### **Rocky River Soccer Organization**

### March 2015

### Risk Management Policies, Procedures and Programs Including:

### **Insurance Information**

### **Insurance Claims Forms**

### **Insurance Policy Summary**

### **Incident Report**

### **Possible Concussion Notification**

In an effort to protect players, coaches, managers, the board of directors and other soccer volunteers, the Rocky River Soccer Organization (RRSO) has implemented a number of coverages and programs to respond to issues and events that may arise during the year,

First, RRSO maintains two policies to protect its members and participants. One policy is a commercial general liability policy and the other is a blanket accident and health policy special risk. These policies are underwritten by Markel Insurance Co. A brief summary of each follows later in this report.

By virtue of RRSO's affiliate membership in Ohio Youth Soccer Association-North (OYSAN) and in the Ohio Travel Soccer League (OHTSL) from them, RRSO is also provided secondary medical and general liability coverages from them. However, those coverages do not extend to RRSO's Icebreaker Indoor Tournament, its' Soccer Jamboree and other events not sanctioned or endorsed by OYSAN and OHTSL. Hence, there is some duplication of coverages. An explanation of both coverages provided by OYSAN and OHTSL follows later in this report as well.

In addition, in 2005 RRSO in conjunction with its insurance carrier, Markel Insurance Company, adopted a crisis management program for sexual abuse and misconduct. The report outlining the action steps to be followed in the event such an incident occurs can be found on the RRSO website at rrso.org.

In a related way, OYSAN and OHTSL have implemented an extensive risk management system. These programs are designed to create a safe environment for all players associated with OYSAN and OHTSL. Access to this risk management system can be found on the OYSAN web site at oysan.org or on OHTSL's web site at ohtsl.com.

Coaches and managers are RRSO's first line of defense when injuries, illnesses, abuse or misconduct arise. It is important that you become familiar with RRSO's insurance coverages and crisis management program as well as OYSAN's insurance coverages and OHTSL's insurance plans..

Should any of these incidents arise it is important that you act in a responsible way to minimize the impact of the event, gather the appropriate information on the incident and report the incident to the proper authorities and officials of RRSO, OYSAN or OHTSL. The following individuals should also be contacted:

### For RRSO:

Submitting Incident Report:
Crisis Management including
Sexual Abuse and Misconduct

RRSO President: Mike Moore Home phone: (440) 331-6167 Cell phone: (440) 915-6167 E-mail: president@rrso.org

270 Buckingham

Rocky River, Ohio 44116

### For OYSAN: Risk Management

Jessica Chambers

E-mail: jchambers@ohionorthsoccer.org

### **Insurance Claims - RRSO**

RRSO Agent: Gary Lanzen Home phone: (440) 356-0912 Office phone: (216) 696-3000

Fax: (216) 621-7336

E-mail: lanzen@sbcglobal.net 21395 Morewood Pkwy. Rocky River, Ohio 44116

### Insurance Claims - OYSAN

(Academy girls and boys)
Bernie Telmanik

E-mail:btelmanik@ohionorthsoccer.org 6550 W. Snowville Road Suite Y Brecksville, Ohio 44141

Phone: (440) 526-9020 ext. 202

Fax: (440) 526-9055

### Insurance Claims OHTSL (girls &

boys)

US Club Soccer – Youth 716 8th Avenue North

Myrtle Beach, South Carolina 29577

E-mail:

insurancequestionseusclubsoccer.org

Or contact:

**NAHGA Claims Services** 

PO Box 189

Bridgton, Maine 04009-0189

Phone: 1 (800) 952-4320

Fax: (207) 647-4569

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### **Incident Instructions / Procedures**

- 1. If an incident occurs complete incident report and submit to RRSO President Mike Moore
- 2. If a claim needs to be submitted, review coverage summaries and determine who to file it with.
- 3. If it is an accident / sickness or health claim and you are a:
  - a. U-8 Academy player or coaches of submit to Markel and / or OYSAN
  - b. U-9 to U-14 player or coach of submit to Markel and / or US Club Soccer

### **Rocky River Soccer Organization Insurance Summary**

Policyholder: Rocky River Soccer Organization (RRSO)

Policy Period From 01-01-2015 to 01-01-2016

**Commercial General Liability Policy** 

**Policy Number: 8502AH380252-3** 

This insurance is limited to bodily injury, property damage and personal and advertising injury arising out of the conduct of operation or conduct of soccer activities by team members, managers, coaches, assistants, directors, officers, referees, officials, sponsors and other individuals participating in the official function of RRSO. This policy is also endorsed to pay damages that result in bodily injury, personal injury or advertising injury because of sexual abuse, molestation or exploitation arising from negligent hiring, training and supervision practices. The occurance limit of liability on this policy is \$1,000,000.

### Blanket Accident and Health Policy Special Risk

Policy Number: 4102AH249529-12

All registered participants and volunteers are covered for injury resulting from an accident which occurs directly from: (1) activities that are scheduled, sponsored or supervised by RRSO; (2) premises owned, leased or borrowed by RRSO; or (3) travel scheduled, sponsored or supervised by RRSO. Accident does not include a loss due to or contributed by disease or sickness. Such insurance as is afforded by this policy for accident medical is payable in excess of any expenses payable by other valid and collectable insurance. This is a summary only. One should consult the policy declarations, special policy conditions, forms, exclusions and endorsements that make up the complete policy for further details. The benefit per person limits on this policy are as follows:

Aggregate maximum benefit amount is \$25,000

Deductible amount is \$250.

Coinsurance percentage is 100%

Benefit period is up to 52 weeks.

Accidental death and dismemberment benefit is a principal sum of \$5000.

### How to File an Accident Claim with the Rocky River Soccer Organization

- 1. Notice of claim (statement of claim or claim form) must be given to Markel Insurance Company within 30 days after loss occurs or as soon thereafter as possible. The notice can be given to Markel at PO Box 2039, Glen Allen, Virginia 23058-2039. Notice should include the person's name and the policy number 4102AH249529.
- 2. Since Markel Insurance Company has a third party administrator (tpa) to administer and process claims, your completed claim form (policyholder report) should be mailed, faxed or e-mailed to Health Special Risk (HSR). Their phone number is: (888) 765-7223 with the rest of their contact information appearing on the top of the claim form.
- 3. If you have other insurance, which would be primary, submit your itemized bills to the other carrier first. You will receive a payment Explanation of Benefits (EOB) from your primary carrier. Do **NOT** wait until your primary carrier has processed all of your bills before filing your claim form with Markel / HSR, Inc.
- 4. You may attach itemized bills and your primary carrier's EOB that are ready at the time of submitting this claim.
- 5. You should continue to send your itemized bills from your primary carrier to Health Special Risk as you receive them. Do not hold on to them, this will only slow down your claim payment.
- 6. The RRSO accident medical plan as well as the OYSAN and OHTSL medical plans are written on an excess basis. This means that you must first submit all of your medical bills to your primary insurance carrier (unless you do not have one) for processing. If you are submitting your claim to any of the secondary carriers listed above, they will typically pay the claim applying the principle of coordination of benefits. This means they should split the claim 50 / 50 subject to any policy limitations.
- 7. Always provide copies of fully itemized medical bills which show the patient's name, date of service, the type of service rendered, the diagnosis or nature of the condition being treated and the provider's name and address. You should provide all appropriate EOB's. Please retain copies of all correspondence for your records.
- 8. The policy provisions require the carrier to send the insured any further proof of loss forms within 15 days of its receipt of your Notice of Claim.
- 9. Any required written proof of loss must be given to the carrier by you within 90 days after such loss.

