

Student Name _____

KELSO SCHOOL DISTRICT

Baseball/Softball Safety Guidelines

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices 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.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines 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. If special equipment is recommended by a physician, it is the athlete's responsibility to get that equipment, i.e. ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazards.
7. Recognize your surroundings; i.e., batters warming up, thrown bats, batted or thrown balls, on-deck circle (one person at a time).
8. Use hard hats while batting/running bases/hitting in batting cages (baseball).
9. Familiarize yourself with surroundings and grounds; i.e., fences, field conditions such as holes, lips on infield edges, etc., when playing on away fields.
10. 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.
11. Follow instructions regarding communication between players; i.e. talking and calling each other off on "pop flies" and Texas leaguers, etc.

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 baseball/softball program.

I have read and understand the information contained above.

Athlete's Signature

Date

Parent/Guardian's Signature

Date

Student Name _____

KELSO SCHOOL DISTRICT

Basketball Safety Guidelines

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices 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.

Travel to and from off campus facilities shall be in accordance with the directions of the activity coach.

Guidelines 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. If special equipment is recommended by a physician, it is the athlete's responsibility to get that equipment, i.e. ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation rules.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
7. Recognize the possible danger from such actions as: "undercutting" a player, hanging on the basket, throwing a "wild" pass.

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 basketball program.

I have read and understand the information contained above.

Athlete's Signature

Date

Parent/Guardian's Signature

Date

Student Name _____

KELSO SCHOOL DISTRICT

Cheerleading Safety Guidelines

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices 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.

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.

Guidelines 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. If special equipment is recommended by a physician, it is the athlete's responsibility to get that equipment, i.e. ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the the participation area. Advise coach of any hazard.
7. Practice stunt prior to the event that you will perform in. Stunts can be dangerous if not spotted correctly.
8. Lead cheers at the appropriate time so you will be aware of ball and player's positioning to prevent possible injury.
9. 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.

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 cheerleader program.

I have read and understand the information contained above.

Athlete's Signature

Date

Parent/Guardian's Signature

Date

Student Name _____

KELSO SCHOOL DISTRICT

Cross Country Safety Guidelines

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices 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.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines 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. If special equipment is recommended by a physician, it is the athlete's responsibility to get that equipment, i.e. ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
7. Run only on the course prescribed by the coach.
8. Run in pairs in unfamiliar territory or in areas where there are few people.
9. Watch for objects being thrown from passing cars.
10. Approach dogs with caution.
11. Be familiar with basic first aid treatment for heat exhaustion, heat stroke, sprained ankle, and other runner-related injuries.
12. Face the oncoming traffic when running on roads. Be cautious at intersections and be acutely aware of erratic drivers.

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 cross country program.

I have read and understand the information contained above.

Athlete's Signature

Date

Parent/Guardian's Signature

Date

Student Name _____

KELSO SCHOOL DISTRICT

Dance Team Safety Guidelines

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices 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.

Most dance team 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.

Guidelines 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. If special equipment is recommended by a physician, it is the athlete's responsibility to get that equipment, i.e. ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.

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 dance team program.

I have read and understand the information contained above.

Athlete's Signature

Date

Parent/Guardian's Signature

Date

Student Name _____

KELSO SCHOOL DISTRICT

Football Safety Guidelines

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices 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.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines 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. If special equipment is recommended by a physician, it is the athlete's responsibility to get that equipment, i.e. ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.

TACKLING, BLOCKING, AND RUNNING THE BALL

Tackling and blocking techniques are basically the same. Contact is to be made above the belt, but not initially with the helmet. The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, head up and the target area as near to the body as possible with the main contact being made with the shoulder. When properly blocking or tackling an opponent, contact with your helmet will naturally result. Therefore, technique is most important in order to prevent or reduce the likelihood of injury.

Blocking and tackling by not keeping the helmet as close to the body as possible may result in a shoulder injury and a separation or a pinched nerve in the neck area. Injuries as a result of improper techniques can range from minor to disabling or even death. Improper body alignment can put the spinal column in a vulnerable position for injury. The development of strength in the neck muscles through isometric-type exercises will enable the participant to hold his/her head up even after getting tired during a workout or contest.

