

## PARTICIPANT INFORMATION

Complete online at [Play.USAUltimate.org/Members/](http://Play.USAUltimate.org/Members/) or mail to USA Ultimate, 5825 Delmonico Dr, Suite 350, Colorado Springs, CO 80919 or email to [membership@usultimate.org](mailto:membership@usultimate.org).

Name (First): \_\_\_\_\_ (Last): \_\_\_\_\_ Gender: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Email: \_\_\_\_\_ Approximate/Projected High School Grad Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Street Address: \_\_\_\_\_ Apt/Unit #: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

## PARENT/ATHLETE CONCUSSION INFORMATION SHEET

A concussion is a type of traumatic brain injury that changes the way the brain normally works. It is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump can be serious. **Signs and symptoms of concussion** can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports one or more symptoms of concussion listed below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

**Concussion Danger Signs:** In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Loses consciousness (even if brief)
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Convulsions or seizures
- Slurred Speech

**Why should an athlete report their symptoms?** If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

**What should you do if you think your athlete has a concussion?** If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

**Rest is key** to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional. It's better to miss one game than the whole season. For more information on concussions, visit [CDC.gov/Concussion](http://CDC.gov/Concussion) and [CDC.gov/Concussion/HeadsUp/PDF/Parent\\_Athlete\\_info\\_sheet-a.pdf](http://CDC.gov/Concussion/HeadsUp/PDF/Parent_Athlete_info_sheet-a.pdf)

### Signs Observed by Coaching Staff

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

### Symptoms Reported by Athletes

- 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 or confusion
- Just not "feeling right" or "feeling down"

### Did You Know?

- Most concussions occur without loss of consciousness.
  - Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
  - Young children and teens are more likely to get a concussion and take longer to recover than adults
- Remember...Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

## USA Ultimate & VALLEY ULTIMATE WAIVER AND RELEASE OF LIABILITY

This waiver may not be modified. Signed waivers are required to participate in USA Ultimate and Valley Ultimate events. In consideration of being allowed to participate in any way in USA Ultimate or Valley Ultimate programs, related events & activities, the undersigned acknowledges, appreciates & willingly agrees that:

1. I will comply with the stated & customary terms & conditions for participation. If, however, I observe any **unusual significant hazard during my presence or participation, I will remove myself** from participation and bring such to the attention of the nearest official immediately.
2. I acknowledge & fully understand that each participant will be engaging in activities that involve **risk of serious injury** including traumatic brain injury, permanent disability & death, & severe social & economic losses which may result not only from their own actions, inactions or negligence but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, I **accept personal responsibility** for the damages following such injury including traumatic brain injury, permanent disability or death.
3. I hereby authorize & give my **full consent** to USA Ultimate and Valley Ultimate, in perpetuity, to copyright &/or publish any & **all photographs, video &/or broadcasts** in which I appear while attending any USA Ultimate or Valley Ultimate event. I further agree that USA Ultimate and Valley Ultimate may transfer, use or cause to be used, photographs, video, or broadcasts for any exhibitions, public displays, publications, commercials, online streaming, art & advertising purposes, & television programs without limitations or reservations, in perpetuity.
4. I knowingly & **freely assume all such risk**, both known & unknown, even those arising from the negligent acts or omissions of others & assume full responsibility for my participation.
5. I, for myself & on behalf of my heirs, assigns, personal representatives & next of kin, hereby release, & **agree to hold harmless** USA Ultimate and Valley Ultimate, its officers, officials, affiliated clubs, their respective administrators, directors, agents, coaches, & other employees of the organization, other participants, sponsoring agencies, advertisers, &, if applicable owners & lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees", with respect to all & any injury, disability, death or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise, to the fullest extent permitted by law. I will indemnify, save & hold harmless above named releasees of, from & against any loss, cost, expense, damage or liability that such releasees may incur as a result of, arising from or in connection with such claim, including without limitation any attorney's fees, or other costs or expenses or litigation.
6. I agree that, as a USA Ultimate or Valley Ultimate member, player, organizer or representative of the organization, I **will not compete** at USA Ultimate or Valley Ultimate official, sponsored, sanctioned or affiliated events, or carry out responsibilities related to official organization & event business, **while under the influence of alcohol or illegal/banned drugs**. Additionally, I **will not engage in any unlawful acts** at such events, including but not limited to the unlawful or unauthorized use, possession, distribution or consumption of alcoholic beverages or illegal/banned drugs at said events or while representing USA Ultimate or Valley Ultimate in an official capacity.
7. I will comply with **and be bound** by the stated and customary terms and conditions for participation, including the USA Ultimate and Valley Ultimate **Conduct Policy** found at [USAUltimate.org/About/USAUltimate/Governance/Conduct.aspx](http://USAUltimate.org/About/USAUltimate/Governance/Conduct.aspx). If, however, I observe any **unusual significant hazard during my presence or participation, I will remove myself** from participation and bring such to the attention of the nearest official immediately.

I have read this release of liability and assumption of risk agreement, fully understand its terms, and understand that I have given up substantial rights by signing it and sign it freely and voluntarily without any inducement. Additionally, I acknowledge receipt of the concussion information also found at

[www.CDC.gov/Concussion/HeadsUp/PDF/Parent\\_Athlete\\_info\\_sheet-a.pdf](http://www.CDC.gov/Concussion/HeadsUp/PDF/Parent_Athlete_info_sheet-a.pdf).

Participant is 18 or Older. Date: \_\_\_\_\_ Participant's Signature (under 18 do not need to sign): \_\_\_\_\_

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to indemnify and hold harmless the releasees from any and all liabilities incident to my minor child's involvement or participation in these programs above, even if arising from their negligence, to the fullest extent permitted by law.

Participant is Under 18 Years. Date: \_\_\_\_\_ Parent/Guardian Signature (required if participant is under 18): \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Parent/Guardian Email: \_\_\_\_\_

Your participation in this or any USAU event or USAU sanctioned event or league is always subject to the rules, policies, procedures and governing documents of USAU and may trigger important consequences. In particular, please note that participation in post-High School/Youth Division events *may* initiate your college eligibility period. Review the USAU college eligibility rules ([usultimate.org/college](http://usultimate.org/college)) to learn more.