandalism includes the intentional uploading, downloading or creating computer viruses and/or any malicious attempt to harm or destroy district equipment or materials or the data of any other user.
8. Students shall not attempt to delete, copy, or modify any applications or materials on technology that is provided to them.
9. Students shall not assume another person's identity.
10. Students shall report any security problems or misuse of the services to the Program Supervisor, Youth Leader, Teacher, or other YMCA of San Diego County - Expanded Learning Programs LEAD Program employee.
11. The students and parents, and/or legal guardian, shall sign the Acceptable Use Agreement before a student can use the YMCA of San Diego County - Expanded Learning Programs LEAD Program and San Ysidro School District network.
12. Students who fail to abide by the program's rules shall be subject to disciplinary action and expulsion of the program.
13. Students shall not make any attempt to circumvent network security.

Privacy

Network and Internet access shall be provided as a tool for education. The YMCA of San Diego County - Expanded Learning Programs LEAD Program and San Ysidro School District shall reserve the right to monitor, inspect, copy, review and store at any time and without prior notice any and all usage of the computer network and Internet access and any and all information transmitted or received in connection with such usage. All such information files shall be and remain the property of YMCA of San Diego County - Expanded Learning Programs LEAD Program and no student shall have any expectation of privacy regarding such materials.

Corrective Action

Corrective action shall be determined by the number of previous acts, the nature of the act, and the context in which the alleged act occurred. Consequences may range from positive behavioral interventions to suspension and dismissal from program for repeated and/or severity of the violations.

Safety

The LEAD program provides a safe place on school sites where children can learn new skills, reinforce academic skills, and participate in age-appropriate recreation and social skill building activities. Participants are expected to follow all school rules and program safety rules. Violation of these rules may result in your child not being allowed to participate in the program or specific program activities.

All YMCA LEAD staff have passed a background clearance, are Pediatric CPR certified, and First Aid trained.

Enrollment / Disenrollment

To be considered for enrollment you must complete the current YMCA LEAD Application. Applications are available at each school, all LEAD programs, the YMCA, and on the YMCA web site. (see Pg 2: How are students will be admitted into the LEAD program?).

The initial enrollment for each program will be posted at the schools. Families not selected will be placed on the waiting list and will be contacted when they are to be enrolled.

At the YMCA LEAD programs, demand exceeds capacity. Therefore, we continually assess attendance and those families that do not meet the attendance standards may be subject to disenrollment. Additionally, a family may voluntarily disenroll their child at any time. A family who is unenrolled will be eligible the following school year to apply again. A family who voluntarily disenrolls or turns down an offer of enrollment, who wishes to reenroll that school year, will be placed on the waiting list and prioritized with the rest of the applicants as though they had just applied.

Families must re-apply each school year. Current enrollment does not guarantee enrollment in future school years.

Guidance

Rules may vary slightly from site to site, however each site follows the following Respect Rules and YMCA Core Values.

Respect Rules:

1. Respect yourself
2. Respect others
3. Respect materials
4. Respect nature
5. Take responsibility for your own actions

YMCA Core Values:

Caring | Honesty | Respect | Responsibility

YMCA LEAD staff have the goal of helping all children be successful within the LEAD program. This includes assisting participants with understanding their behaviors and learning successful decision making. This commonly can include: discussions regarding behaviors, time thinking and processing decisions, redirection, and making amends or apologies for mistakes. Challenges with behavior are recorded, and plans for corrective action are noted. Corrective action may include the following sequence;

- 1st Incident → Verbal Warning
- 2nd Incident → Contact/Meet with Parents
- 3rd Incident → Behavior Report

Parents will be notified if an inappropriate behavior persists. If a child continually misbehaves, the site supervisor will meet with the family to create a behavior plan with the intent of helping the child be more successful in the program. Unfortunately, there are times when a behavior plan is unsuccessful. In these situations, a student may be suspended or unenrolled from the program.

