



BLUFFDALE CITY RECREATION YOUTH LIABILITY WAIVER ALL SPORTS

(Participation Agreement, Photo Release, & Concussion Policy)

AGREEMENT TO PARTICIPATE:

I, the parent or legal guardian, understand the inherent hazards and risks of personal and emotional injury and bodily harm possible to my child's involvement with this activity. I waive and release all rights and claims for damages, losses, and liabilities I or my child have against the City of Bluffdale or its representatives. I hereby give consent for my child to participate in Bluffdale Recreation sponsored programs.

I understand and recognize that Bluffdale City does not provide accident and medical insurance for the participants of this program. I hereby certify that I have read this waiver and recognize that there are risks involved in recreation sports.

Parent/Guardian Signature: _____

Date: _____

PHOTO/VIDEO RELEASE:

I hereby grant Bluffdale City, permission to use photographs or video taken of me and/or my family. I understand that these may appear in flyers, banners, email marketing, social media, videos, websites, or other marketing materials.

I understand that my signature below indicates that I have read this agreement and understand that it waives my right to sue Bluffdale City.

Parent/Guardian Signature: _____

Date: _____

CONCUSSION POLICY:

What is a Concussion?

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth (Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, February 12, 2019).

How Can I Spot a Possible Concussion?

<u>Concussion Signs Observed:</u>	<u>Concussion Symptoms Reported:</u>
<ul style="list-style-type: none">•Can't recall events prior to or after a hit or fall.•Appears dazed or stunned.•Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.•Moves clumsily.•Answers questions slowly.•Loses consciousness (even briefly).•Shows mood, behavior, or personality changes.	<ul style="list-style-type: none">•Headache or "pressure" in head.•Nausea or vomiting.•Balance problems or dizziness, or double or blurry vision.•Bothered by light or noise.•Feeling sluggish, hazy, foggy, or groggy.•Confusion, or concentration or memory problems.•Just not "feeling right," or "feeling down".



BLUFFDALE CITY'S CONCUSSION ACTION PLAN:

The following steps will be taken if any staff suspects an athlete has a concussion. Bluffdale staff (includes director, coordinators, site supervisors, officials, score keepers, etc.) will not diagnose a concussion, but use their best judgment in observing signs and symptoms of players based on CDC guidelines.

1. The child will be removed from the game if there is suspicion of concussion.
2. The child will not return and participate in the sporting event.
3. The staff will record and share information about the injury to the parents and appropriate staff.
4. The child will be prohibited from participating in any Bluffdale City sporting events until a written evaluation from a qualified health care provider is given to the City.

I understand the risk that is involved in recreation sport with Bluffdale City such as concussions or head injuries. I understand that my signature below indicates that I have read this agreement and understand that it waives my right to sue Bluffdale City.

Parent/Guardian Signature: _____

Date: _____

To learn more visit: [cdc.gov/headsup](https://www.cdc.gov/headsup)