By signing below I understand and acknowledge that my choice to participate in Intramural Sports is voluntary and brings with it my assumption of the inherent risks of injury associated with my choice to participate.

I understand and acknowledge that injuries incurred while participating in the Intramural Sports Program may range from minor to permanent injury or loss of life. I acknowledge that injuries may result from my own actions, the actions or inactions of others or a combination of both. I understand, accept and agree it is my obligation to immediately inform the nearest supervising employee of any pain, discomfort, fatigue or other symptom that I may experience during and or immediately following my participation in the Intramural Sports Program.

I understand the risk of potential injury related to participating in any intramural sport is relative to my own state of fitness and health, (physical, mental, emotional) and to the awareness, care and skill with which I conduct myself while participating in the Intramural Sports Program.

I understand and acknowledge that the University of Nevada, Reno and the Nevada System of Higher Education (NSHE), do not provide any form of health/medical insurance to participants in Intramural Sports. Any and all medical costs that may result from my choice to participate in Intramural Sports are my responsibility.

I understand and acknowledge that Athletic Trainers and advanced emergency medical response are not present during Intramural events and the Emergency Action Plan for this program is to activate Emergency Medical Services via the 911 system.

I understand and acknowledge that the Intramural Sports Program is officiated by my fellow students who have been trained as student employees and are not licensed, certified, professional sports officials. I accept the fact that the skills and competencies of University of Nevada, Reno Intramural Sports officials and staff will vary according to their training and experience.

I understand and acknowledge the Intramural Sports Program is a component of the Campus Recreation Program at the University of Nevada, Reno. As such I understand and acknowledge that participation in Campus Recreation programs including Intramural Sports, is a privilege based on positive, appropriate behavior. I understand and acknowledge that any consequences or suspensions for inappropriate or unsportsmanlike behavior on my part in Intramural Sports will result in suspension from all Campus Recreation facilities and programs and will include forfeiture of any fees I have paid.
The University of Nevada Intramural Sports program is committed to the health and safety of our participants; therefore we have developed this information and consent form to educate you about concussions.

A concussion is a brain injury that is caused by a blow to the head or body that can be from contact with another player, the ground or a piece of equipment. It can change the way your brain normally works and can range from mild to severe. It can look different for each student athlete and can occur during practice or competition. You do not have to lose consciousness to have a concussion.

Steps you can take to help prevent a concussion:

• Do not initiate contact with another player with your head or helmet. You can still get a concussion if you are wearing a helmet.
• Avoid striking an opponent in the head with your body or with your equipment.
• Follow the game rules for the sport and the safety rules.
• Practice good sportsmanship at all times.

Signs and symptoms of a concussion:

<table>
<thead>
<tr>
<th>Amnesia (loss of memory)</th>
<th>Sensitivity to light or noise</th>
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<tbody>
<tr>
<td>Confusion</td>
<td>Nausea (feeling that you might vomit)</td>
</tr>
<tr>
<td>Headache</td>
<td>Feeling sluggish, foggy or groggy</td>
</tr>
<tr>
<td>Loss of consciousness</td>
<td>Feeling unusually irritable</td>
</tr>
<tr>
<td>Balance problems or dizziness</td>
<td>Slow reaction time</td>
</tr>
<tr>
<td>Double or fuzzy vision</td>
<td>Problems with concentration or memory</td>
</tr>
</tbody>
</table>

If you think you have a concussion, don’t hide it and don’t ignore it. Get checked out by a healthcare provider. If our staff see you with any signs, symptoms or behaviors consistent with a concussion you will be removed from practice or competition and you cannot return to activity for the remainder of that day. If you think you have sustained a concussion you should be evaluated by a health care professional. If you are diagnosed with a concussion, your brain needs time to heal. You should not return to practice or play until cleared by a healthcare professional.

Informed Consent and Acceptance of Responsibility for Reporting Signs of Concussion

I have read the information on concussion and the signs and symptoms of a concussion. I accept full responsibility for reporting any signs and symptoms of concussion to a healthcare provider.