If a child acts in a way that creates an intentional risk of harm to materials, him/herself, or anyone else, that child may be immediately suspended or unenrolled from the program.

Parents may be called to pick up a child if their behavior cannot be controlled. Parents who do not respond immediately are subject to disenrollment.

Child Abuse Prevention

The State of California considers all YMCA LEAD staff members as Mandated Reporters of child abuse. This requires our staff to report any and all cases of suspected child abuse. If abuse is suspected, the proper authorities will be contacted and an incident report will be filed. All staff members are trained in child abuse awareness. It is helpful to notify staff regarding accidental injuries or significant behavior changing events that have occurred at home.

Accident or Injury

Mild scrapes or "ouches" will be reported to a parent or guardian by way of an *Ouch Report* or verbal notification. All head injuries, while in program, will be documented with a *Concussion Notification Form*, and notification to the parent or guardian. An *Incident/Accident Report* will be completed for more serious injuries and will be placed on file at the YMCA. Our apologies, but *Incident/Accident Reports* are internal YMCA documents and a copy will not be provided to the family. Staff use standard first aid and universal precautions when treating scrapes or falls. All YMCA staff are CPR and 1st Aid certified.

When a serious accident or injury occurs the site supervisor will attempt to notify parents and emergency contacts. More serious injuries may require:

- Ambulance / Paramedic / 911 notifications
- Immediate transportation to the hospital by paramedics
- Follow-up care by a doctor/dentist

Prior to enrollment a *Branch Release/Waiver* must be completed and signed. All emergency numbers must be kept current in order to assure that a parent can be reached whenever necessary.

Parents are responsible for all costs incurred in the provision of emergency medical treatment for their child.

Documentation

With the exception of *Ouch Reports*, LEAD staff may not provide any written documentation regarding a child's condition or behavior without approval from the Program Director. Attendance sheets/records require a court order to produce.

Head Injury

When a student receives a head injury during program:

- Student will immediately pull them from the activity and staff will assess them for signs and symptoms of a concussion.
- If student is exhibiting any of the signs and symptoms of a concussion, the *Concussion Parent Notification Form* will be completed and a copy will be given to the parent/guardian upon pick-up.
 - Students who receive this notification may return to program but may not participate in athletic activities.
 - Students may not return to all activities until all symptoms are completely gone and the student has received written medical clearance from a licensed healthcare provider.

Illness / Medications

Health rules are designed to protect the well-being of all children. Children should be excluded from program if their illness:

- Prevents the youth from participating comfortably in activities
- Results in a need for care that is greater than the team members can provide without compromising the health and safety of other youth;
- Poses a risk of spread of harmful diseases to others.

If a child becomes ill while at the program and cannot participate in the normal daily routine, the site supervisor may notify a parent or emergency contact. In order to ensure the health of all participants, students who are ill must be picked up within 30 minutes of notification.

In the event that medication needs to be administered to a child while attending the LEAD program, a parent or legal guardian must complete the *Authorization to Administer Medication Form*. This form is available from the site supervisor. Medication must be presented in its original container, labeled with physician's name, phone number, address, prescription expiration date, prescription directions, and pharmacy contact.

Vacation Time

While the children are on break during the Fall, Thanksgiving, Winter, Spring and Summer the South Bay and Border View Family YMCAs offer day camp programs for all students in the community. Each week is filled with activities that help build children's self-esteem, friendships, and lets their creative side shine. Please contact the YMCA at www.ymca.org for more information about day camps and other programs we offer for kids and families.

Children's Rights

Each student receiving services from the YMCA LEAD program is entitled to the following rights and or privileges:

- To be accorded dignity in his/her personal relationship with staff and or other persons
- To be accorded a safe and healthful environment

- To be accorded an environment free from the following: corporal punishment, humiliation, intimidation, ridicule, threats, physical restraint or mental abuse.
- To be accorded an environment that includes all of the necessities of care.