10. The carrier is to immediately pay all benefits as they accrue.

### **Frequently Asked Questions**

#1.

- Q. What is the purpose of RRSO's risk management program?
- A. The purpose is to make coaches, volunteers and parents aware of the programs RRSO has put in place to manage risk and injuries in our soccer organization.

#2.

- Q. What is the reason for the incident report?
- A. The report was established to assist coaches in facilitating and communicating any incident to the RRSO Board of Directors that requires RRSO's attention and follow up as this impacts the safety and well being of all participants in the RRSO soccer program.

#3.

- Q. What insurance coverages are provided by RRSO?
- A. RRSO maintains a general liability policy to protect those individuals who participate in an official function of RRSO. This would include people such as coaches, managers, and directors / officers. RRSO carries an accident and special risk health policy for those participants and volunteers in RRSO. These insurances extend coverage to each RRSO sponsored event.

#4.

- Q. Why are there similar insurance coverages provided by the Ohio Youth Soccer Association North (OYSAN) for U-8 Academy and the Ohio Travel Soccer League (OHSTL) for U-9 through U-14?
  - A. By virtue of RRSO's participation in soccer leagues sanctioned by OYSAN and OHTSL, we receive automatically general liability benefits, accident medical expense benefits and accidental death and dismemberment benefits. Although these coverages may duplicate RRSO's own insurance plans, they do afford our participants a second source to address their appropriate insurance claims. However, the OYSAN and OHTSL policies only address claims that arise from events they sanction.

#5.

- Q. What process should I follow if I have a medical claim?
- A. Assuming you have your own medical insurance, you should always submit the claim to this carrier first since they are deemed to be primary. Once you have received your Explanation of Benefits from your carrier or within 30 days, whichever occurs first, then you may wish to submit the balance of the claim to either one or both of the

medical insurance carriers insuring RRSO, OYSAN for U-8 Academy and OHTSL for all U-9 through U-14. These are deemed to be secondary.

#6.

Q. Who should I contact with a risk management question or concern?

A. If you are submitting an incident report, you should e-mail or fax the report to the President of RRSO. Currently that is Mike Moore whose e-mail address is president@rrso.org. For insurance claims or questions you should contact Gary Lanzen by e-mail at <a href="mailto:lanzen@sbcglobal.net">lanzen@sbcglobal.net</a> or by phone at (216) 696-3000 ext. 236. If this pertains to a claim submission to OYSAN then contact Bernie Telmanik at OYSAN by e-mail at <a href="mailto:btelmanik@ohionorthsoccer.org">btelmanik@ohionorthsoccer.org</a>; by phone (440) 526-9020 ext 202; or by fax: (440) 526-9055. If it is for OHTSL call NAHGA Claims Services at 1 (800) 952-4320.



Return Completed form to:
Health Special Risk, Inc.
HSR Plaza II; 4100 Medical Parkway
Carrollton, TX 75007
P: 888-765-7223 / F: 972-512-5820
Markelclaims@hsri.com

### Special Risk **Claim Form**

### Instructions for Filing a Claim

- 1. Complete this form (including the appropriate signatures).
- 2. Attach all itemized bills relating to the claim.

		e completed form pay claims we n				pove.
	Par	t 1- POLICY	HOLDER'S	REPOR	T	
Name of School		Name of Police Rocky Rive				umber 4102AH249529 - 12
Claimant's Name		Gender Male	Fema		Date of E	
Social Security Number (Required)		Email Address	<u> </u>			
Claimant's Address		City	State	Zip	- W W W W W W W W.	Phone Number
Parent's Name (if applicable) Parent's Addre	SS (if applicable)	City	State	Zip		Phone Number
2. Was the injured person: Partifor DENTAL CLAIMS ONLY 3. Indicate which teeth were involved. Describe condition of injured tee. 5. Nature of Injury: (indicate p. 6. Describe how the accident occurred.) 7. Did the accident occur? A. During a policyholder spo. B. During programmed hours. C. On activity premises? D. While traveling directly to E. During a USGF sanctioner.	ed in the acc th prior to acc part of body in largive all pos insored & sup insored & sup insored & sup	njured- e.g. brol ssible detailed- i pervised activity	e, Sound, and ken arm, spra must be a bod	ned ankle, e	etc.) e to accident:	es No
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Do you/spouse/parent have medical/helf Yes, Name of insurance company Is the Claimant enrolled as an individu Preferred Provider Organization (PPO accident/health/sickness plan? If Yes, Name of insurance company IF OTHER INSURANCE OR HEALTH (with your claim. IF NO OTHER INSURING I agree that should it be determined a extent of any amount collectible.	ealth coverage al, employee b, Health Mai Yes No CARE PLANS	or dependent in ntenance Organ S EXIST, PLEAS	mployer or oth member of one nization (HMO SE SUBMIT CO EXISTS PLEA	er source? of the follow or similar p	Policy wing: prepaid health Policy # Policy # POLICY #	care plan, or any other type of  TION OF BENEFITS along
Claimant, Parent or Authorized Repre	sentative's	Signature:	· · · · · · · · · · · · · · · · · · ·		_ Date:	
For services rendered or to be rendere connection with this accident or illness to be paid to the insured.	d I hereby ลเ direct to the	doctor, hospital	EL INSURANC or other rende	E COMPAN ering service	. If receipted	bills are submitted, the benefits are
Claimant, Parent or Authorized	Represen	tative s Sign	ature:			Date:
lf Authorized Representative, R	elationshi	p to Patient	or Legal De	signation	•	
I AUTHORIZE any physician, medical oplan, or employer having information avoundition, and/or treatment for me or meterpresentative, any and all such informat determine eligibility for insurance and eany person or organization EXCEPT as required or as I may further authorize. It is Authorization shall be valid as the coelow. I may revoke this authorization a this claim is true and correct.	eare provider railable as to y minor child ation. I UNDI ligibility for b necessary in KNOW that riginal. I also at any time by		, medical care tment and pro- tment	facility, insugnosis with a to Markel It ained by uscy. Any info ing of this appy of this Au all be valid RTIFY that t	rance compa respect to any nsurance Con e of the Author rmation obtain oplication, cla thorization. I a for a period he above info	
Claimant, Parent or Authorized	Represent	tative s Signa	ature:			_ Date:
f Authorized Representative, R						

# OHIO YOUTH SOCCER ASSOCIATION - NORTH

Underwritten by An A.M. Best Rated "A" Insurance Company)

SENERAL LIABILITY BENEFITS

ferm of Insurance: September 1, 2014 to September 1, 2015 Explanation of Coverage

### Who is Covered?

Ohio Youth Soccer Association - North, its affiliated associations, leagues, clubs and all officers, directors, coaches, employees,

### Limits of Liability

eams, team officials, and volunteers while acting on behalf of Ohio Youth Soccer Association - North at a covered activity,

