

## BASKETBALL SAFETY/RISK WARNING

**WARNING: PARTICIPATION IN ANY PHYSICAL ACTIVITY OR SPORT COULD LEAD TO SERIOUS INJURY OR DEATH.**

Basketball is a sport with numerous physical demands. Tremendous strain is placed on the cardio-vascular, muscular, skeletal and respiratory systems of the body. Nutritional factors play an important part in the above mentioned body systems: therefore, they need special consideration.

Due to the physical demands of basketball, no athlete will be allowed to participate in practice or games without the appropriate physical, medical and parental consent.

Due to the physical demands of basketball:

1. adequate warm-up and stretching time will be provide prior to practice and competition
2. proper technique demonstration will be provided prior to drill
3. adequate practice time will be given to allow athlete to develop safe skills
4. proper conditioning techniques will be used

Basketball is a contact sport where many injuries can occur. There may be major and minor injuries to muscle groups, ligaments, tendons, bones, internal and external organs. Specifics may include strains, sprains, abrasions, dislocated joints and blisters. Broken bones, permanent paralysis due to brain injury and death could also occur. Since injuries and illnesses affect the performance and safety of the athlete, all will be reported to the coach. Basketball players should be aware of the potentially dangerous situations and understand their damaging aspects.

Any questionable situations will be referred to the medical profession for immediate medical attention by all coaches. Any recommendations by the medical profession will be followed.

All players must use proper court shoes, glass guards, eye protection and support devices that will insure health of the athlete.

Any questions should be direct to the coach or athletic director.

I have read the preceding and certify that I know, understand, and appreciate the risks inherent in basketball. I am voluntarily participating in this activity.

\_\_\_\_\_

Parent/Guardian signature

Date: \_\_\_\_\_

\_\_\_\_\_

Student signature

Date \_\_\_\_\_