

Participation in DIVE Cincinnati, Inc. Athletic Programs Concussion Information – Hand Spotting Waiver

List the names and ages of all participants for which you are signing this form:

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

CONCUSSION INFORMATION FOR YOUTH SPORTS

I have read the Ohio Department of Health's Concussion Information for Youth Sports sheet (found at <http://www.healthy.ohio.gov/concussion> and on a link found on the DIVE Cincinnati, Inc. website) and understand that I have a responsibility to report my/ my child's symptoms to coaches, administrators and health care providers. I also understand that I/my child must have no symptoms before return to play can occur.

Signature of Participant(s) (if 18 years of age or older) or Parent/Guardian

Date

HAND SPOTTING RELEASE

Hand spotting is a technique used to help divers learn basic somersaulting skills. It involves coaches manipulating the athlete in the air with his or her hands. The primary goal of hand spotting is diver safety. By hand spotting, the coach can help the diver complete the somersault while at the same time lessen the impact of landing.

Only DIVE Cincinnati staff members that are trained in hand spotting techniques are allowed to hand spot. DIVE Cincinnati coaching staff members use landmarks on the body around the hips, shoulders, and legs to spot. Inadvertently, a spotter will sometimes miss a landmark.

As a member of DIVE Cincinnati, it is your choice whether we hand spot your child. If you or your child is not comfortable being hand spotted, we recommend that you tell us and we will use alternative training methods. No diver will lose opportunity or status based on the decision to be hand spotted; however, it does make it difficult to teach certain skills when hand spotting is not allowed.

I have read the above hand spotting technique statement and have discussed what hand spotting is with my diver.

_____ I agree to allow my diver to be hand spotted. _____ I do not wish for my diver to be hand spotted.

Signature of Participant(s) (If 18 years of age or older) or Parent/Guardian

Date