

Registrations received without a signed waiver will not be processed

WAIVER OF LIABILITY/PHOTO & VIDEO RELEASE
PLEASE READ CAREFULLY

In consideration of myself and/or my child(ren) being allowed to use City of Bellevue Parks & Community Services facilities and/or participate in the City-sponsored activity(ies) identified herein, I **ASSUME ANY AND ALL RISKS, INCLUDING RISK OF INJURY OR DEATH**, associated with my or my child(ren)'s use of said facilities and/or participation in said activities. I further agree on behalf of myself, my heirs, executors, assigns, and personal representatives, to waive and **RELEASE** any and all rights and claims for damages, including attorney fees, I now, or may hereafter have, whether known or unknown, against the City of Bellevue and its officials, employees, and agents for any injuries suffered by me or my child(ren) in connection with the use of City facilities or participation in the City-sponsored activity(ies) identified herein. I acknowledge that I have carefully read this **WAIVER OF LIABILITY** and fully understand that I am waiving any right that I may have to bring a legal action or to assert a claim against the City of Bellevue in connection with the use of City facilities or participation in the City-sponsored activity stated below.

PHOTO/VIDEO RELEASE: I give my permission to have photos and/or video and audio recordings taken of me or my child(ren) during City of Bellevue activities and authorize the City of Bellevue to copyright, use, and publish the same. I understand I am waiving any right of privacy, compensation, copyright or other ownership right connected to the photo or recording. If you do not give permission to have photos and/or video and audio taken of you or your child(ren), please contact the main office at (425) 452-6885 or Parksweb@bellevuewa.gov.

I acknowledge that I have carefully read this WAIVER OF LIABILITY / RELEASE and fully understand that I am waiving any right that I may now or hereafter have to bring a legal action to assert any claim against the City of Bellevue in connection with my or my child(ren)'s participation in this activity.

By signing below, I accept the conditions printed above, and by further initialing where indicated below, I acknowledge that I have carefully reviewed and understand the Concussion Information Sheet and Sudden Cardiac Arrest Information Sheet accompanying this Waiver of Liability / Release.

PARENT/ GUARDIAN SIGNATURE

DATE

PRINTED NAME

____ I acknowledge that I have carefully reviewed and understand the Concussion Information Sheet

Initial

____ I acknowledge that I have carefully reviewed and understand the Sudden Cardiac Arrest Information Sheet

Initial



**Bellevue Parks &
Community Services**

Payment Details

Payment Method

☐ Check ☐ D.D.A. (send to Highland CC)

☐ Credit Card

Total Fee: \$ _____



Card Number _____

Expiration Date _____

CVV _____

Highland Community Center Spring 2025 Registration



Bellevue Parks & Community Services

Concussion Information Sheet

Adapted from the CDC and the 3rd International Conference on Concussion in Sport

Understanding Concussions:

A concussion is a brain injury, and all brain injuries are serious. They can be caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. Concussions can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, they are potentially serious and may result in complications, including prolonged brain damage and death if not recognized and managed properly. A "ding" or a bump on the head can be serious. Concussions are often not visible, and most sports-related concussions occur without loss of consciousness. Symptoms may show up immediately or take hours or days to appear. If any symptoms of a concussion are reported or noticed, seek medical attention right away.

Symptoms

Symptoms may include one or more of the following:

- Headaches
- "Pressure in head"
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- "Don't feel right"
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs Observed by Others

Signs observed by teammates, parents, and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech

- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What Can Happen If My Participant Keeps Playing with a Concussion or Returns Too Soon?

Participants showing signs and symptoms of a concussion should be removed from play immediately. Continuing to play with a concussion leaves the young athlete vulnerable to greater injury. There is an increased risk of significant damage, especially if another concussion occurs before the first one heals completely. This can lead to prolonged recovery, severe brain swelling (second impact syndrome), and even fatal consequences. Education for administrators, coaches, parents, and students is crucial for participant safety.

If you think your participant has suffered a concussion

Any participant even suspected of suffering a concussion should be removed from the game or practice immediately. No participant may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the participant should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines that have been recommended for several years:

"a youth participant who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the participant is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your participant's coach if you think that your participant may have a concussion. Remember it's better to miss one game than miss the whole season. **And when in doubt, the participant sits out.**

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>



Nick of Time Foundation Sudden Cardiac Arrest Information Sheet



What is sudden cardiac arrest? Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S.

*SCA is also the leading cause of sudden death
in young athletes during sports*

What causes sudden cardiac arrest? SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called "commotio cordis").

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

*Remember, to save a life: recognize SCA, call 9-1-1, begin CPR,
and use an AED as soon as possible!*



Cardiac 3-Minute Drill

1. RECOGNIZE

Sudden Cardiac Arrest

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

2. CALL 9-1-1

- Call for help and for an AED

3. CPR

- Begin chest compressions
- Push hard/ push fast
(100 per minute)

4. AED

- Use AED as soon as possible

5. CONTINUE CARE

- Continue CPR and AED until EMS arrives



**Be Prepared!
Every Second
Counts!**



Nick of Time
FOUNDATION



**Bellevue Parks &
Community Services**

PO Box 14178
Mill Creek, WA 98082
206-457-5270

www.nickoftimefoundation.org