# General Aggregate NONE (Unlimited)

Products/Completed Operations Aggregate \$1,000,000 Personal and Advertising Injury \$1,000,000

Each Occurrence \$1,000,000

Participant Legal Liability Each Occurrence (other than brain injury) \$2,000,000 Participant Legal Liability Aggregate (other than brain injury) Unlimited Participant Legal Liability Brain Injury Each Occurrence \$2,000,000 Participant Legal Liability Brain Injury Aggregate \$5,000,000

Damage to Premises Rented to You Limit \$300,000

Sexual Abuse Each Occurrence \$1,000,000 Medical Expense (Spectators Only) \$5,000 Sexual Abuse Aggregate \$2,000,000

Stop Gap Liability Each Accident \$1,000,000 Stop Gap Liability By Disease Aggregate \$1,000,000 Stop Gap Liability Disease Each Employee \$1,000,000 Non-Owned / Hired Auto Liability \$1,000,000

Excess Liability \$5,000,000 subject to policy exclusions

### What is Covered?

- Liability for bodily injury or property damage to spectators, game participants, and to members of the general public for activities sanctioned by Ohio Youth Soccer Association - North
- Liability for outdoor fields owned by affiliates for its sole use white acting on behalf as a member of the state association
  - Fundraising, meetings, awards banquets.
- Activities necessary or incidental to the conduct of practice, exhibition, post season and scheduled games.
- Liability for false arrest, detention or malicious prosecution, libet, slander, defamation of character, or wrongful eviction.
- Hired and non-owned auto, while being used in the business of the named insured. Excludes coverage for any driver transporting athletic participants.
  - Products liability for food or drinks sold on premises.
    - Medical Payments \$5,000 (non-participants).
- Host Liquor liability for banquets and meetings.

Worldwide for bodily injury, property damage, and personal and advertising injury while temporarily outside of the United States providing suit is made within the United States.

# Notable General Liability Exclusions

- Standard commercial general liability exclusions apply.
- Property of others in the care, custody and control of the insured such as personal property of players, coaches, or parents.
  - Liability to pay Worker's Compensation.
- Intentional acts.
- Amusement devices other than inflatables and dunk tanks.

## Additional Insured

Certificates of insurance are furnished to each association identifying them as members of the state organization. Certificates of insurance will be issued upon request adding the name of a school district, university, private land owner, municipality, or sponsor. All other requests are subject to underwriting approval.

# ACCIDENTAL DEATH AND DISMEMBERMENT BENEFITS ACCIDENT MEDICAL EXPENSE BENEFITS &

FORT WORTH, TEXAS 76116

2560 RIVER PARK PLAZA, SUITE 300

(866) 738-6100 PULLENINS.COM

Explanation of Coverage

Term of Insurance: September 1, 2014 to September 1, 2015

### Who is Covered?

nsured persons include all registered team members, those players participating in approved try-outs, coaches, managers, referees, officials, and volunteers of the teams, leagues or of the association.

# Covered Activities

nsured persons are covered for injuries resulting directly and independently of all other causes from accidents occurring white participating in the following covered activities:

- Scheduled games, learn practice sessions, byouts or sponsored activities provided they are under the direct supervision of a team official; or sanctioned local or national tournaments as a member of a contestant team.
  - Organized and supervised group travel as authorized by the Policyholder directly to and from a covered event

# What Is Not Covered

The plan does not provide coverage for: • intentionally self-inflicted injury • air travel except as a fare-paying passenger on a regularly scheduled airline on a scheduled flight • injuries resulting from other than covered activities • loss resulting from sickness or disease, except bacterial infection which occurs through an accidental wound

# Accident Medical Policy Limits

For reasonable necessary medical expenses, our youth accident medical policy pays up to \$100,000 for injuries sustained in a covered accident. Dental injuries are treated like any other injury. Payment will not be made for any expenses incurred after 104 weeks from the date of injury. An expense is considered incurred on the date the medical care is rendered. A \$500 Deductible applies to each covered accident. Ohio Youth Soccer Association - North excess accident medical insurance policy is secondary insurance. Failure to follow the rules of your primary healthcare coverage will result in a benefit reduction of eligible expenses to 50% of the amount otherwise payable.

Injury" means bodily injury of an Insured Person resulting directly and independently of all other causes from an accident which occurs while he or she is participating in a covered activity. Sickness or disease (except pus forming infections which occur through an accidental cut or wound) of any kind will not be considered as bodily injury.

Reasonable Expenses means usual and customary charges.

# Accidental Death and Dismemberment Benefits The plan pays:

- \$5,000 for loss of life or loss of two or more members, which results from injuries sustained in an accident which occurred white participating in a covered activity.
- \$2,500 for loss of one member (hand, foot or eye), which results from injuries sustained in an accident which occurred while participating in a covered activity.
- Such payment shall be in addition to any other indemnity payable to the date of loss, but only one amount, the larger amount applicable shall be payable for all such losses resulting from any one accident.
- "LOSS" shalf mean, with respect to hands and feet, physical separation through or above the wrist or ankle joint; with respect to the eyes, entire and irrecoverable loss of sight.

The participant accident medical expense insurance is provided on an "excess" basis. This means that after the insured player or coach has been reimbursed for medical expenses by other insurance programs, and after the deductible has been satisfied, the Youth Soccer Accident Medical Expense plan will pay up to the maximum Medical Expense benefit for remaining treatment, service and supply expenses. These other programs include group, blanket or franchise health insurance coverage, group hospital or employer organization plans, and coverage under any governmental programs, coverage required or provided by any statute, and medical service plans, and prepayment coverage, any coverage under labor-management trustee plans, union welfare plans, automobile reparations insurance (no-fault) coverage.

# Claim Procedures

For AD&D and Accident Medical Expense Claims, claim forms are available through your State Association, League or Club Offices. Detailed Accident Medical Expense claim instructions can be found on each claim form. In the event of injury requiring medical treatment, you should:

- Fully complete a claim form verified by a witness and submit it to your State Soccer Association for verification.
- Youth Soccer Accident Medical coverage is provided on an "excess" basis. Therefore, charges must first be submitted to any other Notice of claims must be filled within 90 days from the date of injury or as soon thereafter as is reasonably possible. medical insurance carrier available to the participant.

THE WORDING OF THE POLICIES CONSTITUTES THE ONLY AGREEMENT BETWEEN THE INSURED AND THE INSURANCE COMPANY. CONSULT YOUR POLICIES FOR COVERAGE EXCLUSIONS. THIS OUTLINE IS ONLY FOR GENERAL INFORMATION AND NONE OF THE ABOVE SHALL AMEND OR ALTER THE INSURANCE CONTRACTS.



### **Ohio Youth Soccer Association North**

### nsurance

### Insurance Caim Greeklise

- Claimant must be registered at the time the injury took place.
- 2. Claimant's injury must have taken place on an insured field location.
- 3. Report of the injury must be received by the State Office either by phone or email within 48 hours.
- 4. Claim form, verified by a witness, must be submitted and received by Ohio North for verification no later than 60 days from date of injury.
- 5. \$500 deductible applies for all eligible claims.
- 6. Include a copy of Permission to Travel approval (if injury took place outside Ohio North)

All injuries from Ohio North or US Youth Soccer activities must be reported to both the member organization and Ohio North via phone or email with 48 hours. All claims are required to first be made through member's primary insurance carrier prior to being submitted to Ohio North. The Ohio North Youth Soccer Association excess accident medical insurance policy is secondary insurance. Failure to follow the rules of your primary healthcare coverage will result in a benefit reduction of eligible expenses to 50% of the amount otherwise paid. Any claims not submitted to Ohio North with 60 days will be denied.

