

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!



American
Heart
Association®



It Takes Heart to be a Hero

heart.org/jump



HEART HERO

Colby, age 10

Colby was born with Hypoplastic Left Heart Syndrome. By age 2½, he had experienced five open heart surgeries. He will need a heart transplant in the future, but for now, Colby loves to draw and is quite the artist! Colby also enjoys raising awareness about heart defects and helping to raise money for the American Heart Association.

- **RECEIVE**
- **"QUACKY" THE**
- **HEART HERO DUCK**
- **AND LANYARD**
- **WITH YOUR FIRST**
- **DONATION OF \$5!**
- (see coupon on back)



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.

SUBWAY
eat fresh.®

SUBWAY® is a registered trademark
of Doctor's Associates Inc.

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.

Not all of these warning signs occur in every heart attack. If some start to occur, get help immediately. Heart attacks are a medical emergency — CALL 9-1-1.

Parents,
When your child raises \$5 for Jump Rope For Heart — fill out this coupon, tear it off and send it back to school with your child. They will receive their first Heart Hero Duck, Quacky, as well as a lanyard!



My child _____ has raised at least \$5 in donations for Jump Rope For Heart.

Signed by _____ (his/her parent)



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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 online 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 Online Participation — Some of the Events may offer the option of my Child being able to register for an AHA online 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 emails 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 online 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 online 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)



American
Heart
Association®



PARTICIPANT'S SPONSOR FORM

STUDENT'S FIRST NAME _____ STUDENT'S LAST NAME _____

GRADE _____ ROOM # _____ TEACHER'S NAME _____

NAME OF SCHOOL _____

EVENT DATE _____ RETURN THIS ENVELOPE TO TEACHER BY THIS DATE _____

I'M JUMPING IN HONOR OF _____

☐ I WANT TO GIVE MORE, SO PLEASE DO NOT SEND GIFTS.

PLEASE CONVERT ALL CASH TO A CHECK(S) PAYABLE TO THE AMERICAN HEART ASSOCIATION.
All donors who make donations online will receive a donation receipt.

Paid	Sponsor's Name	Cash/Check or Money Order Donation	Online Donation	Company Matching Gift Forms*	TOTAL Donations
<input checked="" type="radio"/>	Julie Jump Rope	\$25.00	INCLUDE DONATION REPORT	\$0	\$25.00
<input type="radio"/> 1.					
<input type="radio"/> 2.					
<input type="radio"/> 3.					
<input type="radio"/> 4.					
<input type="radio"/> 5.					
<input type="radio"/> 6.					
<input type="radio"/> 7.					
<input type="radio"/> 8.					
<input type="radio"/> 9.					
<input type="radio"/> 10.					
<input type="radio"/> 11.					
<input type="radio"/> 12.					
<input type="radio"/> 13.					
<input type="radio"/> 14.					
TOTAL DONATIONS		\$	\$	\$	\$

If you have raised \$50 or more, you've earned a T-shirt! Please mark your size:

Youth: ☐ S ☐ M ☐ L Adult: ☐ S ☐ M ☐ L ☐ XL ☐ XXL ☐ 3XL

***Double Your Donations!** Ask your sponsors if they work for a matching gift company and ask for their company form to include in this envelope. Example: \$25 donation and the sponsor works for a "Matching Gift Company" = \$50 for your total donation. Check out matchinggifts.com/AHA for more information!



This seal signifies that the American Heart Association - National meets the BBB Wise Giving Alliance's Standards for Charity Accountability.



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heart.org/jump

Thank-You Gifts

LEVEL 1

\$5 to \$14.99

**QUACKY DUCK
AND LANYARD**



LEVEL 2

\$15 to \$49.99

JUMP ROPE

Raise
\$35
and Get

BONUS PRIZE
Stripes Duck

Not for children under 3 years.

PLUS GIFT 1



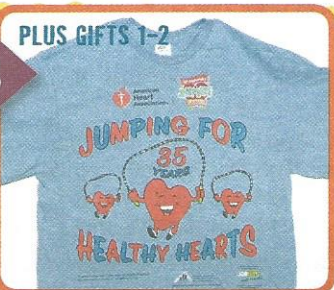
Jump rope should be used for its intended purpose only. Recommended ages 5+.

LEVEL 3

\$50 to \$74.99

JUMP T-SHIRT

PLUS GIFTS 1-2



LEVEL 4

\$75 to \$149.99

**PLAYGROUND
BALL**

Raise
\$100
and Get

BONUS PRIZE
Glow Duck

Not for children under 3 years.

PLUS GIFTS 1-3



Recommended ages 3+.

LEVEL 5

\$150 to \$249.99

MAX BOOM

PLUS GIFTS 1-4

Recommended ages 6+
Warning: Choking Hazard
small parts and small balls.
Not for children under 3 years



Plus Quacktastic Award

Raise
\$200
and Get

BONUS PRIZE
Trophy Duck

Not for children under 3 years.

LEVEL 6

\$250 to \$499.99

HEADPHONES

PLUS GIFTS 1-5



Recommended ages 6+
Choking Hazard: small parts

LEVEL 7

\$500 to \$999.99

WALKIE TALKIE

PLUS GIFTS 1-6



Recommended ages 6+
Choking Hazard: small parts

LEVEL 8

\$1,000 and UP

POWERWING

PLUS GIFTS 1-7

Recommended ages 5+
Do not exceed 143 pounds.
Always wear safety
equipment including
helmet, knee and
elbow pads.



BONUS PRIZES

with Online Donations!



NINJA DUCK

with your first ONLINE donation



MR. COOL DUCK

with \$75 in
ONLINE Donations

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!
- Make fundraising easier by downloading the Jump/Hoops Mobile app.

If 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.