



American Heart Association®



Here's how you can get a jump start...

- 1 Return the permission slip so you can participate.
- 2 Set a dollar goal and ask friends and family to help you reach it. (Making your own Web page is the fastest and easiest way to raise money!)
- 3 Return the collection envelope and have a great time at the event!

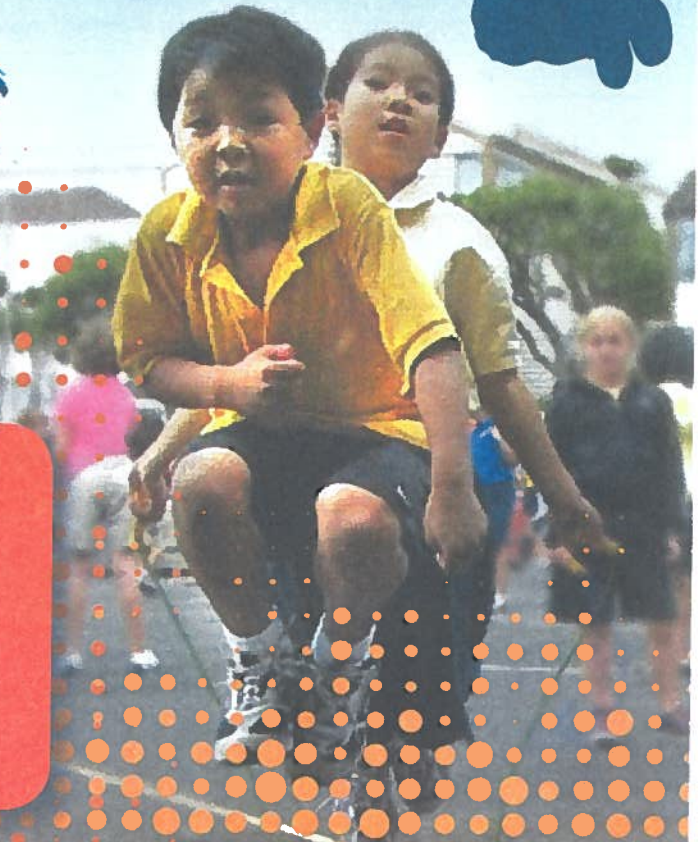
It Takes Heart to be a Hero



HEART HERO

Diego, age 9

"When I was 6 I started having pain in my legs. I had surgery July 12, 2011, and now almost one year later I am a new kid with a working heart! Now I can tell my story to help raise money for other kids."



heart.org/jump



American Alliance for Health, Physical Education, Recreation and Dance

AAHPERD is a proud program partner of Jump Rope for Heart.

Sponsored nationally by SUBWAY® restaurants.



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**JUMP ROPE FOR HEART
Parent/Guardian Permission**

As the parent or guardian of the student listed below ("Child"), I hereby understand and agree that:

- 1) **Events** — My Child and I expressly assume all risks, including potential personal injury and fatality, which may arise out of my Child's participation in any school events that are sponsored by or affiliated with the American Heart Association ("AHA"). Such events may include but are not limited to Football For Heart, Hoops For Heart, Jump Rope For Heart, Red Out, and any other similar sponsored activities that my Child's school may offer ("Events"). My Child's school may on its own develop Events that follow the heart healthy programs of the AHA, may involve on-line charitable fundraising for the AHA, and any such Events are also covered by this Form.
- 2) **Being Prepared** — It is my sole responsibility to ensure that my Child's clothing and any equipment are properly fitted and appropriate for use in any Event, and that my Child is physically fit and able to participate in any Events. Prior to any Event, I will instruct my Child to stop and request assistance if he/she experiences any adverse physical 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 in the Event.
- 3) **Optional On-Line Participation** — Some of the Events may offer the option of my Child being able to register for an AHA on-line fundraising program. This program allows students to track their individual and team's progress while having access to the AHA's educational and fundraising resources. My Child would have the option of including a photo on his/her site as well as sending out e-mails to family and friends in support of his/her participation. For more information, go to www.heart.org/jump. I acknowledge the Direct Notice to Parents and Children's Privacy Statement on that site. I understand and agree that if I do not want my Child to participate in such on-line activities, then it is my sole responsibility to prevent my Child from doing so.

