



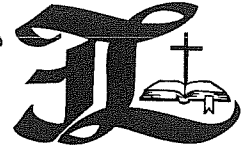
Forest Lake Christian School

Athletic Department

Steve A. Robinson

Director of Athletics

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High School Sports Fee -
\$ 100

Junior High Sports Fee -
\$ 50

Agreement to Participate in Baseball/Softball

Every sport has certain inherent risks, and regardless of the precautions taken, it is impossible to ensure the safety of the participant. Baseball/softball requires a high level of fitness and stamina. It involves quick bursts of speed, long periods of running, and physical contact with a pitched or thrown ball and other participants. It is a reasonably safe sport as long as certain guidelines are followed.

Some hazards are the possibility of being struck by the ball or colliding with another player. 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 baseball/softball. 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. Participants will (1) wear the proper equipment when they are on the playing field, especially the catcher, (2) obey the rules of the sport, and (3) report all discovered defects in the playing field

I agree to follow the preceding safety rules as well as any others given by my coach. Further, I agree to immediately report any unsafe practices, conditions, or equipment to my coach. I also agree to report any injury to the coaching staff on the day that it occurs.

I have successfully completed the required health exam. I certify that (1) I am physically fit to participate in baseball/softball, (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 baseball/softball:

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 baseball/softball. Any questions I have asked have been answered to my complete satisfaction. I fully know, understand, and appreciate the risks inherent in baseball/softball, and I am voluntarily participating in this activity.

Participant Signature

Name (please print)

Parent/Guardian Signature

Date