

Assumption of Risk and Liability Waiver

Basketball:

This sport involves contact. Because it is a contact sport, Basketball involves the risk of serious injury to every part of the body. Common injuries resulting from participation in basketball include ankle, knee, back, head or neck, and leg injuries. Bruises, muscle strain, cramps, fractures, and dislocations are common types of injuries sustained by basketball players.

Football:

This is a contact sport. Injuries may occur from correct or incorrect performance. Some common football injuries may include bruises, sprains, broken bones, knee injuries, ankle, shoulder, back, and torso injuries. There is also the possibility that the following could occur: Neck and spinal injuries, paralysis, brain damage, eye damage, dental loss, and other head injuries.

Track & Field and Cross Country:

Common injuries sustained as a result of participating in track & field is to the thigh and hamstring muscles. Shin splints, muscle and tendon injuries, and knee injuries are also common. Head and neck injuries may occur from participation in the pole vault and high jump. Other serious injuries may occur as a result of being struck by a discus, shot-put, or javelin.

Volleyball:

Common injuries sustained as a result in participating in volleyball are to the arms, hands, legs, feet, ankles, knees, low back, shoulder, and elbow. Others may include bruises, scrapes, strains, sprains, fractures, concussions, and ligament & cartilage damage. Injuries to the head, mouth, nose, teeth, ears, and eyes may also occur.

Cheerleading:

Flexibility and agility are very important when participating as a cheerleader. Possible injuries may occur to the head, neck, joints, ligaments, muscles, tendons, and bones.

Forensics:

We have read the above and understand that there may be other injuries, slight or severe, that could be a result of participation in extracurricular activities or during the transporting of students to and from these activities.

As a parent/guardian, we assume responsibility for any injury resulting from participation in any school sponsored and/or supervised sports activities. I have been warned and am aware that the injury may be severe including but not limited to death. Participation in athletics requires an acceptance of risk of injury. No sport can be safe that injury may not occur.

Signature of participating **Student**

Date

Grade

Signature of **Parent/Guardian**

Date