Release and Indemnity Agreement

I agree, for myself, my Child/Ward, and our 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 any American Heart Association sponsored or affiliated school Events and related activities, including but not limited to on-line activities, whether it results from the negligence of any of the above or from any other cause. This agreement shall be as broad and inclusive as is permitted by the State 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 Release and Indemnity Agreement.

Media Release

I authorize the use, copyright, or publication of my Child's name, image or voice while participating in any Event and related activities, as may be captured by photograph or recording in any medium for any purpose, including illustration, promotion or advertisement.

I am the parent or legal guardian of the participant, and I hereby consent to his/her participation in Events and related activities. I have read and explained this Form to my Child, and I hereby agree to all of its terms and conditions on behalf of myself and my Child.

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

Yes, I will be a parent volunteer and help with this event. I may be reached at this phone number: _____

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

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

**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.
- 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 difficulty understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or loss of 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.

Thank-You Gifts 2012-2013



American Heart Association.



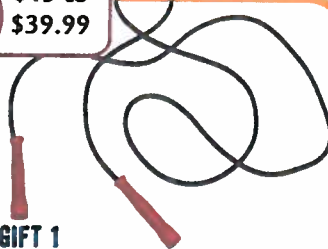
1 \$5 to \$14.99



Choking Hazard: small parts. Recommended for ages 6 and up.

SUPER LOOPER

2 \$15 to \$39.99



PLUS GIFT 1
Jump rope should be used for its intended purpose only. Recommended for ages 5 and up.

JUMP ROPE

3 \$40 to \$64.99



PLUS GIFTS 1-2

T-SHIRT

4 \$65 to \$124.99



PLUS GIFTS 1-3
Recommended for ages 3 and up.

PLAYGROUND BALL

5 \$125 to \$249.99



PLUS GIFTS 1-4
Choking Hazard: small parts. Recommended for ages 5 and up.

SUPERNOVA SPINNER

6 \$250 to \$499.99



PLUS GIFTS 1-5
Recommended for ages 6 and up.

LIGHT UP AIR POWER SOCCER

7 \$500 to \$999.99



PLUS GIFTS 1-6
Warning: Do not shoot at eyes or head. Recommended for ages 8 and up.

POWER POPPER

8 \$1,000 and up

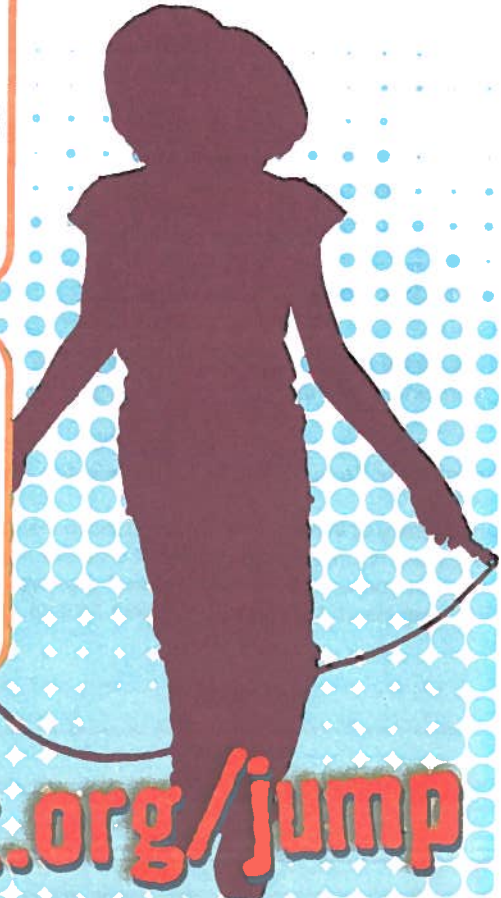


PLUS GIFTS 1-7
Warning: Always wear a helmet and shoes. Weight limit 160 lbs. Recommended for ages 5 and up.

RIPRIDER

Raise money online and SAVE LIVES!

- Visit heart.org/jump and click on the button "Students Sign Up."
- Join your school's team and set up your own Web page!
- Email family and friends to raise funds toward your goal. You can even send a personalized Ecard!



In the event any item becomes unavailable, we reserve the right to offer an alternate item of equal value. These gifts meet the requirements, where applicable, of the Consumer Products Safety Improvement Act and other product safety regulations.



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heart.org/jump

