

Video Gaming Permission Slip

Wednesday, October 17th, 2007

3:30 – 5:30PM

Beverly Public Library, 32 Essex Street, Beverly MA 01915

At this event, participants will have an opportunity to play rhythm games that will include Dance Dance Revolution. Participants will be under the supervision of a Library staff member at all times. To maximize participation, only 25 slots are available on a first-come, first-served basis. **This permission slip must be returned to participate.**

Personal Information

Participant's Name: _____

Age: _____ Grade: _____

Phone Number: _____

Email Address: _____

Relevant Medical Conditions: _____



Rules:

1. DDR is a safe and fun dancing video game that gets the heart rate up to 140 beats per minute! However, participants play this game at their own risk. The Librarians cannot be responsible for participants' health or fitness.
2. ALL participants must have a signed permission slip on file with the library. No visitors are allowed, even if they are not playing.
3. ALL participants must be between the ages 10 and 18. NO exceptions.
4. Participants must behave in a manner respectful of the other participants, their personal property, and library property. All Library rules of conduct apply. Participants who do not follow directions or who behave inappropriately will be asked to leave.

DDR Tips:

- Wear comfortable, breathable, layered clothing.
- 30 minutes before gameplay, stop eating and drink a bottle of water.
- Stay hydrated!
- Start with songs that are under 100 beats per minute/less than 5 "feet."
- Don't stomp - the pads are very sensitive.
- Don't lift your feet too high or spread your legs too wide – save your energy by shifting weight.
- DDR is a physically exerting event. If you don't exercise regularly, you may be very tired and possibly sore the next day, so when you get home, eat two bananas (to increase your potassium level and lessen cramping) and lie on your back on your bed with your feet and legs propped up high against the wall (shoes off!) for about 30 minutes.

Parent/Guardian Signature

My child may participate in the DDR Event. I understand and agree with the rules of this event.

Signature of Parent/Guardian: _____ Date: _____

Emergency Contact Number: _____