For insurance claims, contact Bernie Telmanik.

### Indeor Insurance

Indoor protection is now provided if:

- An Ohio North affiliated league (where players are already registered to teams) reports, in writing to Ohio North, sanctions or endorses indoor team participation
- An Ohio North affiliated league hosts or coordinates indoor training, games, practices, scrimmages, etc.
- Ohio North affiliated leagues must request insurance certificates online from Ohio North in advance of player and/or team indoor participation.
- Coaches, Assistant Coaches, Team Managers, and other Team Officials must be registered with Ohio North and must have a valid background check on file with Ohio North.

### Insurance Forms and Resources

- · Ohio North Insurance Claim for Injuries
- · D&O Policy Information
- · Insurance Outline Form

### Yourn Soccer Accident Medical Claims Process Overview

The accident medical policy provided by your state soccer association is an excess / secondary policy. If you have other valid and collectable primary insurance, all charges must first be submitted to your primary insurance carrier.

The online claims submission program is for accident dates on or after September 1, 2011. If your accident date was before this date, DO NOT PROCEED WITH THE ONLINE SUBMISSION OF THE CLAIM; instead, you must use the paper claim form found here.

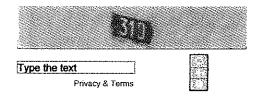
### Online Claims Submission Process

- The claimant (injured person) or parent / legal guardian (if claimant is under the age of 18) should complete the online claim form on this website. A confirmation email will be sent to you upon completion.
- 2) The claims information will be sent to your state soccer association for approval or denial. Once approved, you will receive an email with the claim form as a PDF attachment. You will need to send the claim form to the insurer with the itemized medical provider bills and explanation of benefits (EOB) from your primary carrier (if applicable). If your claim was denied by the state soccer association, you will receive an email indicating the reason for the denial.
- Additional bills and EOBs can be submitted at a later date (after the initial submission of your claim) to the insurer. Your claim form will have their contact information on it.

### Youth Cooper Accident Medical Claim Form

Attention: This claim form should only be completed by the claimant (injured person) or parent / legal guardian (if claimant is under the age of 18). No other person(s) are authorized to initiate a claim form.

Fraud Warning: Any person who knowingly, and with intent to injure, defraud or deceive any insurer or insurance company, files a statement of claim containing any materially faise, incomplete, or misleading information or conceals any fact material thereto, may be guilty of a fraudulent act, may be prosecuted under state law and may be subject to civil and criminal penalities. In addition, any insurer or insurance company may deny benefits if false information materially related to a claim is provided by the claimant.



\*\*\*By logging into this system you certify that you are the claimant or the claimant's parent / legal guardian (if claimant is under the age of 18) and you have read the above fraud warning\*\*\*

Continue

Contact



Home Overview Risk Management Claims Purchase Insurance

Insurance & Risk Management Services :: Sponsored by Bollinger

General Insurance Information Overview

### **U.S. Club Soccer - Youth**

### **GENERAL INSURANCE INFORMATION**

As a benefit of membership, soccer players, coaches, officials and other registered members receive the protection of Bollinger's Soccer insurance Program for their soccer activities

### Who is Covered?

Under the **General Liability** policy, the following are covered as Named Insureds: the Association and its member teams and leagues; all registered players and players participating in try-outs (7 consecutive days or fewer); all member coaches and officials; volunteers of the team or league and other participants affiliated with the Association.

The Accident Policy covers: all registered players and players participating in try-outs (7 consecutive days or fewer);; member coaches and officials; volunteers and other participants directly affiliated with the Association.

### **Covered Activities**

Registered members and volunteers are covered when participating in the following covered activities:

- Scheduled games, team practice sessions and sponsored activities, provided that they are under the direct supervision of a team official; or tournaments sanctioned by the Association, as a member of a contestant team.
- Group travel directly to or from such scheduled practices, games or sponsored activities is covered under the Accident policy. The Liability policy provides Hired/Non-owned auto liability only for the official business of the Association.
- No coverage is provided under the Liability policy for parents, coaches or volunteers using any automobile to transport team members or volunteers to any practice, game or activity.

### YOUR MENU ITEMS

General Information Accident Insurance Liability Insurance Claims Information Purchase Insurance Administrators

U.S. Club Soccer - Youth 716 8th Avenue Myrtle Beach , SC 29577 Ph: 843-429-0006 www.usclubsoccer.com



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Home

Overview

Risk Management

Claims F

Purchase Insurance

Contact

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Liability Insurance Coverage Overview

### **U.S. Club Soccer - Youth**

### Who is Covered?

The Soccer Association, its member teams, leagues and clubs, and its member players, coaches and officials are all Named Insureds under this policy with respect to operations and sponsored activities of the Soccer Association.

### Underwriting Carrier: Scottsdale Insurance

### 2015 - 2016

Limit of Liability -\$1,000,000 per occurrence Limit of Liability -Unlimited policy aggregate per location Participants Legal \$1,000,000 Liability Products/Completed\$1,000,000 Operations aggregate Personal \$1,000,000 Injury/Advertising Injury limit Sexual Abuse \$1,000,000 Liability limit - per occurrence \$1,000,000 Hired/Non-owned Auto Liability (official business of Association only) Fire Legal Liability \$100,000 Medical Expense (to\$5,000 non-participants) Deductible \$0

This is a summary of the policy benefits, terms and conditions, and does not alter, broaden or limit coverage in any way.

### What is Covered?

- 1. All operations of the Named Insured Soccer Association
- Claims for liability or negligence for bodily injury or property damage arising out of sponsored activities, premises or operations of the association, its member teams and leagues and participants.
- Liability for Personal or Advertising Injury, including false arrest, detention or malicious prosecution, or violation of right to privacy.
- Hired/Non-owned auto liability is provided only for the official business of the Association.
- 5. No coverage is provided for parents, coaches or volunteers using any automobile to transport team members or volunteers to any practice, game or activity. Teams and leagues can purchase Excess Hired/Non-owned Auto Liability for their activities. Please click on "Purchase Insurance" for details.

### Certificates of Insurance

Liability certificates of insurance will be issued on behalf of member teams and leagues to facility and field owners who need proof of coverage. Requests should be sent to the association office who will process your request in conjunction with Bollinger.

Liability Exclusions: The usual Standard Commercial General Liability policy exclusions apply, such as Worker's Compensation, Nuclear Energy, Pollution and Lead; also, use of trampolines and fireworks is excluded.

### YOUR MENU ITEMS

General Information
Accident Insurance
Liability Insurance
Claims Information
Purchase Insurance
Administrators

U.S. Club Soccer - Youth 716 8th Avenue Myrtle Beach , SC 29577 Ph: 843-429-6006 www.usclubsoccer.com



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Insurance & Risk Management Services :: Sponsored by Bollinger

Accident Insurance Information Overview

### U.S. Club Soccer - Youth

### **ACCIDENT INSURANCE PLAN DESCRIPTION** for the 2015 - 2016 policy term

This policy provides coverage for accidental injuries incurred by insured Persons, while participating in Covered Activities of the soccer association.

