



**PARENTAL AUTHORIZATION AND  
WAIVER OF LIABILITY  
(Participation in Football Program)**

My child, who belongs to \_\_\_\_\_ Parish (“Parish”), wishes to participate in the school football program at the Parish. The Parish has implemented Heads Up Football®, a program created by USA Football, Inc. and operated by Heads Up Football, LLC, that instructs coaches in the following:

1. **Coach education and certification** – Each coach on the field should be certified in the fundamentals of coaching.
2. **Concussion education** – Coaches, players and parents should know what to look for on the field and properly respond to symptoms of concussions.
3. **Heat and hydration education** - Targeted education for coaches and parents that emphasizes prevention, recognition and basic treatment of athletes.
4. **Cardiac arrest** – Coaches should know how to respond when they suspect cardiac arrest.
5. **Equipment fitting** – League administrators, coaches and parents should be able to recognize equipment that fits properly and check the fit of equipment throughout the season.
6. **Heads Up Tackling™** and **Heads Up Blocking™** - Each coach should be versed in these tackling and blocking methods that focus on the fundamentals through a series of drills to reinforce proper mechanics and teach players how to reduce helmet contacts.

I understand that although safety is highly emphasized, participation in Heads Up Football activities at the Parish will expose my child to the risk of serious injury (including even concussions, paralysis and death). Students who participate do so at their own risk.

In consideration for the benefits of being part of a Heads Up Football program, I agree to the following conditions:

- Participation in the football program involves risk and my child and I accept that risk and release the Diocese of Columbus, the Parish, USA Football and Heads Up Football LLC from any claims of liability;
- Participation in the football program is completely voluntary;
- All team rules and the instructions of the coaches and athletic trainers are to be followed at all times.

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<hr style="border: none; border-top: 1px solid black; margin-bottom: 5px;"/> Student Printed Name	<hr style="border: none; border-top: 1px solid black; margin-bottom: 5px;"/> Parent/Guardian Printed Name