



# 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 Tennis

Every sport has certain inherent risks, and regardless of the precautions taken, it is impossible to ensure the safety of the participant. Tennis requires an appropriate level of fitness and stamina. It involves quick bursts of speed, jumping, backwards movement and sometimes physical contact with other participants. It is an inherently safe sport as long as certain guidelines are followed.

Some possible hazards could include, but are not limited to: Ankle sprain; slipping or falling on hard-court surface; being hit by a ball or partner's racket; running into net or fence. 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 court, including hard-court tennis shoes, (2) obey the rules of the sport, and (3) report all discovered defects in the court.

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 tennis, (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 tennis:

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

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Name (please print)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date