

## **Beal City High School Athletics Informed Consent**

Beal City Public Schools strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for these activities 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.

SAFETY RULES to be followed by all participants in all activities include but are not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptom 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 and advise the coach of any hazard.
7. Be aware of event staff from both teams and where they can be located, so they may be contacted in case of an emergency or an undesirable crowd control situation.

### **BASEBALL/SOFTBALL**

- Recognize your surroundings, i.e., batters warming up, thrown bats, batted or thrown balls, on-deck circle (one person at a time).
- Use hard hats while batting/running bases/hitting in batting cages (Baseball).
- Familiarize yourself with surroundings and grounds, i.e., fences, field conditions such as holes, lips on infield edges, etc., when playing on away fields.
- 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.
- Follow instructions regarding communication between players, i.e., talking and calling each other off on “pop flies” and “Texas Leaguers,” etc.

### **BASKETBALL**

- Recognize the possible danger from such actions as “undercutting” a player, hanging on the basket, or throwing a “wild” pass.

### **CHEER AND AND/OR SPIRIT TEAM**

- Practice stunts prior to the event you will perform in. Stunts can be dangerous if not spotted correctly.
- Lead cheers at the appropriate time so you will be aware of the ball and players positioning to prevent possible injury.

### **CROSS COUNTRY**

- Run only on the course instructed by the coach.
- Run in pairs in unfamiliar territory or in areas where there are few people.
- Be familiar with basic first aid treatment for heat exhaustion, heat stroke, sprained ankle, or other runner-related injuries.

## FOOTBALL

- 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 without keeping the helmet as close to the body as possible may result in a shoulder injury or 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.
- 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.
- 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 to organs such as kidneys, spleen, bladder, etc. Grabbing the face mask or helmet edge may result in a neck injury which could range from a muscle strain to a dislocation, nerve injury, or spinal column damage which could cause paralysis or death.
- 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 fit properly and be used as intended.
- 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, a serious neck injury, paralysis or even death.

## TRACK AND FIELD

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

## VOLLEYBALL

- Be aware of court surroundings, i.e., obstacles, projections, bleachers, standards, etc.

**Please keep this portion of the informed consent document for your records. Complete and sign the attached form and return to your respective coach or athletic office personnel.**

## Informed Consent Release Form

I, \_\_\_\_\_, am the parent/legal guardian of \_\_\_\_\_  
I have read the warning and release and understand its terms. I understand that athletics are high risk involving many risks of injury, including but not limited to those risks outlined above.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using proper techniques while participating in any and all athletic programs. Because of the dangers of athletics, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I am aware that athletics are high-risk and that practicing or competing in athletics will be a dangerous activity involving many risks of injury. I understand that the dangers and risks of practicing and competing in athletics 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 any internal organ, serious injury to any 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 athletics 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.

In consideration of the school district permitting my child/ward to try out for the school athletic teams and to engage in all activities related to the team, including but not limited to trying out, practicing or competing in athletics, I hereby assume all the risks normally associated with athletics and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. Notice that Beal City Public Schools does not provide medical coverage for extracurricular activities. The terms hereof shall serve as a release for my heirs, estate, executor, administrator, assignees, and for all members of my family.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardians Signature

\_\_\_\_\_  
Date

\*Check all sports your child may potentially participate in throughout the school year.

\_\_\_ Baseball

\_\_\_ Football

\_\_\_ Basketball

\_\_\_ Softball

\_\_\_ Cheer

\_\_\_ Track and Field

\_\_\_ Cross Country

\_\_\_ Volleyball