### WHSBLA Compliance Checklist - 2024

NAME of PROGRAM:	luron	High	School	
1. Proof of Liability AND Individual Player Insu	rance		(CHECK O	NE)
A) Player Roster with US Lax Member #'s and COMBINED with certificate of liability instance.				
OR				
B) Proof of insurance through school (certification)	ate or letter from	school district)	-	_
2. <b>Concussion AND SCA</b> – A hard copy EXAMPI the program have reviewed and signed in regards to				
3. <b>Program Code of Conduct</b> – Hard copy of your athletic handbook simply provide proof of first few electronic file too large)				
ALL COACHES	Number of Co	aches Shown Cl	eared/Certified:_	3
4. <b>CPR/First Aid</b> – Photocopies of current CPR Al	ND First Aid cer	tification (valid	through May 25,	2024)
<ul> <li>5. Printed copy of PDF of membership card from Usthrough May 25, 2024) for each of the following:         <ul> <li>US Lacrosse Membership</li> <li>National Background Check</li> <li>Abuse Prevention</li> <li>BRONZE LEVEL CERTIFICATION (a -Cultural Competency -Concussion Awareness -Sudden Cardiac Arrest -Current Rules Exam</li> </ul> </li> </ul>		unt showing vali	d expiration dates	(at least
Printed Name: Pebecca Bar	th (Head	Coach, Athletic Dire	ector or Board Preside	ent)
Signature:	The second of the second of the second	Da	ATE: <u>7-</u> 2	1-24

Member Number	Expire Date	First	Last	Team Name
000006726295	3/31/2025	Allen	Moses	Union - High School
010030018958	2/28/2025	Ethan	Sivits	Union - High School
00006724979	3/31/2025	Brody	Lake	Union - High School
010030103908	12/31/2024	Justin	Cramer	Union - High School
010030028865	3/31/2025	Adrian	Contreras	Union - High School
00006830445	2/28/2025	Jack	Johnston	Union - High School
00008270321	3/31/2025	Danny	Carl	Union - High School
00008358909	3/31/2025	ryan	carl	Union - High School
010030032221	3/31/2025	Sean	Mitcheltree	Union - High School
010030149352	2/28/2025	Grayson	Stanley	Union - High School
010030150139	2/28/2025	Micah	Seville	Union - High School
000015261753	4/30/2025	Asher	Livingston	Union - High School
010030147530	2/28/2025	Tenzing	Tsewang	Union - High School
010030152140	2/28/2025	Gustav	Seidel	Union - High School



### CERTIFICATE OF LIABILITY INSURANCE

DATE (MM/DD/YYYY) 02/02/2024

THIS CERTIFICATE IS ISSUED AS A MATTER OF INFORMATION ONLY AND CONFERS NO RIGHTS UPON THE CERTIFICATE HOLDER. THIS CERTIFICATE DOES NOT AFFIRMATIVELY OR NEGATIVELY AMEND, EXTEND OR ALTER THE COVERAGE AFFORDED BY THE POLICIES BELOW. THIS CERTIFICATE OF INSURANCE DOES NOT CONSTITUTE A CONTRACT BETWEEN THE ISSUING INSURER(S), AUTHORIZED REPRESENTATIVE OR PRODUCER, AND THE CERTIFICATE HOLDER.

IMPORTANT: If the certificate holder is an ADDITIONAL INSURED, the policy(les) must have ADDITIONAL INSURED provisions or be endorsed. If SUBROGATION IS WAIVED, subject to the terms and conditions of the policy, certain policies may require an endorsement. A statement on

