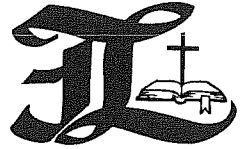




Forest Lake Christian School



Athletic Department

Steve A. Robinson
Director of Athletics

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High School Sports Fee -
\$ 100

Agreement to Participate in Volleyball

Junior High Sports Fee -
\$ 50

Every sport has certain inherent risks, and regardless of the precautions taken, it is impossible to ensure the safety of the participant. Volleyball requires an appropriate level of fitness and stamina. It involves quick bursts of speed, jumping, and physical contact with a 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 or with net posts. A variety of injuries may occur, including muscle strain, sprains, fractures, contusions, abrasions, and dehydration. Serious and disabling injuries may result from participation in volleyball. 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 knee pads, and ankle or knee braces if recommended, (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 volleyball, (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 volleyball: _____

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

Participant Signature

Name (please print)

Parent/Guardian Signature

Date