



**INFORMED ACKNOWLEDGEMENT OF HAZARDS AND RISKS
CONNECTED WITH PARTICIPATION IN GOLF
PLEASE READ CAREFULLY AND BE SURE YOU UNDERSTAND BEFORE YOU SIGN**

THIS FORM MUST BE SIGNED BY THE STUDENT AND PARENT OR LEGAL GUARDIAN
IF THE STUDENT IS UNDER 18 YEARS OF AGE.

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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.

Golf is a competitive outdoor sport. As in all sports, golf involves the RISK OF SERIOUS INJURY OR DEATH. Common injuries sustained as a result 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. There is also 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 game, training, safety, or other team rules. Injury may result from the use of playing 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 **golf** 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 **Golf**. 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 to your attention 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