this certificate does not confer rights to the certificate holder in lieu of si			
PRODUCER	CONTACT Willis Towers	Watson Certificate Center	
Willis Towers Watson Southeast, Inc.	PHONE (A/C, No, Ext): 1-877-945-7	7378 FAX	1-888-467-2378
c/o 26 Century Blvd P.O. Box 305191	E-MAIL ADDRESS: certificates(		
Nashville, TN 372305191 USA			
Manualle, III 3/2303131 ODA		AFFORDING COVERAGE	NAIC#
		Manufacturers' Association	<del></del>
INSURED US Lacrosse, Inc. dba USA Lacrosse	MODILER D.	Manufacturers Association	
2 Loveton Circle	INSURER C: National Uni	ion Fire Insurance Company	of P 19445
Sparks Glencoe, MD 21152	INSURER D :		
	INSURER E :		
	INSURER F :		
COVERAGES CERTIFICATE NUMBER: W32615934	INSURER F.	REVISION NUMBER:	
THIS IS TO CERTIFY THAT THE POLICIES OF INSURANCE LISTED BELOW HA	E REEN ISSUED TO THE I		E BOLICY DEDIOD
INDICATED. NOTWITHSTANDING ANY REQUIREMENT, TERM OR CONDITION CERTIFICATE MAY BE ISSUED OR MAY PERTAIN, THE INSURANCE AFFORD EXCLUSIONS AND CONDITIONS OF SUCH POLICIES. LIMITS SHOWN MAY HAVE	OF ANY CONTRACT OR O' O BY THE POLICIES DES	THER DOCUMENT WITH RESPEC CRIBED HEREIN IS SUBJECT TO	T TO WHICH THIS
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CLAIMS-MADE X OCCUR		DAMAGE TO RENTED	s 1,000,000
A SEAMONDE 74 GOOK			
302401-14-25-36-	01/01/2024 01/01	/2025	<u> </u>
302401 14 23 30	01/01/2024 01/01	PERSONAL & ADV INJURY	\$ 1,000,000
GEN'L AGGREGATE LIMIT APPLIES PER:		GENERAL AGGREGATE	5,000,000
POLICY PRO- X LOC		PRODUCTS - COMP/OP AGG	\$ 2,000,000
OTHER:			\$
AUTOMOBILE LIABILITY		COMBINED SINGLE LIMIT (Ea accident)	\$
ANY AUTO			\$
OWNED SCHEDULED AUTOS ONLY AUTOS		BODILY INJURY (Per accident)	s
HIRED NON-OWNED		PROPERTY DAMAGE	s
AUTOS ONLY AUTOS ONLY	İ	(Per accident)	<u> </u>
Lunner Lauren			
B WMBRELLA LIAB X OCCUR		ļ	\$ 5,000,000
X EXCESS LIAB CLAIMS-MADE 652401-14-25-36-	01/01/2024 01/01	AGGREGATE AGGREGATE	\$ 5,000,000
DED RETENTION\$			\$
WORKERS COMPENSATION AND EMPLOYERS' LIABILITY		PER OTH- STATUTE ER	
ANYPROPRIETOR/PARTNER/EXECUTIVE (TYN)	!	E.L. EACH ACCIDENT	S
OFFICER/MEMBEREXCLUDED? N / A (Mandatory in NH)		E.L. DISEASE - EA EMPLOYEE	S
If yes, describe under DESCRIPTION OF OPERATIONS below		E.L. DISEASE - POLICY LIMIT	
A General Liability - 302401-14-25-36-	01/01/2024 01/01		\$2,000,000
Sexual Abuse/Molestation	;	•	
Dender Abdee, More State City	:	rer occurrence	\$1,000,000
	·		
DESCRIPTION OF OPERATIONS / LOCATIONS / VEHICLES (ACORD 101, Additional Remarks Schedu			_
Liability coverage under this policy extends to US Lacrosse			
National Teams, leagues, camps, clinics, tournaments and of		<del>-</del>	-
100% registered member guidelines set forth by US Lacrosse	.nc., and/or events	approved by US Lacrosse,	Inc.
SEE ATTACHED			
CERTIFICATE HOLDER	CANCELLATION		
		BOVE DESCRIBED POLICIES BE CA	
	THE EXPIRATION DAT ACCORDANCE WITH THE	E THEREOF, NOTICE WILL B POLICY PROVISIONS.	E DELIVERED IN
	AUTUADITED DÉRDESENTATRIS	=	
Southwest Washington Lacrosse	AUTHORIZED REPRESENTATIVE		
9208 NE Highway 99	John Bane	<del></del>	
Vancouver, WA 98665	Johns		

AGENCY CUSTOMER ID:	
LOC #:	



