



SHORELINE DOLPHIN ATHLETICS
INFORMED ACKNOWLEDGEMENT OF HAZARDS AND
RISK CONNECTED WITH PARTICIPATION

Student ID# _____

THIS FORM MUST BE SIGNED BY THE STUDENT AND PARENT OR LEGAL GUARDIAN
IF THE STUDENT IS UNDER 18 YEARS OF AGE. PLEASE READ CAREFULLY AND
BE SURE YOU UNDERSTAND BEFORE YOU SIGN.

WARNING

Participation in any athletic activity may involve injury of some type to either yourself or a fellow student athlete. Such injury can include direct physical and possibly crippling injury to one's body. There is also the possibility of suffering emotional distress or psychological injury as a result of witnessing or actually inflicting injury to another. The severity of such injury can range from minor cuts, scrapes, bruises, muscle strains, or bone fractures and dislocations to catastrophic injury, such as complete paralysis, or even death. Such injury can impair one's general physical and mental health and hinder one's future ability to earn a living, to engage in other business, social, and recreational activities, and generally to enjoy life.

Intercollegiate athletics involve competitive team sports. All sports involve the RISK OF SERIOUS INJURY OR DEATH. Injuries in this sport are common, and occur to all parts of the body, including the head and neck, shoulders, arms, chest, hands and fingers, hips and legs, knees, and ankles and feet.

The risk of injuries in intercollegiate athletics include the possibility of: injury to the neck and spinal column or cord, resulting in complete or partial paralysis; injury to the head, resulting in brain damage; and injury to the body's bones, joints, ligaments, muscles, tendons, and other aspects of the musculoskeletal system. Injury to the body's nerves, the heart and blood vessels, and other internal or reproductive organs is also possible. Such injuries may cause temporary disability or can result in permanent impairment.

Common Injuries by Sport:

Fatalities in **Baseball and Softball** typically are caused by direct blows to the chest from a struck or pitched ball or from head and neck injuries caused by being hit with baseballs or bats or by colliding with other players. Pitchers, in particular, are susceptible to shoulder and arm injuries.

Basketball players are particularly susceptible to ankle and knee injuries. Fatalities in **Basketball** typically are caused by undiagnosed heart abnormalities and conditions.

Soccer players are particularly susceptible to ankle and knee injuries. Fatalities in **Soccer** typically are caused by ball strikes or foot kicks to the head and chest, undiagnosed heart abnormalities and conditions, or by colliding with other players, goal posts, or benches.

Volleyball players are particularly susceptible to ankle, knee, wrist, and finger injuries. Fatalities in **Volleyball** typically are caused by collisions with net supports, or head strikes to floor and undiagnosed heart abnormalities and conditions.

Pre-existing medical conditions, including illness, disease, and prior injuries can be aggravated or cause other injuries while engaged in intercollegiate athletics. Use of drugs, alcohol, or medications can contribute to injury or illness while participating in athletic activity. Some injuries may be caused as a result of poor physical conditioning and overexertion. Such overexertion can result in injury to muscles, the heart, and other body parts, resulting in sprains and strains, cardiac or cardiopulmonary arrest, and other medical conditions.

Intercollegiate athletic injuries can also result from the use of correct or incorrect playing techniques used in tryouts, practices, warm-ups, drills, games, plays, or other similar undertakings. Injury to the head or other parts of the body can result from contact with other participants, the playing surface, training equipment, the backstop, and other solid objects in and around the playing field.

Injury can result from the improper fit of equipment, from defective or worn-out equipment, and from otherwise wearing and/or failing to use appropriate equipment or other protective gear. Injury can result from training room procedures; from the use of training equipment; from the administration of first aid; or from failing to follow game, training, safety or other team rules.

The use of transportation provided or arranged by the college to and from games and other related activities also involves a risk of injury or death.

The purpose of this **WARNING** is to bring your attention to the existence of potential dangers associated with athletic participation. **There is, however, always the risk of other types of injuries or the risk of injury or death resulting from other causes not specified here.**

The purpose of this **WARNING** is also to aid you in making an informed decision as to whether you (or your child or ward) should participate in this athletic activity and, as a condition of such participation, sign the foregoing **ACKNOWLEDGEMENT OF HAZARDS AND RISKS CONNECTED WITH PARTICIPATION IN INTERCOLLEGIAT ATHLETICS**. In addition, its purpose is to make you aware that as a student-athlete (or as a parent or guardian of a student-athlete), it is your responsibility to learn about and/or ask coaches, physicians, or other knowledgeable persons about any concerns that you might have at any time regarding athletic safety and participation in intercollegiate athletics at the community college.

STUDENT-PARENTAL ACKNOWLEDGEMENT OF HAZARDS AND RISKS

I have read the above warning, which is incorporated here by reference, and I understand that **intercollegiate athletics** involve the **RISKS OF INJURY OR DEATH**. I also understand that by participating (or by permitting my child or ward to participate) in the **intercollegiate athletics** at this community college, I (my child or ward) am subject to the possibility of injury or death as outlined in the **WARNING** above.

CAUTION

BY SIGNING THIS **ACKNOWLEDGEMENT OF HAZARDS AND RISKS**, I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND ITS CONTENTS AND WARNING, AND THAT I AGREE TO ITS TERMS AND CHOOSE TO PARTICIPATE (OR TO PERMIT MY CHILD OR WARD TO PARTICIPATE) IN INTERCOLLEGIATE ATHLETICS AT THIS COMMUNITY COLLEGE.

Print Participant's Name

Sport

Participant's Signature

Date

If under the age of 18, signature of parent/legal guardian

Date

WITNESS – COLLEGE OFFICIAL

On this _____ day of _____, 20 _____, I witnessed the execution of the above.

Signature of School Official

Position

*NOTE: If it is not possible for a college official to witness the signature of the parent or legal guardian when the student is under the age of 18, a notary shall witness the parent's or guardian's signature to this acknowledgement of hazards and risks.

Character, Competition, Community