

Registration Form - 2016

PLEASE CIRCLE YOUR SCHOOL: Maple Ridge Hobble Creek Mapleton Sierra Bonita TEACHER NAME: _____

Please Print

Name _____
(Last) (First) (Middle Initial)

Address _____ City _____

Phone Number () _____ Parent/Guardian E-mail _____

Emergency Contact _____ Phone _____



- Participants can enter 2 track and 1 field event or 2 field and 1 track event. *The relay for 6th grade does not count as a running event.

Please circle the events (3 total) you wish to participate in for your grade.

3rd Grade Students

- 50 Meter Dash
- 100 Meter Dash
- 200 Meter Dash
- 400 Meter Dash
- Standing Long Jump (field)
- Softball Throw (field)

4th Grade Students

- 50 Meter Dash
- 100 Meter Dash
- 200 Meter Dash
- 400 Meter Dash
- Standing Long Jump (field)
- Softball Throw (field)

5th Grade Students

- 100 Meter Dash
- 200 Meter Dash
- 400 Meter Dash
- 800 Meter Dash
- Standing Long Jump (field)
- Softball Throw (field)

6th Grade Students

- 100 Meter Dash
- 200 Meter Dash
- 400 Meter Run
- 800 Meter Run
- 1600 Meter Run
- Standing Long Jump (field)
- Softball Throw (field)

I hereby authorize my minor child(ren) to participate in the following activities or other recreational activity. I understand that this activity or other recreational activity contains certain dangers and inherent risks, particularly if my child fails to follow written warnings, verbal instructions and/or engages in activities beyond his or her abilities. These risks also involve the misuse of the facility by third parties or horseplay of other children. Knowing these risks, I believe that the benefits of my child(ren)'s participation in this activity or other recreational activity outweigh any risk associated with this activity. Individually, and on behalf of my child, I agree to release this (Mapleton City) and its agents and employees from all known reasonable and/or inherent risks associated with my child(ren)'s participation in this activity or other recreational activity. I further understand that it is my responsibility to keep my child from participating in any activity beyond his or her abilities, as I know his or her abilities far better than anyone employed at Mapleton City. Furthermore, I am aware that my child(ren)'s photograph may be taken by employees and agents of Mapleton City to be published or displayed for various non-profit purposes to promote the Recreation Program without compensation.

I agree to release Mapleton City from liability and indemnify the City for any claims arising out of my failure to properly observe, supervise or instruct my child(ren) on the inherent risks or dangers of participating in this activity. I further agree as a condition of use of this activity or other recreational activity to release Mapleton City, its agents and employees from any and all liability for the negligence or intentional acts of non-employees to the City. I further understand and agree that any claim for negligence or liability arising out of the use of this facility is expressly limited by the Utah Governmental Immunity Act. I agree to assume a duty to observe, instruct and supervise my child(ren) in this activity. I agree that my fault may be apportioned in any suit for my failure to properly observe, instruct and supervise my child(ren), either if my child(ren) is injured or causes injuries to any third party.

I acknowledge that I had sufficient opportunity to review the provisions of this document and understand its purpose, meaning and intent. In the event any part of this release agreement is declared invalid, the remainder is still valid.

Parent or Guardian _____ Dated this ____ Day of 20____

Concussion and Traumatic Head Injury Parental Acknowledgement

In compliance with Utah Code § 26-53-101 *et seq.*, this acknowledgment form is to confirm that you have read and understand the Concussion and Traumatic Head Injury Information Sheet and the City's Concussion and Traumatic Head Injury Policy provided to you by the City related to potential concussion and traumatic head injuries occurring during participation in sporting events.

I, _____ (*name of parent/guardian*) as parent/guardian of _____ (*name of player*), have read the information material provided to us by the City related to concussion and traumatic head injuries occurring during participation in sporting events and understand the content, responsibilities, and warnings therein.

By signing below, I acknowledge that I have read and understand the Concussion and Traumatic Head Injury Information Sheet and the Concussion and Traumatic Head Injury Policy, and that I agree to abide by the City's Concussion and Traumatic Head Injury Policy.

SIGNATURE OF PARENT/GUARDIAN _____ DATE _____

TURN OVER

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head or a blow to the body that causes the head to move rapidly back and forth
- Can change the way your brain normally functions
- Can occur in any sporting event
- Can happen even if you have not been knocked out
- Can be serious even if you have just been dinged.

All concussions are serious. A concussion can affect your ability to do schoolwork and other activities like playing video games, working on a computer, studying, driving or exercising. Most people with a concussion get better, but it is important to give your brain time to heal.

What are the symptoms of a concussion?

Signs and symptoms of a concussion can show right up after the injury or may not appear to be noticed until days or weeks after the injury.

Signs Observed by Parents/Guardians/Agents:

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Cannot recall event prior to hit or fall
- Cannot recall events after hit or fall

Symptoms Reported by Players:

- Headache or pressure in head
- Nausea or vomiting
- Balance problems or dizziness; double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not feel right or is feeling down

What should you, the player, do if you think you have a concussion?

- **Tell your coaches or parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates may have a concussion.
- **Get a medical checkup.** This is required before the player will be allowed to return to play.

- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Additional concussions can cause damage to your brain. It is important to rest until you get written permission from a qualified health care provider to return to play.

What should parents/guardians do if they think their child has a concussion?

- **Seek medical attention right away.** A qualified health care provider will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- **Keep your child out of play.** Concussions take time to heal. You will not be permitted to let your child return to play until a qualified health care provider says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

How can you prevent a concussion?

Follow the coach's rules for safety and the rules of the sport.

- Practice good sportsmanship.
- Use the proper equipment, including personal protective equipment (such as helmets, padding, shin guards and eye and mouth guards). **IN ORDER FOR EQUIPMENT TO PROTECT YOU**, it must be the right equipment for the game, position and activity; it must be worn correctly and used every time you play.
- Learn the signs and symptoms of a concussion

For more information about concussions visit:

<http://www.cdc.gov/concussion/sports/index.html>