

# FOREST LAKE CHRISTIAN SCHOOL

## Athletic Participation Agreement

Every sport has certain inherent risks, and regardless of the precautions taken, it is impossible to ensure the safety of the participant. Certain sports require a higher level of fitness than others. These activities include quick bursts of speed, long periods of running, and physical contact with a ball and other participants. Sports are reasonably safe as long as certain guidelines are followed.

Some hazards are the possibility of being struck by the ball or another piece of sports equipment being used for the game or match, colliding with another player or with goal posts, running into the bleachers or the gym wall, and poor weather conditions. A variety of injuries may occur, including muscle strain, sprains, fractures, contusions, abrasions, and dehydration. Serious and disabling injuries and even death may result from participation in any sports activity. It is not possible to list each specific risk.

To help reduce the chance of injury to yourself and other participants, the following safety rules need to be followed during practice and games.

### VOLLEYBALL/BASKETBALL

1. Wear the proper practice attire (kneepads are optional).
2. Obey the rules of the sport and the team.
3. Cooperate with the coach.
4. Respect all off-site facility procedures.

### GOLF/TENNIS/SWIMMING

1. Wear the proper practice attire, including athletic supports.
2. Obey the rules of the sport and the team.
3. Cooperate with the coach.
4. Respect all off-site facility procedures.

### BASEBALL/SOFTBALL

1. Wear the proper practice attire, including athletic supports.
2. Obey the rules of the sport and the team.
3. Cooperate with the coach.
4. Respect all off-site facility procedures.

### SOCCER

1. Wear the proper practice attire, including shin guards and athletic supports.
2. Obey the rules of the sport and the team.
3. Cooperate with the coach.
4. Respect all off-site facility procedures.

I agree to follow the preceding safety rules, as well as any others given by my coach. I agree to report an injury to the coaching staff on the day that it occurs.

I certify that (1) I am physically fit to participate in the Forest Lake Christian Athletic Program, (2) I understand that I am free to discontinue activity at any time I feel undue discomfort or stress, and (3) on the following lines is a complete list of any health related conditions that might affect my ability to participate in athletics:

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I have read the preceding warning of risks, my coach has explained the hazards to me, and I have had the opportunity to ask questions concerning the safety risks involved in athletics. Any questions I have asked have been answered to my complete satisfaction. I fully know, understand, and appreciate the risks inherent in sports participation, and I am voluntarily participating in this activity.

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Participant Name (Please Print)

Participant Signature

Date

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Parent/Guardian Name (Please Print)

Parent/Guardian Signature

Date