BASIC HITTING (CONTACT) POSITION AND FUNDAMENTAL TECHNIQUE

Strained muscle injuries can range from ankle injuries to serious knee injuries requiring surgery. The rules have made blocking below the waist (outside a two-yard by four-yard area next to the football) illegal.

Cleats are restricted to no more than one-half inch to further help prevent knee injuries. A runner with the ball, however, may be tackled around the legs.

Student Name _____

In tackling, the rules prohibit initial contact with the helmet or grabbing the face mask on the edge of the helmet. Initial helmet contact may result in a bruise; dislocation, broken bone; head injury; or internal injury such as kidneys, spleen, bladder, etc. Grabbing the face mask or helmet edge may result in a neck injury which could result in injuries ranging from a muscle strain to a dislocation, nerve injury, or spinal column damage which could cause paralysis or death.

EQUIPMENT

An athlete is required to wear all issued equipment. If equipment is damaged or does not fit correctly, the athlete must inform his coach immediately before use. Shoulder pads, helmets, hip pads, and pants (including thigh pads and knee pads) must have proper fitting and use.

A shoulder pad which is too small will leave the shoulder point vulnerable to bruises or separations. A shoulder pad that is too tight in the neck area may result in a possible pinched nerve. A shoulder pad which is too large will leave the neck area poorly protected and will slide on the shoulders making them vulnerable to bruises or separations. Helmets must fit snugly at the contact points: front, back, and top of head. The helmet must be safety "NOCSAE" branded, the chin straps must be fastened, and the cheek pads must be of the proper thickness. A fit which is too loose could result in headaches, a concussion, a face injury such as a broken nose or cheekbone or a neck injury that is possibly quite serious such as paralysis or even death.

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 football program.

I am aware that tackle football is a high-risk sport and that practicing or competing in tackle football will be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of practicing and competing in tackle football include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, 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 tackle football may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of tackle football, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instruction.

I understand that tackle football is a HIGH-RISK SPORT involving many RISKS OF INJURY, including but not limited to those risks outlined above.

I have read and understand the information contained above.

Athlete's Signature

Date

Parent/Guardian's Signature

Date

Student Name _____

KELSO SCHOOL DISTRICT

Golf Safety Guidelines

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices 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.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines 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. If special equipment is recommended by a physician, it is the athlete's responsibility to get that equipment, i.e. ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
7. Before swinging a club, make certain that the area around you is clear of others. Be careful after hitting not to throw the club as you could injure someone.
8. Be aware of the danger of standing in front of or on the side of a person who is attempting to hit the ball, as one may be injured by the ball or by the rebounding of the ball from trees, signs, markers, etc.
9. Be aware at all times of other players' positions on the course when you are hitting or when they are hitting. You are vulnerable at all times. Do not hit the ball until proper distance is available between golfing groups.
10. Keep hands and grips dry to minimize the danger of clubs being released.

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 golf program.

I have read and understand the information contained above.

Athlete's Signature

Date

Parent/Guardian's Signature

Date

Student Name _____

KELSO SCHOOL DISTRICT Gymnastics Safety Guidelines

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices 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.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines 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. If special equipment is recommended by a physician, it is the athlete's responsibility to get that equipment, i.e. ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
7. Make certain that trained spotters are available when performing on bars or rings.
8. Check equipment, matting and apparatus thoroughly before each use.
9. Observe designated areas to avoid collisions with participants or nonparticipants.

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 gymnastics program.

I am aware that gymnastics is a high-risk sport and that practicing or competing in gymnastics will be a dangerous activity involving MANY RISKS of INJURY. I understand that the dangers and risks of practicing and competing in gymnastics include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious 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 gymnastics include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, 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 gymnastics may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of gymnastics, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

I understand that gymnastics is a HIGH-RISK sport involving many RISKS of INJURY, including but not limited to those risks outlined above.

