



# DCS COACH APPLICATION

\_\_ CHEER \_\_ SOCCER \_\_ FOOTBALL \_\_ VOLLEYBALL \_\_ BASKETBALL

## Section 1

Name \_\_\_\_\_

Cell Phone # \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Sex: ☐ M ☐ F Date of Birth \_\_\_\_\_

All coaches will receive a link via email to complete a background check. DCS pays for this so please complete as soon as possible. If you have been a DCS coach in the last year and have already been checked you will not receive a link. You will also need to go online and watch the Lindsay's Law Coach Info video [https://youtu.be/h3teQ3e\\_hoQ](https://youtu.be/h3teQ3e_hoQ)

## Section 2 (please circle)

1. Which of the following days would you **PREFER** to practice? (Circle **ALL** that apply) Mon Tue Wed Thu

2. Do you require a specific practice session? 5:30pm-6:30pm / 6:45pm-7:45pm / any session is fine

3. What is your shirt size? S M L XL XXL XXXL XXXXL

4. Please list your child/children you are interested in coaching this year (if applicable).

Child's Name	Grade	Gender
_____	_____	M F
_____	_____	M F
_____	_____	M F

5. If you have children in different leagues, would you like to coach both teams? Yes No

6. Have you ever coached with DCS before? Yes No

7. Do you regularly attend a local church? Yes No If yes, which church? \_\_\_\_\_

You will be required to attend a coach information & training meeting on Saturday January 3, 2026 in the Community Room by the Gym @ 10:00am. The goal of this meeting is to get everyone on the same page and to be sure every coach fully understands the DCS rules and guidelines that are specific to your sport. Thank you for coaching our DCS ATHLETES!

**PLEASE FILL OUT THE LIFESTYLE COMMITMENT ON THE BACK OF THIS FORM**

# LIFESTYLE COMMITMENT

Dayspring Community Sports operates under the direction of Dayspring Wesleyan Church. We believe God has given us the Bible as a way of explaining to us how to live in the world He has created. Whether you are a Christian or not, as a volunteer of Dayspring Community Sports, we are asking you to adhere to some simple requirements below to make our program the safest and most family-friendly program in our community.

1. I am a committed "champion" of the Dayspring Community Sport's mission, values and strategy; I am personally engaged to help implement these in the lives of the children and families I serve.
2. I will be "above reproach" in all areas of sexual contact with children. As a man, I will never be alone with a girl and as a woman, I will never be alone with a boy. Other than my own child, I will not enter a restroom alone with a child.
3. I will ensure that what I do on the field or in the gym, in the community, and on my social media does not reflect poorly on the mission and reputation of Dayspring Community Sports. I realize that different levels of leadership require different requirements. I will ensure I fully understand the expectations for my area of ministry.
4. I recognize a good attitude is invaluable to morale and I commit to being a positive influence. This includes not belittling children, arguing with parents publicly, or openly criticizing referees or other coaches on the court/field, on social media, or in private conversations.
5. I realize I am representing Dayspring Community Sports and, therefore I will dress modestly and appropriately when I am serving at Dayspring. This includes men wearing shirts or hats that promote alcohol/tobacco/drugs or musicians/bands that promote hyper-sexual or violent lifestyles. This includes women wearing shirts that expose undergarments or extremely short shorts.
6. In order to promote a healthy lifestyle for our children, we ask that coaches not consume any alcoholic beverages or smoke/dip/chew while on the field/court as an acting coach.
7. I will carry out the task of doing devotions with my team each week
8. DCS COMMISSIONERS ONLY: As a commissioner, I am a representative of the broader mission of Dayspring Wesleyan Church and, therefore, will attend 75% of Sunday morning services a month.
9. I realize the leadership of DCS have the best interests of the program and my best interest in mind and if I neglect any of the above commitments, I'm open their encouragement or gentle correction in order to build a better DCS community and make me a better leader.
10. If at any point I choose not to adhere to this commitment, the DCS Director reserves the right to remove me from my leadership position.

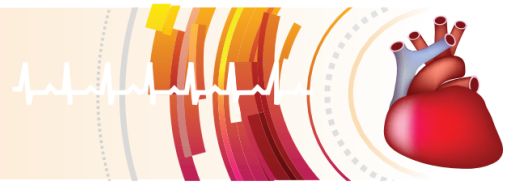
My signature represents that I understand the mission, values, strategy, statements of beliefs and lifestyle commitments of Dayspring Community Sports.

Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

## Sudden Cardiac Arrest and Lindsay's Law Information for the Coach



- Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.
- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.
- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
  - 1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
  - 2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
  - 3) All practices, interschool practices and scrimmages
- Coaches have specific responsibilities under Lindsay's Law:
  - 1) Annual completion of the required SCA training course approved by the Ohio Department of Health
  - 2) Preventing the following students from participating in athletic activities until the coach receives written clearance by a licensed health professional. This written clearance must be shared with any school or sports official:
    - a) A youth whose biological parent, sibling or child has previously experienced SCA
    - b) Any youth athlete that experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play
- Any of these things may cause SCA:
  - 1) Structural heart disease. This may or may not be present from birth
  - 2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
  - 3) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection
- **Warning signs** in a youth athlete's family that indicate the youth athlete may be at high risk of SCA:
  - o A blood relative who suddenly and unexpectedly dies before age 50
  - o Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart
- **Warning signs** of SCA. If any of these things happen with exercise, the youth athlete should be seen by a health care professional:
  - o Chest pain/discomfort
  - o Unexplained fainting/near fainting or dizziness
  - o Unexplained tiredness, shortness of breath or difficulty breathing
  - o Unusually fast or racing heart beats

- The youth athlete who faints or passes out before, during, or after an athletic activity **MUST** be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
  - If the youth athlete's biological parent, sibling or child has had a SCA, then the youth athlete **MUST** be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
  - Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.
- Other reasons to be seen by a health care professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.
  - Lindsay's Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another healthcare provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.
- Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.
  - Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AED may be near the athletic facilities, or the AED may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.
  - If you witness a person experiencing a SCA: First, remain calm. Follow the links in the **Chain of Survival**:
    - ❖ Link 1: Early recognition
      - Assess child for responsiveness. Does the child answer if you call his/her name?
      - If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"
    - ❖ Link 2: Early CPR
      - Begin CPR immediately
    - ❖ Link 3: Early defibrillation (which is the use of an AED)
      - If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
      - If an AED is not available, continue CPR until EMS arrives
    - ❖ Link 4: Early advanced life support and cardiovascular care
      - Continue CPR until EMS arrives
  - Lindsay's Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.