Underwriting Carrier: Market

### **Policy Limits**

Accident Medical/Dental Maximum Accidental Death & Dismemberment Deductible per claim

Physical Therapy/Chiropractic benefit

Co-Insurance

Benefit Period

\$100,000 \$5,000 \$500

\$50/\$2,000 maximum limit per visit

80/20 52 weeks from date of

injury

### Full Excess Coverage \*

\*This is a Full Excess policy. This insurance is payable in excess of any other valid and collectible Health Plan or insurance in force at the time of the accident causing injury

The deductible will apply to each covered accident. To be eligible for coverage, medical and/or dental expenses must be incurred within the Benefit Period.

### What is not Covered?

Some of the types of losses or expenses not covered by this plan are: Dental expense, except for treatment resulting from injury to natural teeth; suicide or self-inflicted injury; eyeglasses or hearing aids; injury due to participation in a riot; injury resulting from declared or undeclared war; cosmetic surgery, except for reconstructive surgery as a result of the accidental injury; infection, except pyogenic or bacterial infection as a result of the accidental injury; travel in any aircraft except as a fare-paying passenger on a commercial aircraft; injury that is eligible for coverage under workers compensation; being intoxicated or under the influence of drugs or narcotics; and claims occurring while hang-gliding or parachuting.

This is only a summary of the policy benefits, terms and conditions, and does not alter, broaden or limit coverage in any way

### YOUR MENU ITEMS

General Information Accident Insurance Liability insurance Claims Information Purchase Insurance Administrators

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### **HOW TO FILE A CLAIM: INSTRUCTIONS**

A Medical Claim form, Insurance Claim Verification form, and a Verbal Verification must all be completed before the claim is forwarded to Bollinger Insurance for processing.

### IMPORTANT: ALL INFORMATION MUST BE PROVIDED IN ORDER FOR CLAIM TO BE PROCESSED

- 1. Excess Coverage: Accident medical expenses are covered under this policy on an Excess Basis, and benefits will only be paid under this plan after your own personal or group insurance (including Health Maintenance Organizations) has paid out its benefits. Please note that you must follow your primary insurance carrier's eligibility criteria (i.e., to be treated in-network, if required by HMO, etc) in order for this policy to consider your expenses for payment. If you receive Government or State Aid Insurance, (Medicaid, Medicare, etc) this insurance may be Primary; please contact Bollinger for coverage information.
  - · Payment under this policy will be made according to usual and customary guidelines. This means that the basis for payment of specific medical or dental services is based on the average cost of that service by region. This policy does not automatically pay for services in full, it pays based on the "usual and customary" fee for that service in your area.
- 2. Claim Guidelines: You have 90 days up to 1 year from date of injury to submit claim form. For claims to be eligible for coverage you must seek medical attention within 60 days from date of injury and 180 days to seak treatment for dental injury.

Benefit Period: This policy is subject to a 52 week eligibility period from date of injury. Medical or dental expenses that are incurred within 52 weeks of the date of injury are eligible for coverage under this policy. Any expenses or treatments that are rendered after the 52 week benefit period will not be covered by this policy.

Send completed form to: US Club Soccer - Claims Dept. 716 8th Avenue North Myrtle Beach, SC 29577 Email: insurancequestions@usclubsoccer.org

### 3. Please Remember:

- a. Only submit the Claim Form to US Club
- b. Once your claim is approved, advise your Doctors/Hospitals of this insurance so they can file claims directly to NAHGA
- c. Itemized bills are required: You or your providers must submit itemized bills with your primary insurance explanation of benefits (if applicable); balance due bills or notices do not provide the information needed to process your claim. See below for forms needed. Payments will be made to you if the itemized bills indicate that they have been paid. Otherwise, payments will be made directly to the doctor, hospital or other service provider.
  - 1. CMS-1500 is the standard form used by Providers to show the medical treatments and charges made for each service.
  - 2. UB-04 is the standard form used by Hospitals to show medical treatments and charges made for services.
- 4. Dental Bills: All dental bills must be submitted through your primary insurance's medical and dental plans first before making a claim for dental treatment under this policy. Please have your porvider submit an ADA dental claim form with the explanation of benefits (if applicable).



Send completed form to: US Club Soccer - Claims Dept. 716 8th Avenue North Myrtle Beach, SC 29577

Email: insurancequestions@usclubsoccer.org

For Further Claims Information Contact: **NAHGA Claims Services** 

P.O. Box 189 Bridgton, Maine 04009-0189 Phone: 1-800-952-4320 Fax: 207-647-4569

U.S. Club Soccer - Youth 716 8th Avenue Myrtle Beach, SC 29577



Deductible: \$500 Co-insuran			52 week eligibility period
SECTION I	TO BE COMPLETED BY CLAIMAN	IT, PARENT OR GUARDI	AN (REQUIRED)
		(last)	
CITY:	STATE:	ZIP:	
3. PHONE:			
4. BIRTHDATE:	GENDER: Male	Female SS#:	
5. CLAIMANT IS A:	PLAYER COACH OFFICAL	OTHER	
6. ACCIDENT DATE: 1/1/201	5 ACCIDENT TIME:		
7. BODY PART INJURED: _			
8. ACCIDENT OCCURRED	DURING: GAME PRACTICE		CAMP/CLINIC
9. DESCRIBE HOW AND WI	HERE ACCIDENT OCCURRED:		
10. NAME OF FIELD/FACIL	ITY WHERE ACCIDENT OCCURRED	):	
SECTION II	STATISTICAL INFO	ORMATION (REQUIRED)	
1. NAME OF TEAM/CLUB/L	EAGUE:		
2. TYPE:	COMPETITIVE RECREATIONAL		
3. LOCATION:	ON FIELD INDOOR	SPECTATOR AREA	OTHER
4. SURFACE:	DIRT GRASS	OUTDOOR TURF	INDOOR TURF
5. SURFACE CONDITION: 6. POSITION:	DRY/NORMAL WET/RAINY	ICY	MUDDY
7. STATUS:	HIT BY OBJECT COLLISION WITH OF	PONENT COLLIS	ION W/TEAM MATE
,	OTHER		
SECTION III	TO BE COMPLETED BY U.S. C	LUB SOCCER - YOUTH (	REQUIRED)
POLICY EFFECTIVE DATI	E POLICY EXPIRATION DATE	POLICY# NAME	OF POLICY HOLDER
1/1/2015	1/1/2016	4102AH008746 U.S.	Club Soccer - Youth
ADDRESS OF POLICY HOLI		, , , , , , , , , , , , , , , , , , ,	PHONE NUMBER
	716 8th Avenue Myrtle Be		843-429-0006
ORGANIZATION, AND WHI	DCCURRED DURING AN ACTIVITY S ETHER CLAIMANT WAS A MEMBER	SPONSORED OR SANCT LAT THE TIME OF ACC	IONED BY YOUR IDENT.
YES-SPONSORED/SANCTION			
YES-CLAIMANT WAS ACTIVE	MEMBER ON DATE OF ACCIDENT		
I CERTIFY THAT THE FORI CORRECT.	EGOING INFORMATION IS TRUE AN	(D	
<b>AUTHORIZED SIGNATURE:</b>		TITLE:	DATE:

