



INHERENT RISK FORM FOR SPORTS: BASKETBALL, VOLLEYBALL, BASEBALL, CROSS COUNTRY, SOFTBALL, TRACK, SOCCER, CHEER

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and information identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach and must understand that failure to follow such directions or adhere to standards may place the participant at risk. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines for all sports are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
2. Advise the coach if you are ill, or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
6. Because of the dangers of school sports, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

BASKETBALL:

1. Recognize the possible danger from such actions as "undercutting" a player, hanging on the basket, throwing a "wild" pass.

CHEER:

1. Practice stunt prior to the event that you will perform in. Stunts can be very dangerous if not spotted correctly.
2. Lead cheers at the appropriate time so you will be aware of ball and players' positioning to prevent possible injury.
3. Be aware of supervisory staff of both teams and where they can be located so they may be contacted in case of an emergency or an undesirable crowd control situation.

Most cheerleading practice areas are constructed with extremely hard surfaces. Athletes who fall during participation risk potentially dangerous injury - especially to knees, elbows or head. Injury may include damage to joints, broken bones, or serious head and eye injury. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

CROSS COUNTRY:

1. Run only on the course prescribed by the coach.
2. Run in pairs in unfamiliar territory or in areas where there are few people.
3. Watch for objects being thrown from passing cars.
4. Approach dogs with caution.
5. Be familiar with basic first aid treatment for heat exhaustion, heat stroke, sprained ankle, or other runner related injuries.
6. Face the oncoming traffic when running on roads. Be cautious at intersections and be acutely aware of erratic drivers and the location of vehicles at all times.

SOCCER:

1. Use equipment that complies with FIFA and/or WIAA rules, e.g., footwear, shin guards.
2. Comply with soccer rules with special attention given to avoiding such violations as:
Kicking or attempting to kick an opponent, tripping an opponent, jumping at an opponent, charging an opponent from behind, charging violently at an opponent, striking or attempting to strike an opponent, holding an opponent, pushing an opponent, playing in a manner considered by the referee to be dangerous such as kicking at a shoulder high ball when an opponent is trying to head it.

VOLLEYBALL:

1. Be aware of court surroundings, i.e., obstacles, projections, bleachers, standards, etc.
2. The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the volleyball program.

WRESTLING:

1. Recognize illegal holds as defined by the rule book.
2. Wear approved proper-fitting apparel when wrestling with an opponent, either in practice or in a match.
3. Wrestle a safe distance from all walls and other obstructions. All wrestling will be done on the mats provided for wrestling.

TRACK AND FIELD:

1. Recognize the safety rules for restricted areas, e.g., javelin, discus, shot put, pole vault. These areas must be supervised.
2. Stay on the designated running courses.
3. Check equipment, apparatus, field and pits thoroughly before each use, e.g., debris in jumping pits, placement of standards.

BASEBALL/SOFTBALL:

1. Recognize your surroundings: i.e., batters warming up, thrown bats, batted or thrown balls, on deck circle (one person at a time).
2. Use hard hats while batting/running bases/hitting in batting cages (Baseball).
3. Familiarize yourself with surroundings and grounds, i.e., fences, field conditions such as holes, lips on infield edges, etc. when playing on away fields.
4. Be aware of the potentially serious injuries to your ankles, knees, and legs if you do not follow the correct procedures in base running. Sliding head first into bases should be avoided.
5. Follow instructions regarding communication between players; i.e., talking and calling each other off on "pop flies" and Texas leaguers, etc.

I am aware that my athlete will be participating in a **HIGH-RISK SPORT (s)** and that practicing or competing in the sport (s) will be a dangerous and unpredictable activity involving **MANY RISKS OF INJURY**. I understand that each sport has unique guidelines to follow. I understand that the dangers and risks of practicing and competing include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, blindness, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in a sport may result not only in serious injury, but in a serious impairment of my athlete's future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

I understand that all school sports are High-Risk Sports, including but not limited to those risks outlined above. In consideration of the Kalama School District permitting my child/ward to try out for the Kalama Middle or High School sport program (s) of his/her choice, and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in the sport, I hereby assume all the risks normally associated with the sport and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, estate, executor, administrator, assignees, and for all members of my family. We agree that neither the school district, nor the staff of the school district, nor the student organization of the school district shall in any way be held liable for any accident or injury in any way received on account of or while engaged in any athletic activity sponsored by the district. We further agree that neither the district nor any of their staff or student organizations shall be responsible for the payment of any bills rendered for medical services as a result of such accidents or injuries. We also acknowledge that it is our responsibility to provide for any medical, disability or other insurance to mitigate any costs that may be unfortunately incurred as a result of participation in this activity.

The above information has been explained to me, I have carefully read each guideline, warning and release, and I understand the list of rules, procedures and terms. I also understand the necessity of using the proper techniques while participating in a sport program through Kalama Middle/High School.

By signing below, I certify that I have read the above, understand its content, and agree to its terms regarding each sport that my athlete will participate in during the school year.

Athlete's Signature

Date

Parent's/Guardian's Signature

Date