### **ADDITIONAL REMARKS SCHEDULE**

Page 2 of 2

AGENCY		NAMED INSURED	
Willis Towers Watson Southeast, Inc.		US Lacrosse, Inc. dba USA Lacrosse 2 Loveton Circle	
POLICY NUMBER		Sparks Glencoe, MD 21152	
See Page 1			
CARRIER	NAIC CODE	1	
See Page 1	See Page 1	EFFECTIVE DATE: See Page 1	
ADDITIONAL REMARKS			-
THIS ADDITIONAL REMARKS FORM IS A SO	CHEDULE TO ACORD FORM.	· · · · · · · · · · · · · · · · · · ·	
FORM NUMBER: 25 FORM TITLE:	•	Insurance	
		···	
Re: Team or League Requiring 100% Name of Team/League - Southwest Was		nd coach members	
Mame of feam/ heague - Southwest was	snington Lacrosse		
INSURER AFFORDING COVERAGE: Nations	al Union Fire Insurance (	Company of Pittsburgh	NAIC#: 19445
POLICY NUMBER: \$RG0009160719 E		=	
TYPE OF INSURANCE:	ITHE DESCRIPTION.		
	LIMIT DESCRIPTION: Limit:	LIMIT AMOUNT:	
Accident Medical Expense Benefit	LIMIE:	\$1,000,000	
Accident Medical Expense Benefit			
INSURER AFFORDING COVERAGE: Nationa	al Union Fire Insurance (	Company of Pittsburgh	NAIC#: 19445
POLICY NUMBER: SRG0009160718 EN	FF DATE: 01/01/2024 H	EXP DATE: 01/01/2025	

TYPE OF INSURANCE:

LIMIT DESCRIPTION:

LIMIT AMOUNT:

Base Participant Accident Accident Medical Expense Benefit

Limit:

\$100,000

ACORD 101 (2008/01)

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SR ID: 25388239

BATCH: 3316995

CERT: W32615934

### **HEADS UP Concussion Waiver**

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

### What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

### How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - o Work with their coach to teach ways to lower the chances of getting a concussion.
  - Talk with your children or teens about concussion and ask if they have concerns about reporting a
    concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and
    taking time to recover from one.
  - o Ensure that they follow their coach's rules for safety and the rules of the sport.
  - o Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.

### How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### Signs Observed by Parents or Coaches

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

### Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that it's better to miss one game than the whole season.

Concussions affect each child and teen differently. While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children or teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.

### What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing— have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion? As a parent, if you think your child or teen may have a concussion, you should:

- 1. Remove your child or teen from play.
- 2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
- 3. Ask your child or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. The brain needs time to heal after a concussion. A child or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

### To learn more, go to:

- Head Ups http://www.cdc.gov/concussion/sports/
- Fact Sheet for Players https://bit.ly/2MXBEon
- Fact Sheet for Parents https://bit.ly/2MX7IZi

Discuss the risks of concussion and other serious brain injury with your child or teen and have each person sign below.

Athlete Agreement:

I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury

Player Name (print)

Player Signature

Parent/Guardian Agreement:

I have read this fact sheet for parents on concussion with my child or teen and talked about what to do if they have a concussion or other serious brain injury.

Parent/Legal Guardian (Print)

Parent/Legal Guardian Signature

### Union High School Lacrosse SUDDEN CARDIAC ARREST AWARENESS FORM

In accordance with SB 5083, youth athlete and the athlete's parents and/or guardian must review the information provided regarding Sudden Cardiac Arrest. Both athlete and the athlete's parents and/or guardian must sign this form before participating in the interscholastic athletic activity.

This form must be signed annually by the parent/guardian and student prior to participation in Union Lacrosse.

· · · · · · · · · · · · · · · · · · ·	UNDERSTAND THE INFORMATION ON AND SUDDEN CARDIAC ARREST	
Athlete Name Printed	Athlete Signature	Date
Parent or Legal Guardian Printed	Parent or Legal Guardian Signature	Date

### Information Sheet for

Student-Athletes, Coaches and Parents/Guardian

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 (gasping). 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!



### 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!



Center For Sports Cardiology www.uwsportscardiology.org





SCA Awareness Youth Heart Screening CPR/AED in Schools

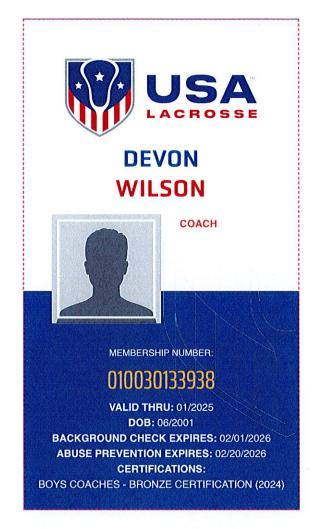
### Union High School Lacrosse Club

CODE OF CONDUCT

Players, coaches, spectators and parents are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other players, coaches, officials and spectators. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this "Code of Conduct" are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of lacrosse, themselves, their team and their organization. Skyview Lacrosse support the following behaviors for those participating or involved in any way with Skyview Lacrosse and youth lacrosse in general:

- The essential elements of the "Code of Conduct" must be adhered to.
- Sportsmanship and teaching the concepts of fair play are essential to the game, and must be taught and developed both at home and on the field during practices and games.
- The emphasis on winning should never be placed above the value of good sportsmanship, the concepts of fair play, or the skills of the game.
- Derogatory comments are unacceptable. Use positive reinforcement with players and adults alike. It should be remembered that criticism, once made, can never be retracted.
- The safety and welfare of the players are of primary importance.
- Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as with adults.
- Officials are expected to conduct themselves as professionals and in a manner that demonstrates courtesy and fairness to all parties while exercising their authority on the field
- Adults involved with the game must never permit anyone to openly or maliciously criticize, badger, harass, or threaten an official.
- Knowledge of the Rules of Lacrosse must be respected and adhered to by all who participate in the
  game of lacrosse, both in the letter and the spirit of the game. Attempts to manipulate rules in an
  effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is
  considered unacceptable conduct.
- Eligibility requirements, such as age and previous level of participation, must be followed. They have been established to encourage and maximize participation, as well as promote safety.

Athlete Name Printed	Athlete Signature	Date
Parent or Legal Guardian Printed	Parent or Legal Guardian Signature	Date





8/7/2023 Devon Wilson

Dear Devon

Congratulations on successfully completing your HSI Adult First Aid | CPR AED All Ages (2020) -DC class. This HSI-Approved Training Center has chosen to issue your certification card digitally.

The digital certification card below is identical to a printed version of the card. It documents that you have demonstrated achievement of the required knowledge and hands-on skill objectives of the training program to the satisfaction of a currently authorized HSI Instructor. Your digital certification card may be printed for validation of certification. If further proof is required, scan the QR Code or go to www.hsi.com/validation and follow the instructions. The QR Code link in this letter will stay active. If you lose this letter, you may request a copy from the Training Center named below.

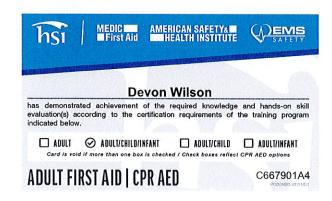
We strongly recommend that you download and save a copy of this letter for safekeeping.

To download the digital student book for this class or to complete a short evaluation of your class and instructor, please go to www.hsi.com/passport and register using the following number: 202662

Northwest Health & Safety Inc Vancouver, WA



Certification Validation QR Code



Gregory S	Sanders
Authorized Instruc	tor (Print Name)
4850	02
Registry	y No.
8/2/2023	8/2025
Class Completion Date	Expiration Date
360-737-8910	NORT123
raining Center Phone No.	Training Center I.D.

This Adult First Aid | CPR AED training program conforms with the 2020 American Heart Association (AHA) Guidelines Update for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care and the 2020 AHA and American Red Cross Focused Update for First Aid. This training program was not designed to meet pediatric first aid training requirements and should not be used for that purpose.

Expiration date may not exceed two years from month of class completion.





### BEAU J HILBERT



PLAYER COACH

MEMBERSHIP NUMBER:

### 010030148156

**VALID THRU: 02/2025** 

**DOB:** 10/2000

**BACKGROUND CHECK EXPIRES:** 02/23/2026

**ABUSE PREVENTION EXPIRES:** 02/18/2026

**CERTIFICATIONS:** 

BOYS COACHES - BRONZE CERTIFICATION (2024)

## American Red Cross Training Services

## Certificate of Completion

### Beau Hilbert

has successfully completed requirements for

# Adult First Aid/CPR/AED Online (Eligible for Skills Session within 90 days)

Date Completed: 2/18/2024 Validity Period: 2 Years

Conducted by: American Red Cross

To verify certificate, scan code or visit redcross.org/digitalcertificate and enter ID.

Learn and be inspired at LifesavingAwards.org











COACH

MEMBERSHIP NUMBER:

1003013981

**VALID THRU:** 02/2025

DOB: 05/2001

BACKGROUND CHECK EXPIRES: 02/16/2026
ABUSE PREVENTION EXPIRES: 02/07/2026

CERTIFICATIONS:

BOYS COACHES - BRONZE CERTIFICATION (2024)

### CPR

Certified CPR Practitioner



### **Damen Conrad**

This card certifies that the person listed above has successfully completed the CPR examination at the CPR Certification Institute.

**02/18/2026** Renewal Date

Issue Date

raining Center	Training Center #
CPR Certification Institute	280145
Region	Provider #
Vancouver, Washington 98684	195540
estructor	Instructor#
Jennifer Bunn, R.N.	120823
nstructor's Signature	Provider's Signature