Staff Member's Rights

Each staff member employed by the YMCA LEAD program is entitled to the following rights and or privileges:

- To be treated as a professional care giver by parents, students, school staff, and visitors
- To be accorded a safe and healthful environment
- To be accorded an environment free from the following: threats, harassment, humiliation, intimidation, ridicule, or mental abuse.

In order to protect the rights of staff members employed by the YMCA LEAD program, infringement upon these rights may result in the suspension or disenrollment of a child or family. Everyone entering the YMCA program space on a school campus is expected to abide by the YMCA of San Diego County Code of Conduct posted at the program and listed below.

We expect persons to act maturely, to behave responsibly, and to respect the rights and dignity of others. Our Code of Conduct outlines prohibited action, though the actions listed below are not an all-inclusive list of behaviors considered inappropriate in our facilities or programs.

- Using or possessing alcohol or illegal chemicals on YMCA or school property, in YMCA vehicles, or at YMCA sponsored and/or operated programs.
- Smoking on YMCA or school property or at YMCA operated programs – the YMCA provides a smoke-free environment.
- No pets are allowed on YMCA or YMCA operated school property unless they are “working dogs” to assist individuals while accessing the facilities.
- Carrying or concealing a weapon or any device or object that may be used as a weapon.
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior.
- Physical contact with another person in an angry, aggressive, or threatening way.
- Verbally abusive or offensive behavior, including angry or vulgar language, swearing, name-calling, or shouting.
- Sexually explicit conversation or behavior; any sexual contact with another person.
- Inappropriate, immodest, or sexually revealing attire.
- Theft or behavior that results in the destruction or loss of property.
- Loitering within or on the grounds of the YMCA or school site of a YMCA operated program.
- Cell phone photography or unauthorized photography of members or participants.

The YMCA reserves the right to deny program access or membership to any person who has been convicted of any crime involving sexual abuse, is or has been a registered sex offender, has ever been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, chemicals, narcotics, or intoxicating beverages.

Suspension or termination of YMCA membership privileges and/or program disenrollment may result if the Site-Supervisor and YMCA Program Director determines that a violation of this Code of Conduct has occurred.

Parent's Rights

Any parent, guardian or child representative has the right to be informed of the appropriate procedure regarding grievances, questions or complaints. The procedure is as follows:

- Step #1 - Contact the program's on-Site Supervisor (phone # posted at site)
- Step #2 - Contact the provider (information below)
- Step #3 - Contact the San Ysidro School District (information below)

(Step #2) YMCA Expanded Learning Programs – South Region Office

50 4th Avenue
Chula Vista, CA 91910
(619) 420-0041

(Step #3) San Ysidro School District

4350 Otay Mesa Rd.
San Ysidro, CA 92173
(619) 428-4476



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF SAN DIEGO COUNTY
Concussion Information Sheet
7.800A

Why am I getting this information sheet?

You are receiving this information sheet about concussions because of California state law Assembly Bill No. 2007.

1. The law requires athletes participating in youth sports organizations, who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.
2. Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.
3. Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the organization by the athlete and the parent or guardian.

Every year all coaches and their administrators are required to receive training about concussions.

What is a concussion and how would I recognize one?

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each person.

Most concussions get better with rest and over 90% of athletes fully recover. However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.

Most concussions occur without being knocked out. Signs and symptoms of concussion may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from your team's athletic trainer and a medical doctor trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 to take him or her immediately to the emergency department of your local hospital.

What can happen if my child keeps playing with concussion symptoms or returns too soon after getting a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately.

There is NO same day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g., MRI or CT) may be “normal”, the brain has still been injured. Research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of this concussion program is to prevent a too early return to play so that serious brain damage can be prevented.