SELF FATHER MOTHER GUARDIAN SPOUSE	SELF FATHER MOTHER GUARDIAN SPOUSE
NAME:	NAME:
NAME: ADDRESS:	ADDRESS:
CITY:	CITY:
STATE: ZIP:	
PHONE:	PHONE:
EMAIL:	EMAIL:
EMPLOYER:	EMPLOYER:
EMPLOYER PHONE:	EMPLOYER PHONE:
EMPLOYED SELF-EMPLOYED UN-EMPLOYED	EMPLOYED SELF-EMPLOYED UN-EMPLOYED
(If you are employed but have no insurance, please include a statem	nent of verification from your employer on their letterhead.)
IS CLAIMANT COVERED UNDER ANY OTHER MEDICAL AND OR D	
IS CLAIMANT COVERED UNDER A GOVERNMENT SPONSORED IN	· · ·
INSURED NAME:	
1D#:	
INSURED GROUP#/NAME:	
INSURANCE COMPANY NAME:	
ADDRESS:	
CITY: STATE:	ZIP:
PHONE:	
NOTE: IF THE INJURED HAS MEDICAL COVERAGE AS MARRIAGE AS MANDATED IN A DIVORCE DECREE.	S AN ELIGIBLE DEPENDENT FROM A PREVIOUS PLEASE GIVE NAME ADDRESS AND PHONE NUMBER
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MARRIAGE AS MANDATED IN A DIVORCE DECREE, I OF THE RESPONSIBLE PARTY.  SECTION V  AS  ALL CLAIMS BENEFITS WILL BE PAID DIRECTLY TO DOCTOR PROVIDED INDICATES PAYMENT MADE BY YOU.  SECTION VI STATEMENT OF CERTIFICATION AND AUT  1. I CERTIFY that the above information given by me in support	SIGNMENT OF BENEFITS  TORS AND HOSPITALS INVOLVED, UNLESS BILLING  THORIZATION TO RELEASE INFORMATION (REQUIRED)  ort of this claim is true and correct.  PUIRED):  y related facility, insurance company, or other organization, and/or the above named claimant, to disclose, whenever inpany or their representatives, any and all such information. I ization will be used to determine eligibility for insurance and an obtained will not be released to any person or organization his application, claim, or as may be otherwise lawfully thorization shall be considered as effective and valid as the

Once the Claimant has completed and submitted the *Medical Claim form*, US Club Soccer must verify the claim. A coach, asst. coach, or club official, who was present at the time of injury, must complete and submit an *Insurance Claim Verification* form. Upon receipt, a *Verbal Verification* will be done by US Club Soccer before the claim will be forwarded to Bollinger Insurance for processing.

### IMPORTANT: ALL INFORMATION MUST BE PROVIDED IN ORDER FOR CLAIM TO BE PROCESSED

- 1. Excess Coverage: Accident medical expenses are covered under this policy on an Excess Basis, and benefits will only be paid under this plan after your own personal or group insurance (including Health Maintenance Organizations) has paid out its benefits. Please note that you must follow your primary insurance carrier's eligibility criteria (i.e., to be treated in-network, if required by HMO, etc) in order for this policy to consider your expenses for payment. If you receive Government or State Aid Insurance, (Medicaid, Medicare, etc) this insurance may be Primary; please contact Bollinger for coverage information.
  - Payment under this policy will be made according to usual and customary guidelines. This means that the
    basis for payment of specific medical or dental services is based on the average cost of that service by region.
    This policy does not automatically pay for services in full; it pays based on the "usual and customary" fee for
    that service in your area.
- Claim Guidelines: You have up to 1 year from date of injury to submit claim form.
   For claims to be eligible for coverage you must seek medical attention within 60 days from date of injury and 180 days to seek treatment for dental injury.

Benefit Period: This policy is subject to a **52** week eligibility period from date of injury. Medical or dental expenses that are incurred within **52** weeks of the date of injury are eligible for coverage under this policy. Any expenses or treatments that are rendered after the **52** week benefit period will not be covered by this policy.

### 3. Please Remember:

- a. Only submit the Claim Form to Bollinger
- b. Once your claim is approved, advise your Doctors/Hospitals of this insurance so they can file claims directly to Bollinger
- c. Itemized bills are required: You or your providers must submit itemized bills with your primary insurance explanation of benefits (if applicable); balance due bills or notices do not provide the information needed to process your claim. See below for forms needed. Payments will be made to you if the itemized bills indicate that they have been paid. Otherwise, payments will be made directly to the doctor, hospital or other service provider.
  - CMS-1500 is the standard form used by Providers to show the medical treatments and charges made for each service.
  - 2. **UB-04** is the standard form used by Hospitals to show medical treatments and charges made for services.
- 4. **Dental Bills:** All dental bills must be submitted through your primary insurance's **medical and dental plans** first before making a claim for dental treatment under this policy. Please have your porvider submit an ADA dental claim form with the explanation of benefits (if applicable).

For further information contact: RPS Bollinger, Sports Claims Department

P.O. Box 390

Short Hills, NJ 07078-0390 Phone: 1-866-267-0093

Email: SportsClaims@BollingerInsurance.com

Fax: Attn Sports Claims 973-921-2876

www.BollingerSoccer.com



**GENERAL:** Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information or conceals for the purpose of misleading, information concerning any fact material thereto, commits a fraudulent insurance act.

ALASKA: Any person who knowingly and with intent to injure, defraud, or deceive an insurance company files a claim containing false, incomplete, or misleading information may be prosecuted under state law.

ARIZONA: For your protection Arizona law requires the following statement to appear on this form: Any person who knowingly presents a false or fraudulent claim for payment of a loss is subject to criminal and civil penalties.

ARKANSAS: Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to fines and confinement in prison.

CALIFORNIA: For your protection, California law requires the following to appear on this form: Any person who knowingly presents a false or fraudulent claim for the payment of a loss is guilty of a crime and may be subject to fines and confinement in state prison.

COLORADO: It is unlawful to knowingly provide false, incomplete, or misleading facts or information to an insurance company for the purpose of defrauding or attempting to defraud the company. Penalties may include imprisonment, fines, denial of insurance, and civil damages. Any insurance company or agent of an insurance company who knowingly provides false, incomplete, or misleading facts or information to a policy helder or algebrate fact the approach fact the purpose of defrauding or attempting to a policy helder or algebrate fact the approach fact the purpose of defrauding or attempting to a policy helder or algebrate fact the approach fact the purpose of defrauding or attempting to a policy helder or algebrate fact the approach fact the purpose of defrauding or attempting to a policy helder or algebrate fact the purpose of defrauding or attempting to a policy helder or algebrate fact the purpose of defrauding or attempting to a policy helder or algebrate fact the purpose of defrauding or attempting to a policy helder or algebrate fact the purpose of defrauding or attempting to a policy helder or algebrate fact the purpose of defrauding or attempting to a policy helder or algebrate fact the purpose of defrauding or attempting to a policy helder or algebrate fact the purpose of defrauding or attempting to a policy helder or algebrate fact the purpose of defrauding or attempting to a policy helder or algebrate fact the purpose of defrauding or attempting to a policy helder or algebrate fact the purpose of defrauding the

information to a policyholder or claimant for the purpose of defrauding or attempting to defraud the policyholder or claimant with regard to a settlement or award payable from insurance proceeds shall be reported to the Colorado Division of Insurance within the Department of Regulatory Agencies.

