



## Camp Attendee Policy

1. Camp Overview
2. Registration Timeline
3. Eligibility Requirements
4. Athlete Grouping
5. Refunds
6. Camp Cancellation and Weather
7. Medical Release and Concussion Protocol
  - 7.1. Medical Release
  - 7.2. Concussion Protocol

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1. **Camp Overview:** Attending a National Fastpitch Coaches Association (NFCA) EXCEL camp will provide a reputable and fun way for high school athletes to improve their skills and showcase their talent to college coaches.

The NFCA EXCEL camps offer individualized instruction and players also have the opportunity to select the defensive position of their choice. During this intense and unique learning opportunity, the afternoon is filled with competitive games and on-field live action.

Camp attendees will receive:

- Small group, position-specific defensive instruction.
  - Small group, offensive instruction.
  - Opportunity to play in competitive games.
  - On-field feedback from college coaches.
  - Digital copy of NFCA's Top Recruit magazine.
  - Camp gift.
2. **Registration Timeline:** The 2024 EXCEL Camp line-up includes the Atlanta Legacy (July 10, 2024), Ohio Stingrays (July 11, 2024), and Evansville (October 25, 2024) camps. Registration timelines, daily schedules and rates vary by camp. Visit <https://nfca.org/camps> for individual camp registration details and camp specific information.
  3. **Eligibility.** NFCA Excel camps are open to athletes scheduled to graduate High School in 2024-2029 for Atlanta Legacy and Ohio Stingrays or 2025-2030 for Evansville.
  4. **Athlete Grouping:** Student-athletes will be grouped into teams. Teams will be coordinated as evenly as possible by including a variety of graduation years and positions on each team to ensure competitive games.
  5. **Refunds:** Refunds will only be considered if submitted via email to [Events@nfca.org](mailto:Events@nfca.org). Refunds will be issued according to the below:
    - 14+ days prior to the camp: Full refund minus \$25 administration fee.

- 8-13 days prior to camp: One-half refund.
  - 7 days prior to camp: No refunds for any reason, including, but not limited to accident, injury, verbal commitments, team changes, tournament cancellations and/or other circumstances which might adversely affect camp participation.
  - Camp fees may not be transferred to the following year.
6. **Camp Cancellation and Weather:** If weather forces the cancellation of the entire camp, a one-half refund will be provided to all attendees. If half the camp is able to be completed (approx. 4-hours for Atlanta Legacy and Ohio Stingrays/2-hours for Evansville) prior to weather forcing the cancellation of the remainder of camp, no refunds will be issued. The NFCA camp staff will do everything possible to hold the camp as scheduled.

Any weather-related schedule changes will be announced via the NFCA social medial platforms and at [nfca.org](http://nfca.org).

7. **Medical Release and Concussion Protocol:** In order to participate in any NFCA camp, participants must agree to the NFCA Camp Policies including the medical release, concussion protocol acknowledgement and catcher helmet guidelines. The camp policy requirements are below and acknowledgement of these requirements are included in the on-line registration process.

#### 7.1. Medical Release

I do hereby appoint and authorize the NFCA Recruiting Camp and its designated representatives as my Attorney-in-Fact to obtain and consent to any and all medical/dental attention and hospital care and treatment, including major surgery deemed necessary by an appropriate medical/dental provider selected by my Attorney-in-Fact for the health and well-being of my child who is attending the NFCA Camp. This power shall terminate on three days postdate of camp. BY ITS NATURE, PARTICIPATION IN ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR, TO LONG-TERM CATASTROPHIC, TO EVEN DEATH. Although serious injuries are not common in supervised athletic programs, it is impossible to eliminate this risk.

The NFCA Camp does not screen applicants for illness, injury, allergies or other medical conditions which would prevent or limit participation by the applicant in athletics. It is the responsibility of the parents or guardian of each applicant to determine her fitness to participate in athletics.

By signing this Permission Form, I acknowledge that I have read and understand the above warning. I acknowledge that I do not know of any medical condition which would prevent or limit the participation of this applicant in athletics. I do hereby agree for ourselves and on behalf of our child to release, hold harmless and indemnify the National Fastpitch Coaches Association, its officials, officers, directors, agents and employees from any and all liability against loss or damage for injury, illness, or other conditions arising or sustained by our child while participating in activities of the camp program incidental thereto, whether the result of negligence or any other cause. I assume the risks, known and unknown, involved in participating in this camp.

