



Department of Parks & Recreation – Recreation Division
 101 Field Point Road - Greenwich, CT 06836-2540
 Phone: 203-618-7649
 Email: recreation@greenwichct.org



2022 Spring Skateboard Clinics

ACTIVITY NUMBER: 11302

DESCRIPTION: Clinics will help young skaters ages 6 to 12 years old learn park etiquette and basic techniques such as drop-ins and Ollies in a safe and fun atmosphere.

REGISTRATION DATES:

- Online: Tuesday, February 1 - online registration is only available to Greenwich residents. To register online go to www.greenwichct.gov/webtrac, and sign in to your account.
- Mail-in for non-account holders/non-residents: Begins **Tuesday, February 22** – application should not be postmarked earlier than February 22.
- Registration closes Friday, March 18 or when the program has filled; space is limited.

2022 Residency must be verified before completing this application. www.greenwichct.gov/residency.

Non-residents: primary family member and all participating family members, over 25 years, must provide identification and proof of address. Participants under 25 years, require a copy of birth certificate, passport, or guardianship.

LOCATION: Greenwich Skatepark, Arch Street, Greenwich

LEVELS:

Novice: total beginner with no previous experience.

Intermediate: has some previous experience or has participated in the past and is familiar with basic techniques & park etiquette.

Advanced: understands basic techniques & park etiquette and ready to move on to more challenging tricks

SESSION	Section #	Activity #	AGES	TIME
Tuesday, May 3, 10,17, 24	25	11302	6 - 12 years	4:15 p.m. – 5:15 p.m.
Thursday, May 5,12, 19, 26	26	11302	6 – 12 years	4:15 p.m. – 5:15 p.m.

FEE: Monthly Members and non-members - \$100 for the session.

Includes lesson, admission to park plus free skate time until the park closes.

Checks should be made payable to the **“Town of Greenwich”**. We accept Visa, Mastercard, Discover and American Express credit cards for online registration. There are no refunds and we do not pro-rate fees. Requests for credit will only be considered if received in writing prior to the start of the program. There is a \$15 administrative fee for credits and a \$25 fee for any returned checks.

COMMENTS:

- **COVID-19 safety measures shall be in effect as necessary and are subject to change**
- Completed registration form is required for participation.
- Full pads required – elbow, knee, wrist guards and helmet.
- If mailing application, payment, and proofs, please send to the following address:

Skateboard Clinics
 Department of Parks and Recreation
 P.O. Box 2540
 Greenwich, CT 06836-2540



**2022 Activity
Program Registration**
Email: recreation@greenwichct.org

	H/H #
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Skatepark Clinic	11302	Section #:
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Level:	Novice	Intermediate	Advanced
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Participant's Name:			Gender:
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Birth date:	Age:	School:	Grade:
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Parent/Guardian:			
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Address:			
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City:	State:	Zip Code:	
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Cell Phone:	Email:		
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Addition information:			
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In Case of Emergency:

Name:	Phone:	Relationship:
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List any physical restriction:			
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Allergies:			
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INDEMNIFICATION AND RELEASE
THIS IS A LEGALLY BINDING DOCUMENT. DO NOT SIGN IT UNTIL YOU HAVE READ THE CONTENTS HEREOF AND UNDERSTAND THE SAME. IF YOU ARE IN DOUBT, CONSULT AN ATTORNEY PRIOR TO SIGNING THIS DOCUMENT.

The Undersigned (hereinafter referring to myself, my minor children or charges, my heirs and assigns) hereby agree(s) to assume all risk and bear all responsibility and to indemnify and hold the TOWN OF GREENWICH, its agents, representatives, servants, officers, and employees, harmless from and against any and all claims, demands, suits, proceedings, liabilities, judgments, awards, losses, damages arising out of injuries to any persons or property, including any and all costs and expenses incurred in the defense of such claims, demands, suits and proceedings including court costs and attorneys' fees resulting from, arising out of, or in any way related to or connected with my/our participation in the **Skatepark Clinic** program sponsored by the Town of Greenwich/use of Town of Greenwich property/facilities/apparatus or equipment thereof.

The Undersigned, does forever discharge the Town of Greenwich, its agents, representatives, servants, officers and employees from any and all claims including claims of negligence or carelessness, alleging damages and any and all causes of action which the Undersigned may have or may hereafter have, arising out of, related to, or in any manner connected with injuries or damages the Undersigned may sustain by reason of my participation in the above-described program or use of the Town of Greenwich property, facilities, apparatus or equipment.

The Undersigned, the participant or parent/guardian of the above-named person, who participates in programs organized by the Town of Greenwich Department of Parks and Recreation, assumes all risks and hazards incidental to the conduct of the activity and transportation to and from the activity. I am aware that participating in any recreational program can be a dangerous activity involving many risks of injury. I further understand there is inherent risk associated with the(se) activity(ies) and authorize emergency medical treatment and transportation in my absence.

Dated at Greenwich, Connecticut, this _____ day of _____, 2022.

Signature of Participant: _____
(or Parent or Guardian for participants under 18 years of age)



Date: ____/____/____	Check# _____	Receipt# _____	Proof _____	Initials _____
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CONCUSSION INFORMATION SHEET



**HEADS UP
CONCUSSION**

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.



HOW CAN I SPOT A POSSIBLE CONCUSSION?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

SIGNS OBSERVED BY PARENTS OR COACHES

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can’t recall events prior to or after a hit or fall.

SYMPTOMS REPORTED BY CHILDREN AND TEENS

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down.”

WHAT ARE SOME MORE SERIOUS DANGER SIGNS TO LOOK OUT FOR?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

WHAT SHOULD I DO IF MY CHILD OR TEEN HAS A POSSIBLE CONCUSSION?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

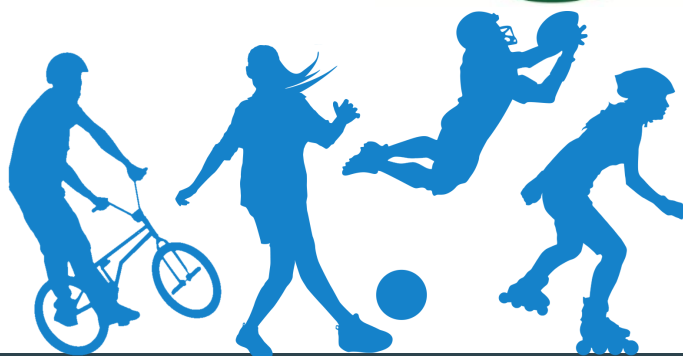
Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

HOW CAN I HELP KEEP MY CHILDREN OR TEENS SAFE?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - » Work with their coach to teach ways to lower the chances of getting a concussion.
 - » Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - » Ensure that they follow their coach's rules for safety and the rules of the sport.
 - » Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



TO LEARN MORE GO TO >> cdc.gov/HEADSUP

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↳ www.facebook.com/CDCHEADSUP

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