**DELAWARE:** Any person who knowingly, and with intent to injure, defraud or deceive any insurer, files a statement of claim containing any false, incomplete or misleading information is guilty of a felony.

DISTRICT OF COLUMBIA RESIDENTS: WARNING: It is a crime to provide false or misleading information to an insurer for the purpose of defrauding the insurer or any other person. Penalties include imprisonment and/or fines. In addition, an insurer may deny insurance benefits if false information materially related to a claim was provided by the applicant.

**FLORIDA:** Any person who knowingly and with intent to injure, defraud, or deceive any insurer files a statement of claim or an application containing any false, incomplete, or misleading information is guilty of a felony of the third degree.

**IDAHO:** Any person who knowingly, and with intent to defraud or deceive any insurance company, files a statement of claim containing any false, incomplete, or misleading information is guilty of a felony.

**INDIANA:** A person who knowingly and with intent to defraud an insurer files a statement of claim containing any false, incomplete, or misleading information commits a felony.

**KENTUCKY:** Any person who knowingly and with intent to defraud any insurance company or other person files a statement of claim containing any materially false information or conceals, for the purpose of misleading, information concerning any fact material thereto, commits a fraudulent insurance act, which is a crime.

**LOUISIANA:** Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to fines and confinement in prison.

MAINE: It is a crime to knowingly provide false, incomplete or misleading information to an insurance company for the purpose of defrauding the company. Penalties may include imprisonment, fines or a denial of insurance benefits.

MARYLAND: Any person who knowingly and willfully presents a false or fraudulent claim for payment of a loss or benefit or who knowingly and willfully presents false information in an application for insurance is guilty of a crime and may be subject to fines and confinement in prison.

MINNESOTA: A person who files a claim with intent to defraud, or helps commit a fraud against an insurer, is guilty of a crime.

NEW HAMPSHIRE: Any person who, with a purpose to injure, defraud or deceive any insurance company, files a statement of claim containing any false, incomplete or misleading information is subject to prosecution and punishment for insurance fraud, as provided in RSA 638:20.

**NEW JERSEY:** Any person who knowingly files a statement of claim containing any false or misleading information is subject to criminal and civil penalties.

**NEW MEXICO:** Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to civil fines and criminal penalties.

**NEW YORK:** Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information, or conceals for the purpose of misleading, information concerning any fact material thereto, commits a fraudulent insurance act, which is a crime, and shall also be subject to a civil penalty not to exceed five thousand dollars and the stated value of the claim for each such violation.

**OHIO:** Any person who, with intent to defraud or knowing that he is facilitating a fraud against an insurer, submits an application or files a claim containing a false or deceptive statement is guilty of insurance fraud.

**OKLAHOMA:** WARNING: Any person who knowingly, and with intent to injure, defraud or deceive any insurer, makes any claim for the proceeds of an insurance policy containing any false, incomplete or misleading information is guilty of a felony.

OREGON: Any person who knowingly and with intent to defraud or solicit another to defraud an insurer: (1) by submitting an application, or (2) by filing a claim containing a false statement as to any material fact, may be violating state law. PENNSYLVANIA: Any person who knowingly and with intent to defraud any insurance company or other person files an application for insurance or statement of claim containing any materially false information or conceals for the purpose of misleading, information concerning any fact material thereto commits a fraudulent act, which is a crime and subjects such person to criminal and civil penalties.

**TENNESSEE:** It is a crime to knowingly provide false, incomplete or misleading information to an insurance company for the purpose of defrauding the company. Penalties include imprisonment, fines and denial of insurance benefits.

**TEXAS:** Any person who knowingly presents a false or fraudulent claim for the payment of a loss is guilty of a crime and may be subject to fines and confinement in state prison.

**VIRGINIA:** It is a crime to knowingly provide false, incomplete or misleading information to an insurance company for the purpose of defrauding the company. Penalties include imprisonment, fines and denial of insurance benefits.

WEST VIRGINIA: Any person who knowingly presents a false or fraudulent claim for payment of a loss or benefit or knowingly presents false information in an application for insurance is guilty of a crime and may be subject to fines and confinement in prison.



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Sports Risk Management Library

The following documents are available for use by Bollinger's clients. Please feel free to download and distribute among your membership.

### Risk Management Reports

- Are you Fully Protected?
- Youth Sports Emergency Guidelines
- Youth Soccer Emergency Plan
- Field and Facility Inspection Checklists
- Facility and Field Inspection Guidelines
- Sports Incident Report
- Guide to Prevention and Awareness of Abuse ?
- Safety 1st (Markel Insurance Company)

### Soccer Safety Information

- Bollinger's Soccer Goal Safety Report
- ASTM Guide to Safer Use of Movable Goals for
- CPSC Guidelines for Movable Goal Safety Chaperones and Team Travel
- Heat-Related Injuries ~ Prevention and Treatment
- Sunscreen The Missing Piece of Protective Equipment 한 Swine Flu Medical Alert 한
- Concussion Awareness
  - Heads Up Concussions in Youth Sports
  - Injury Prevention & Control: Traumatic Brain Injury

### **Bollinger Soccer Workshop Presentations**

- Directors & Officers Liability Insurance Overview F
- \$5mm in Liability Claims and How They Could Have Been Avoided

Links: This list represents a sampling of organizations dedicated to promoting youth sports and protecting youth athletes. Bollinger has compiled this list for the benefit of our clients and does not receive any type of remuneration from these organizations.

- US Youth Soccer Association: www.USYouthSoccer.org
- National Center for Safety Initiatives (including Criminal Background checks): www.SafetyInitiatives.org
- Positive Coaching Alliance: www.PositiveCoach.org
- Center for Sports Parenting: www.SportsParenting.org
- National Association of Athletic Trainers: www.NATA.org (go directly to section on issues for Youth Sports at www.NATA.org/youthsports/index.htm)
- Consumer Products Safety Commission Sports & Recreation Safety, including Soccer Goal Safety:
- www.CPSC.gov/cpscpub/pubs/rec\_sfy.html
- ACL/Knee Injury Prevention Program (presented by the Santa Monica Orthopedic and Sports Medicine Group): www.ACLPrevent.com

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### Ohio Department of Health Concussion Information Sheet For Youth Sports Organizations

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

### What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

### Signs and Symptoms of a Concussion

Athletes do not have to be "knocked out" to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child's health at risk!

### Signs Observed by Parents of Guardians

- Appears dazed or stunned.
- Is confused about assignment or position.
- Forgets plays.
- Is unsure of game, score or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).
- Can't recall events before or after hit or fall.

### Symptoms Reported by Athlete

- Any headache or "pressure" in head. (How badly it hurts does not matter.)
- Nausea or vomiting.
- Balance problems or dizziness.
- ♦ Double or blurry vision.
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy or groggy.
- Concentration or memory problems.
- Confusion.
- Does not "feel right."
- Trouble falling asleep.
- Sleeping more or less than usual.

### Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season... or risk permanent damage!

### Seek Medical Attention Right Away

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- No athlete should return to activity on the same day he/she gets a concussion.
- ◆ Athletes should <u>NEVER</u> return to practices/games if they still have ANY symptoms.
- Parents and coaches should never pressure any athlete to return to play.

### The Dangers of Returning Too Soon

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

### Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete's injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children's brains take several weeks to heal following a concussion.





www.healthyohioprogram.org/concussion

### Returning to Daily Activities

- Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
- Encourage daytime naps or rest breaks when your child feels tired or worn-out.
- Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
- Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
- Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

### Returning to School

- Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
- Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
  - a. Increased problems paying attention.
  - b. Increased problems remembering or learning new information.
  - c. Longer time needed to complete tasks or assignments.
  - d. Greater irritability and decreased ability to cope with stress.
  - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
- 3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
- If your child is still having concussion symptoms, he/ she may need extra help with school-related activities.
   As the symptoms decrease during recovery, the extra help or supports can be removed gradually.

### Resources

ODH Violence and Injury Prevention Program www.healthyohioprogram.org/vipp/injury.aspx

Centers for Disease Control and Prevention www.cdc.gov/Concussion

National Federation of State High School Associations www.nfhs.org

Brain Injury Association of America www.biausa.org/

### Returning to Play

- Returning to play is specific for each person, depending on the sport. <u>Starting 4/26/13</u>, <u>Ohio law requires written</u> <u>permission from a health care provider before an athlete can</u> <u>return to play</u>. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
- Your child should NEVER return to play if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
- Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
- 4. Your athlete should complete a step-by-step exercise -based progression, under the direction of a qualified healthcare professional.
- 5. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child's full recovery would take about one week once they have no symptoms at rest and with moderate exercise.\*

### Sample Activity Progression\*

Step 1: Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes).

Step 2: Moderate, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: moderate jogging, brief sprint running, moderate stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes).

Step 3: Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sports specific drills, agility training and jumping drills for 45-60 minutes).

Step 4: Full contact in controlled practice or scrimmage.

Step 5: Full contact in game play.

\*If any symptoms occur, the athlete should drop back to the previous step and try to progress again after a 24 hour rest period.



### Ohio Department of Health

Violence and Injury Prevention Program 246 North High Street, 8th Floor Columbus, OH 43215 (614) 466-2144

www.healthyohioprogram.org/concussion





### The Game for All Kids!

### Possible Concussion Notification For OYSAN Soccer Events

Today,	, 2, at	the	[insert
name of event],	[insert pla	yer's name] received a p	possible
concussion during practice or con			
of this possibility and signs and sy and/or treatment.			
It is common for a concussed child There are four types of symptoms			ion symptoms.
If your daughter or son starts to sl you notice about the behavior or medical attention:	how signs of these syn conduct of your son o	nptoms, or there any otl r daughter, you should s	her symptoms eek immediate
- Memory difficulties	- Neck pain	- Delicate to light or	noise
- Headaches that worsen	- Odd behavior	- Repeats the same a	
- Vomiting	- Fatigued	question	
- Focus issues	- Irregular sleep	- Slow reactions	
- Seizures	Patterns	- Irritability	
<ul> <li>Weakness/numbness in arms/legs</li> </ul>	- Slurred speech	- Less responsive tha	ın usual

Please take the necessary precautions and seek a physician or licensed healthcare provider before allowing your daughter or son to participate further. Until a medical professional is seen, please consider the following guidelines:

- refraining from participation in any activities the day of, and the day after, the occurrence.
- refraining from taking any medicine unless (1) current medicine, prescribed or authorized, is permitted to be continued to be taken, and (2) any other medicine is prescribed by a licensed health care professional.
- refraining from cognitive activities requiring concentration cognitive activities such as TV, video games, computer work, and text messaging if they are causing symptoms.

Please be advised that a player who has been suspected of a concussion may not return to play until they are provided a written clearance that it is safe for the individual to return to practice or competition from a from a licensed physician or a licensed healthcare provider. A non-licensed healthcare provider would have to work:

- (a) In consultation with the physician
- (b) pursuant to the referral of a physician
- (c) in collaboration with a physician
- (d) under the supervision of a physician.

Player's Team:	
Age Group:	
Player Name:	Gender:
Player Signature:	Date:
Parent/Legal Guardian Signature:	Date:
Team Official Signature:	Date:
<u>Parent/Legal Guadian:</u> By inserting my name and date, I confirm that I acknowledge that, I have read the information contained in the Form.	I have been provided with, and
<u>Coaches/Officals:</u> Retain this signed copy for your records. If the parent please fill out in duplicate or photocopy the original for them.	t/legal guardian requests a copy

### References:

Kissick MD, James and Karen M. Johnston MD, PhD. "Return to Play After Concussion." Collegiate Sports Medical Foundation. Volume 15, Number 6, November 2005. http://www.csmfoundation.org/Kissick\_-\_return\_to\_play\_after\_concussion\_-\_CJSM\_2005.pdf.

April 22, 2011.

National Federation of State High School Associations. "Suggested Guidelines for Management of Concussion in Sports". 2008 NFHS Sports Medicine Handbook (Third Edition). 2008 77-82. http://www.nfhs.org.

April 21, 2011.

Children's National Medical Center. "Safe Concussion Outcome, Recovery & Education (SCORE) Program." Adapted by Gerard Gioia, PhD; Micky Collins, PhD; Shireen Atabaki, MD, MPH; Noel Zuckerbraun, MD, MPH. http://www.childrensnational.org/score.

June 27, 2011.



### Return-to-Play Verification

Verification that it is practice or competition.	safe for to return to
physician or licensed h 3707.511(E)(b)(2) may	
	Physician/Licensed Healthcare Provider

### Rocky River Soccer Organization (RRSO) Incident Report

This form is to be used by RRSO coaches or managers when an incident arises that needs to be reported to the RRSO Board of Directors. Such incidents may include player injuries, altercations between players, coaches, referees or parents. This may also include claims of sexual abuse, molestation, exploitation, physical abuse or other crimes that may compromise the safety and well being of participants in the RRSO soccer program. This incident report should be completed as soon as possible after the incident and given to the RRSO President. Please e-mail to President Mike Moore at president@rrso.org. or call him at (440) 915-6167

N
Name of Person (s): 1.
2.
Sex: Age or Date of Birth
Address of person (s) involved:
1.
2.
Parent's Name (s) 1.
2.
Address and Phone: 1.
2.
Date and Time of Incident:
Place Where Incident Occurred:
Description of Person Involved
(i.e. coach, player, parent):
Describe How the Incident Occurred (give all possible details):
Describe Any Injuries That Resulted from the Incident:
Name of Event or Activity:
Name (s) and Phone Number (s) of Any Witnesses:

	ne:			
Sign	ature:	Date:		
If possible and approp	riate, take pictures at the scen	ne of the incident.		
For RRSO Use Only:				
Incident Report Subr	nitted to RRSO Official:			
Submitted By:	Submitted To:	Date S	Date Submitted:	
Follow Up Contacts o	n the Incident Made by RF	RSO Official:		
Contacts Made By:	Contacts Made To:	Result of Contact:	Date of Contact:	
			}	
	ł			
Disposition of Inciden	t or Claim:			