Athlete's Signature

Date

Parent/Guardian's Signature

Date

Student Name _____

KELSO SCHOOL DISTRICT

Soccer Safety Guidelines

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices 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.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines 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. If special equipment is recommended by a physician, it is the athlete's responsibility to get that equipment, i.e. ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
7. Use equipment that complies with FIFA and/or WIAA rules, e.g., footwear, shinguards.
8. Comply with soccer rules with special attention given to avoiding such violations as:
 - a. Kicking or attempting to kick an opponent.
 - b. Tripping an opponent.
 - c. Jumping at an opponent.
 - d. Charging an opponent from behind.
 - e. Charging violently at an opponent.
 - f. Striking or attempting to strike an opponent.
 - g. Holding an opponent.
 - h. Pushing an opponent
 - i. 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.

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 soccer program.

I have read and understand the information contained above.

Athlete's Signature

Date

Parent/Guardian's Signature

Date

Student Name _____

KELSO SCHOOL DISTRICT

Swimming Safety Guidelines

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices 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.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines 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. If special equipment is recommended by a physician, it is the athlete's responsibility to get that equipment, i.e. ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
7. Know the location of rescue equipment in the pool area.
8. Never enter the water without the coach (or the designated lifeguard) in the pool area.
9. Check for clear water before diving; and when diving off the blocks, make it a shallow dive. Diving will be permitted only by divers who have been taught basic diving skills and are under the supervision of a coach.
10. Do not run while on the pool deck.

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 swimming program.

I am aware that diving is a **HIGH-RISK SPORT** and that practicing and competing in diving may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of diving, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

I understand that diving is a **HIGH-RISK SPORT** involving many **RISKS OF INJURY**, including but not limited to those risks outlined above.

Athlete's Signature

Date

Parent/Guardian's Signature

Date

Student Name _____

KELSO SCHOOL DISTRICT

Tennis Safety Guidelines

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and 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.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines 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. If special equipment is recommended by a physician, it is the athlete's responsibility to get that equipment, i.e. ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
7. Before swinging a racquet, make certain that the area around you is clear of others.
8. Familiarize yourself with court surface/obstacles on courts before beginning to play.
9. Be conscious of your partner's position on the court in doubles play.

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 tennis program.

I have read and understand the information contained above.

Athlete's Signature

Date

Parent/Guardian's Signature

Date

Student Name _____

KELSO SCHOOL DISTRICT

Track Safety Guidelines

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and 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.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines 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. If special equipment is recommended by a physician, it is the athlete's responsibility to get that equipment, i.e. ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
7. Recognize safety rules for restricted areas, e.g., javelin, discus, shot put, pole vault. These areas must be supervised.
8. Stay on the designated running courses.
9. Check equipment, apparatus, field and pits thoroughly before each use, e.g., debris in jumping pits, placement of standards.

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 track program.

I have read and understand the information contained above.

Athlete's Signature

Date

Parent/Guardian's Signature

Date

Student Name _____

KELSO SCHOOL DISTRICT

Volleyball Safety Guidelines

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices 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.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines 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. If special equipment is recommended by a physician, it is the athlete's responsibility to get that equipment, i.e. ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
7. Be aware of court surroundings, i.e., obstacles, projections, bleachers, standards, etc.

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.

I have read and understand the information contained above.

Athlete's Signature

Date

Parent/Guardian's Signature

Date

Student Name _____

KELSO SCHOOL DISTRICT Wrestling Safety Guidelines

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices 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.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines 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. If special equipment is recommended by a physician, it is the athlete's responsibility to get that equipment, i.e. ankle braces, knee braces, etc. All special equipment must be worn in accordance with W.I.A.A. and/or National Federation Rules.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
7. Recognize illegal holds as defined by the rule book.
8. Wear approved, proper-fitting apparel when wrestling with an opponent, either in practice or in a match.
9. Wrestle a safe distance from all walls and other obstructions. All wrestling will be done on the mats provided for wrestling.

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 wrestling program.

I am aware that wrestling is a HIGH-RISK SPORT and that practicing or competing in wrestling will be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of practicing and competing in wrestling include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, 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 wrestling may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of wrestling, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

I understand that wrestling is a HIGH-RISK SPORT involving many RISKS of INJURY, including but not limited to those risks outline above.

I have read and understand the information contained above.

Athlete's Signature

Date

Parent/Guardian's Signature

Date