

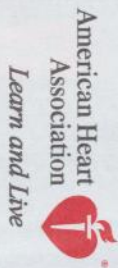
Heart Attack Warning Signs

- Uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

Not all of these warning signs occur in every heart attack or stroke. If some start to occur, get help immediately. Heart attack and stroke are medical emergencies — call 9-1-1.



JUMP ROPE FOR HEART RELEASE and INDEMNIFICATION (Permission Slip)

Jump Rope For Heart involves jumping rope – a strenuous activity that may include risks such as, but not limited to, physical exertion, falls and contact with other participants. I hereby expressly assume all risks, including personal injury and fatality, arising out of my child's participation in Jump Rope For Heart and related activities.

It is my responsibility to ensure that my child's clothing and equipment are properly fitted and appropriate for use in this event. I represent and warrant that my child is physically fit and able to participate in Jump Rope For Heart. My child agrees to stop and request assistance if he/she experiences any symptoms such as, but not limited to, dizziness, excessive fatigue, shortness of breath, pain or any other conditions that would make it difficult or unsafe to continue.

I agree, for myself, my heirs, executors and administrators, to not sue and to release, indemnify and hold harmless the American Heart Association, Inc., its affiliates, officers, directors, volunteers and employees and all sponsoring businesses and organizations and their agents and employees, from any and all liability, claims, demands, and causes of action whatsoever, arising out of my child's participation in this event and related activities – whether it results from the negligence of any of the above or from any other cause. Furthermore, I authorize the use, copyright, or publication of my child's name, image or voice as may be captured by photograph or recording while participating in this event and related activities in any medium for any purpose, including illustration, promotion or advertisement.

The foregoing release and indemnification agreement shall be as broad and inclusive as is permitted by the State or Province in which the event is conducted. If any portion of it is held invalid, the balance shall continue in full force and effect. I have read, understand and agree to the terms of this Agreement.

I am the legal guardian of the participant, and I hereby consent to his/her participation. I have read and explained the foregoing release and indemnification agreement to my child, and I hereby agree to its terms on behalf of myself and the Participant.

Parent/Guardian's Printed Name _____ Signature _____ Date _____

Participant's Printed Name _____ Home Room Teacher's Name _____ Date _____

Participant's Signature (required if 18 years or older) _____

Yes, I will be a parent volunteer and help with this event. _____
I may be reached at (phone #) _____

If your child is participating in our computer donation program, please read and sign below:

COPPA (Children's Online Privacy Protection Act) Parental Agreement for Computer Donations
Your consent is required for the collection, use and disclosure of personal information from your child that the American Heart Association wishes to collect. Your signature on this Permission Slip means that you consent to the collection, use, and disclosure of this personal information and have notice of the terms and conditions of the Direct Notice to Parents and Parental Consent at americanheart.org/jump.

Parent/Guardian's Printed Name _____ Signature _____ Date _____



JUST JUMP!