



MENTOR ICE ARENA RELEASE OF LIABILITY & INDEMNITY AGREEMENT

Waiver for wearing a helmet for MFSC 10 & Under Skater's

**THIS IS A RELEASE OF LIABILITY & WAIVER OF CERTAIN LEAGAL RIGHTS**

**ASSUMPTION OF RISK:** As a person who is a member of the Mentor Figure Skating Club and is 10 years of age and under is aware that ice skating involves certain inherent risks, dangers and hazards which can result in personal injury or death. I am also aware that ice skating rinks and arena contain dangers that can cause serious injury or death.

I HEREBY FREELY AGREE TO ASSUME AND ACCEPT ALL KNOWN AND UNKNOWN RISKS OF INJURY ARISING OUT OF ICE SKATING ACTIVITIES BY NOT WEARING THE RECOMMENDED HELMET FOR 10 & UNDER.

I recognize and acknowledge that risks of ice skating can be greatly reduced by abiding by the Responsibility Code, using common sense and wearing a helmet.

**RELEASE AND WAIVER OF CLAIMS AGREEMENT:** For allowing me to participate in the MFSC ice times, special show/events, public skating and/or City Ice Times without a helmet at the Mentor Ice Arena, I agree, to the fullest extent permitted by law as follows:

- 1. TO WAIVE ALL CLAIMS** that I have or may have against the Arena arising out of MFSC ice times, special show/events, public skating and/or City Ice Times at the Arena.
- 2. TO RELEASE** the Arena from all liability for any loss, damage, injury or expense that I (or my next of kin) may suffer arising out of ice skating, from any cause whatsoever. **Including negligence or breach of contract** on the part of the Arena in the operation, supervision, design or maintenance of the Arena.

**ARBITRATION:** I will submit any claims arising from public ice skating and/or City Ice Times at the Arena to unlimited, binding arbitration before the American Arbitration Association. The arbitration must commence within one year after the claim arose. It will be in the town where the Arena is located. Federal Rules of evidence will govern the proceedings. A court of competent jurisdiction can enforce the arbitration award.

Minor Participant (10 & Under) Information

Minor Participant \_\_\_\_\_ Date of Birth \_\_\_\_\_

Parent \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

# Heads Up to Schools: KNOW YOUR CONCUSSION ABCs

Assess  
the  
situation

Be alert for  
signs and  
symptoms

Contact a  
health care  
professional

## A Fact Sheet for Parents

### What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

### What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports *one or more* of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

## SIGNS AND SYMPTOMS OF A CONCUSSION

### SIGNS OBSERVED BY PARENTS OR GUARDIANS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to the hit, bump, or fall
- Can't recall events *after* the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

### SYMPTOMS REPORTED BY YOUR CHILD OR TEEN

#### Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

#### Physical:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

#### Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

#### Sleep\*:

- Drowsy
- Sleeps *less* than usual
- Sleeps *more* than usual
- Has trouble falling asleep

*\*Only ask about sleep symptoms if the injury occurred on a prior day.*

To download this fact sheet in Spanish, please visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion). Para obtener una copia electrónica de esta hoja de información en español, por favor visite: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).