Signs observed by teammates, parents and coaches include:

| | |
|--|--|
| <ul style="list-style-type: none"> • Looks dizzy • Looks spaced out • • Confused about plays • Forgets plays • • Is unsure of game, score, or opponent • Moves clumsily or awkwardly • Answers questions slowly | <ul style="list-style-type: none"> • Slurred speech • Shows a change in personality or way of acting • • Can't recall events before or after the injury • Seizures or has a fit • • Any change in typical behavior or personality • Passes out |
|--|--|

Symptoms may include one or more of the following:

| | |
|--|---|
| <ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or throws up • Neck pain • Has trouble standing or walking • Blurred, double, or fuzzy vision • Bothered by light • Feeling foggy or groggy • Drowsiness • Change in sleep patterns | <ul style="list-style-type: none"> • Loss of memory • “Don't feel right” • Tired or low energy • Sadness • Nervousness or feeling on edge • Irritability • More emotional • Confused • Concentration or memory problems • Repeating the same question/comment |
|--|---|

How is Return to Play (RTP) determined?

Concussion symptoms should be completely gone before returning to competition. RTP progression

involves a gradual, step-wise increase in physical effort, sports-specific activities and the risk for contact. If symptoms occur with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a medical doctor trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer or coach. For your reference, a Return to Play plan is available at the YMCA office or online at YMCA.org. RTP for full competition must be no earlier than 7 days after the concussion diagnosis has been made by a physician.

Final Thoughts for Parents and Guardians:

It is well known that youth athletes will often not talk about signs of concussions, which is why this information sheet is so important to review with them. Teach your child to tell the coaching staff if he or she experiences such symptoms, or if he or she suspects that a teammate has had a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms that you may be seeing in your child.

References:

*American Medical Society for Sports Medicine position statement: concussion in sport (2013)
Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012*
<http://www.cdc.gov/concussion/HeadsUp/youth.html>

For current and up-to-date information on concussions you can visit:
<http://www.cdc.gov/concussion/HeadsUp/youth.html>

LEAD PROGRAM

I acknowledge that I have received and read the YMCA Concussion Information Sheet.

Student-Athlete Name
Printed

Student-Athlete
Signature

Date

Parent or Legal
Printed

Parent or Legal
Signature

Date

YMCA of San Diego County - Expanded Learning Programs LEAD Program

Receipt of Parent Handbook

(Please complete, sign, and return this page.)

Child(ren)'s Name(s):

1.) _____

3.) _____

2.) _____

4.) _____

I have received and read the LEAD parent handbook for the current school year. I understand it is my responsibility to read and understand its contents and will follow all the rules and requirements therein.

Parent Name

Parent Signature

Date

Agreement for Use of YMCA of San Diego County Technology

Parent or Guardian:

As the parent or guardian, I have read the **YMCA of San Diego County LEAD Program Student Acceptable Use of Technology** and I have discussed it with my child. I understand that computer access is provided for educational purposes in keeping with the academic goals of YMCA of San Diego County LEAD Programs, and that student use for any other purpose is inappropriate. I recognize it is impossible for YMCA of San Diego County LEAD Program to restrict access to all inappropriate materials, and I shall not hold the program responsible for materials acquired on the district network.

I hereby give permission for my child to use technology resources at the _____ (school name) **YMCA LEAD Program**.

Parent or Guardian's Name (please print): _____

Parent or Guardian's Signature: _____ **Date:** _____

Student:

I understand and will obey the rules of the **YMCA of San Diego County LEAD Program Student Acceptable Use of Technology**. I will use _____ (school name) YMCA LEAD Program technology resources productively and responsibly for school-related purposes. I will not use any technology resource in such a way that would be disruptive or cause harm to other users. I understand that consequences of my actions could include possible loss of computer privileges and/or school disciplinary action and/or possible dismissal from the program. I understand that the YMCA of San Diego County LEAD Program administrators will deem what conduct is inappropriate use if such conduct is not specified in this agreement.

Student Name (please print): _____

Student Signature: _____ **Date:** _____

Student Name (please print): _____

Student Signature: _____ **Date:** _____

Student Name (please print): _____

Student Signature: _____ **Date:** _____