



## **INFORMED ACKNOWLEDGEMENT OF HAZARDS AND RISKS CONNECTED WITH PARTICIPATION IN CROSS COUNTRY and/or TRACK & FIELD**

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.

**Cross Country/Track & Field** is a competitive individual and team sport involving sprinting and running activities. As in all sports, **Cross Country/Track & Field** 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.

Similarly, there is the possibility of injury resulting from training room procedures; from the use of training equipment; from the administration of first aid; or from failing to follow meet, training, safety, or other team rules. Injury may result from the use of techniques taught and/or from teaching methods employed by Olympic College coaches. The use of transportation provided or arranged by the College to and from **Cross Country/Track & Field** events also involves a risk of injury or death.

Pre-existing medical conditions, including illness, disease, and prior injuries can be aggravated or cause other injuries while engaged in the sport of **Cross Country/Track & Field**. 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.

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 the WARNING is also to aid you in making an informed decision as to whether you/your child or ward should participate in this athletic activity and, as a condition of such participation, sign the foregoing ASSUMPTION OF RISKS AND RELEASE. In addition, its purpose is to make you aware that as a student-athlete, or as a parent/guardian of a student-athlete, it is your responsibility to learn about and/or to inquire of coaches, physicians, or other knowledgeable persons about any concerns that you might have at any time regarding athletic safety and the safety of the College's **Cross Country/Track & Field** program.

**STUDENT-PARENTAL ACKNOWLEDGEMENT OF HAZARDS AND RISKS**

I have read the above warning, which is incorporated here by reference, and I understand that **Cross Country/Track & Field** is a sport involving the **RISKS OF INJURY OR DEATH**. I also understand that by participating (or by permitting my child or ward to participate) in the **Cross Country/Track & Field** program 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 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 INTERSCHOLASTIC SPORTS OF CROSS COUNTRY/TRACK & FIELD AT THIS COMMUNITY COLLEGE.**

Date: \_\_\_\_\_  
Signature of Student

Date: \_\_\_\_\_  
\*Signature of Parent or Legal Guardian (if student is under 18 years of age)

**WITNESS – COLLEGE OFFICIAL**

On the \_\_\_\_\_ 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.