



## Informed Acknowledgment of Hazards and Risks Connected with Participation in Intercollegiate Sports

### **PLEASE READ 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 because 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.

All sports involve the RISKS OF SERIOUS INJURY OR DEATH. These risks of injury include the possibility of death; neck and spinal injuries, which can result in complete or partial paralysis; brain damage; eye, dental, hearing and other head injuries; Injury to the body's bones, joints, ligaments, muscles, tendons, and other aspects of the musculoskeletal system. Pre-existing medical conditions, including illness, disease, and prior injuries can be aggravated or cause other Injuries while engaged in sports. Use of drugs, alcohol, or medications can contribute to injury or illness while participating in athletic activities. Some Injuries may be caused because 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. 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 can result from misfit or worn equipment and from otherwise wearing and/or using 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 Intercollegiate Sports**. In addition, the purpose of this document is to make you aware that as a student-athlete (or as a parent or guardian), it is your responsibility to learn about and/or ask coaches, physicians, athletic trainers/athletic health care providers, or other knowledgeable person's about any concerns that you have at any time regarding the safety and participation in your institution's Intercollegiate programs.

### **SPORTS SPECIFIC RISKS & HAZARDS**

*Please check box for sports you will be participating in and read risks & hazards:*

- BASEBALL:** 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. 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. Pitchers, in particular, are susceptible to shoulder and arm Injuries. Fatalities in Baseball 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. Injury to the head or other parts of the body can result from contact with other participants, the playing surface, the backstop, and other solid objects in and around the playing field.
- BASKETBALL:** Because it is a contact sport, basketball involves the risk of serious injury to virtually every part of the human anatomy. Injuries in basketball commonly can occur to all parts of the body, including the head, neck, shoulders, arms, chest, hands, fingers, hips, legs, knees, ankles, and feet. Fatalities in basketball typically are caused by direct blow to the head, chest, or from head and neck injuries caused by falling or colliding with other players. Injury to the head or other parts of the body can result from contact with other participants, the playing surface, and other solid objects in and around the basketball court.
- CROSS COUNTRY:** Common injuries sustained because of participating in cross-country are principally located in the lower part of the body. The most common injury site is the thigh with a strain of the hamstring muscle in the back part of the thigh being the most common. Shin splints, muscle and tendon injuries of the leg and inflammation of the knee are common. Head and neck injuries can occur because of falls. The most common time for injury to occur is during practice or warm-up.
- GOLF:** Common injuries sustained because of participating in golf are principally located in the low back and in the left wrist, left hand, and left shoulder (for right-handed golfers). The elbow, neck, and knee are also common sites of injury to golfers. Typical types of injuries to golfers include tendon and muscle strains, ligament sprains, nerve impairment, and blisters. The majority of these injuries occur during the impact or follow-through phases of the golf swing. The repetitive nature of the golf swing and contact with something other than the ball during the swing are the principal injury mechanisms. The most common cause of serious physical injury or death involves being struck by a golf club, golf ball, or lightning. Slipping and

falling due to uneven terrain or wearing golf shoes on a smooth surface can result in Injury. Heat stroke or heart failure may similarly result in serious injury or death.

- SOCCER:** Is a VIOLENT CONTACT sport. Because it is a sport involving contact, soccer **more so than other contact sports**, involves the risk of serious Injury to virtually every part of the human anatomy. Soccer players also are susceptible to injury or death resulting from such causes as heat stroke, heart defects, and from natural causes or other congenital problems. Common injuries sustained because of participating in soccer include knee Injuries; strains and contusions of the thigh muscles; shin splints; ankle dislocations, and fractures of the hands and muscle strains and nerve Impairment. Other common types of injuries involve fractures, bruises, cuts, scrapes, sprains, strains, torn ligaments and blisters. Injury to the head or other parts of the body can result from contact with the participants, bystanders, the playing surface goalposts, and other solid objects in and around the playfield.
  
- SOFTBALL:** Injuries in softball commonly can occur to all parts of the body, including the head, neck, shoulders, arms, chest, hands, fingers, hips, legs, knees, ankles and feet. Pitchers in particular, are susceptible to shoulder and arm injuries. Fatalities in 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 softballs or bats or by colliding with other players. Injury to the head or other parts of the body can result from contact with other participants, the playing surface, and other solid objects in and round the pitch.
  
- TENNIS:** Common injuries sustained because of participating in tennis are to the arm, elbow, ankles, feet, shoulder, and low back, the knee, the wrist and hand, the eyes, and the neck. The most common tennis Injury is to the elbow- "tennis elbow"- which is the result of repeated extension of the wrist. Injury to the shoulder generally occurs because of the service motion. "Tennis Shoulder" is a dropped shoulder caused by stretching the large shoulder muscles and is a deformity often occurring in professional players and amateur players who have competed for many years. Eye injuries typically occur when struck by a served ball or when struck by a returned ball while rushing or playing the net. Nerve stretching in the neck can occur when performing the backhand stroke. Miscellaneous tennis injuries may occur from striking net standards or from sliding because of debris on the court. Injury to the head and mouth, nose, teeth, eyes, ears, and other parts of the body can result from contact with the ball, other participants, the playing surface and other solid objects in and around the tennis court.
  
- TRACK & FIELD:** is a competitive individual and team sport involving sprinting and running activities. As in all sports involves the RISKS OF SERIOUS INJURY OR DEATH. Common injuries sustained as a result of participating in cross country are principally located in the lower part of the body. The most common injury site is the thigh with a strain of the hamstring muscle in the back part of the thigh being the most common. Shin splints, muscle and tendon injuries of the leg and inflammation of the knee are also common. Head and neck injuries can occur as a result of falls. The most common time for injury to occur is during practice or warm-up.
  
- VOLLEYBALL:** Common injuries sustained because of participating in volleyball are principally located in the arms, hands, legs, and feet. The ankle, foot, knee, low back, shoulder, elbow, wrist, and fingers are examples of typical injury locations. Bruises, scrapes, and strains are common types of injury. Less common but possible injuries are fractures, ligament and cartilage damage, and concussions. Injury to the head or other parts of the body can result from contact with other participants, the playing surface, and other solid objects in and around the playfield.

#### STUDENT ACKNOWLEDGEMENT OF HAZARDS AND RISKS

I have read the above information, which is incorporated here by reference, and I understand the RISKS OF INJURY OR DEATH. I also understand that by participating (or by permitting my child or ward to participate) in the intercollegiate programs at Skagit Valley 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 ITS CONTENTS AND WARNING, THAT I 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 THE INTERCOLLEGIATE SPORTS AT WALLA WALLA COMMUNITY COLLEGE

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Signature of Student

Sport

Date

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Signature of Parent or Legal Guardian (if student is under 18 years of age)