

LEARN TO SKATE PROGRAM

(FOR OFFICE USE ONLY)

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (HOME) \_\_\_\_\_ PHONE (CELL) \_\_\_\_\_

EMAIL \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_

GRADE \_\_\_\_\_ SCHOOL \_\_\_\_\_

I/We hereby agree and promise to assume risk and responsibility for any and all injuries or damages due to injuries, suffered by the participant arising out of participation in activities involving said program, including but not limited to: classes, demonstrations, practices, or any other use of premises, facilities, or equipment of the City of Parma Recreation Department, whether occurring on premises of the City of Parma or at any other location.

I/We hereby release, indemnify and forever discharge and hold harmless the City of Parma Recreation Department, its directors, employees, students, agents and servants from any and all responsibility, liability, claims, for personal injury, legal actions or suits, damages or losses of any kind or description, both at law or in equity, arising out of, or in any way connected with any of the above mentioned acts and activities.

IN WITNESS WHEREOF, I/We have set my hand and seal to this document which I/We intend to be legally binding document, on the day and year below written and understand it fully.

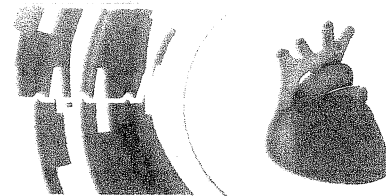
Be sure to notify your child's coach of any medical or other condition(s) they should be aware of.

Participants Name \_\_\_\_\_ Date \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

**PROGRAM DESCRIPTIONS**

	Parma Residents	Seven Hills Residents	Non-Residents
<b>TINY BLADES PROGRAM (SNOWPLOW SAM)</b> This program is designed for beginning skaters ages four, five, and six. They will learn how to skate forward, backward and execute simple maneuvers. Skaters will have a half hour of instruction. Tiny Blades classes offer a combined system of ribbons and badges as incentives for skaters.	\$40.00	\$45.00	\$50.00
<b>LEARN TO SKATE (BASIC SKILLS 1 - 3)</b>	\$40.00	\$45.00	\$50.00
<b>ADVANCED LEARN TO SKATE (BASIC SKILLS 4 - 8 and FREE SKATE 1 - 6)</b> These programs will enable a child, age six and older, to achieve beginning through more advanced skating skills. Classes are designed to keep skaters enthusiastic while reaching their goals. Skaters must pass all Basic Skills elements before graduating to Free Skate.	\$45.00	\$50.00	\$55.00
<b>YOUNG BLADES/INTRO TO SYNCHRO &amp; POWER &amp; FIGURES</b> is an intro to our junior club program, which may include but is not limited to elements from Basic 7/8 - Freestyle levels, power skating moves in the field, with some intro to synchronized skating and figures/edges. This is designed for advanced skaters as an extra time in addition to their regular lesson for practice. Also for skaters who have reached Freestyle levels but are not at the commitment level for Junior Club. These classes are meant to coincide with each other for the highest benefit to the skater.	\$40.00	\$45.00	\$50.00
<b>JUNIOR CLUB ACADEMY (Synchronized Skating Group - Beginner Competitive Levels)</b> This is an exclusive program that encompasses principals of advanced learn to skate with an intro into competitive figure skating. It also focuses on utilizing learned skills in more of a group environment with a strong emphasis on synchronized skating. This is designed for the more committed skater (in addition to their regular group or private lessons) as a transition into more serious aspects of the sport. Must have passed USFS moves in the field tests. The program director's approval and a small try-out are mandatory!	\$50.00	\$55.00	\$60.00
<b>ADULT LEARN TO SKATE (ADULT 1 - 4)</b> This program is designed for the beginning adult skater. Classes will promote physical fitness, and improve balance while learning proper skating techniques.	\$40.00	\$45.00	\$50.00

# Sudden Cardiac Arrest and Lindsay's Law Parent/Athlete Signature Form



What is Lindsay's Law? Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

Which youth athletic activities are included in Lindsay's law?

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

What is SCA? SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) a heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

What is a warning sign for SCA? If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

What symptoms are a warning sign of SCA? A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play? The coach MUST remove the youth athlete from activity immediately. The youth athlete MUST be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

What happens if an athlete experiences any other warning signs of SCA? The youth athlete should be seen by a health care professional.

Who can evaluate and clear youth athletes? A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician's assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

What is needed for the youth athlete to return to the activity? There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must view the Ohio Department of Health (ODH) video about Sudden Cardiac Arrest, review the ODH SCA handout and then sign and return this form.

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Parent/Guardian Signature

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Student Signature

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Parent/Guardian Name (Print)

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Student Name (Print)

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Date

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Date