I UNDERSTAND THAT FOR ENROLLMENT ACCEPTANCE AND TO PROVIDE EMERGENCY TREATMENT, THE ABOVE IMPORTANT INFORMATION AND MEDICAL TREATMENT AUTHORIZATION IS COMPLETED IN ITS ENTIRETY. I ALSO STATE THAT I HAVE READ AND UNDERSTAND THE CONTENTS OF THIS FORM.

## 7.2. Concussion Protocol: What is a concussion?

Concussion is a brain injury. Concussions, as well as all other head injuries, are serious. They can be caused by a bump, a twist of the head, sudden deceleration or acceleration, a blow or jolt to the head, or by a blow to another part of the body with force transmitted to the head. You can't see a concussion, and more than 90% of all concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. All concussions are potentially serious and, if not managed properly, may result in complications including brain damage and, in rare cases, even death. Even a "ding" or a bump on the head can be serious. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, your child should be immediately removed from play, evaluated by a medical professional and cleared by a medical doctor.

### What are the signs and symptoms of concussion?

Concussion symptoms may appear immediately after the injury or can take several days to appear. Studies have shown that it takes on average 10-14 days or longer for symptoms to resolve and, in rare cases or if the athlete has sustained multiple concussions, the symptoms can be prolonged. Signs and symptoms of concussion can include: (not all-inclusive)

- Vacant stare or seeing stars
- Lack of awareness of surroundings
- Emotions out of proportion to circumstances (inappropriate crying or anger)
- Headache or persistent headache, nausea, vomiting
- Altered vision
- Sensitivity to light or noise
- Delayed verbal and motor responses
- Disorientation, slurred or incoherent speech
- Dizziness, including light-headedness, vertigo (spinning) or loss of equilibrium (being off balance or swimming sensation)
- Decreased coordination, reaction time
- Confusion and inability to focus attention
- Memory loss
- Sudden change in academic performance or drop in grades
- Irritability, depression, anxiety, sleep disturbances, easy fatigability
- In rare cases, loss of consciousness

### What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with signs and symptoms of concussion should be removed from activity (play or practice) immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to sustaining another concussion. Athletes who sustain a second concussion before the symptoms of the first concussion have resolved and the brain has had a chance to heal are at risk for prolonged concussion symptoms, permanent disability and even death (called "Second Impact Syndrome" where the brain swells uncontrollably). There is also evidence that multiple concussions can lead to long-term symptoms, including early dementia.

### What do I do if I suspect my child has suffered a concussion?

Any athlete suspected of suffering a concussion should be removed from the activity immediately. No athlete may return to activity after an apparent head injury or concussion,

regardless of how mild it seems or how quickly symptoms clear, without written medical clearance from an appropriate health-care professional (AHCP).

Close observation of the athlete should continue for several hours. You should also seek medical care and inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than to have your life changed forever.

*When in doubt, sit them out.*

### **When can my child return to play or practice?**

Following physician evaluation, the return to activity process requires the athlete to be completely symptom free, after which time they would complete a step-wise protocol under the supervision of a licensed athletic trainer, coach or medical professional and then, receive written medical clearance of an AHCP. For current and up-to-date information on concussions, visit <http://www.cdc.gov/concussioninyouthsports/> or <http://www.seeingstarsfoundation.org>

### **Statement of Student Athlete Responsibility**

I accept responsibility for reporting all injuries and illnesses to my parents, team doctor, athletic trainer, or coaches associated with my sport including any signs and symptoms of CONCUSSION. I have read and understand the above information on concussion. I will inform the supervising coach, athletic trainer or team physician immediately if I experience any of these symptoms or witness a teammate with these symptoms. Furthermore, I have been advised of the dangers of participation for myself and that of my child/ward.

I have read the above waiver and release, understand the content and have agreed to this document voluntarily.

**ALL CATCHERS MUST WEAR A HELMET AND STANDARD PROTECTIVE GEAR.**