

GOLF SAFETY/RISK WARNING

WARNING: SERIOUS, CATASTROPHIC, AND PERHAPS FATAL INJURY MAY RESULT FROM PARTICIPATION IN ANY SPORT OR PHYSICAL EXERCISE.

Golf is a reasonably safe and enjoyable activity as long as certain guidelines are considered. It can develop muscular coordination, strength, fitness, and hand-eye coordination. It places limited physical and mental stress on you as it is a game of strategy. Develop an awareness of your capabilities and play within those limits.

Injuries can occur in golf. Heat exhaustion, pulled or strained back muscles, joint sprains, stress fractures, blisters, bruises, tennis elbow, and eye injuries are some of the risks involved in playing golf. Proper stretching and warm-up exercises should be performed. With adverse weather conditions in Montana, hypothermia may also occur.

While on the golf course or practice area always be aware of the proximity of other players. If you should happen to hit a ball towards someone **SHOUT THE WORD "FORE."** If you hear the word "FORE" turn immediately away from the shout and duck with hands covering your head.

I have read the preceding and certify that I am physically fit for this sport. I further attest that I have sufficient experience to enable me to participate in golf. I fully know, understand, and appreciate the risks inherent in the sport of golf. I am voluntarily participating in this activity.

Student (Print Name)

Student Signature

Date _____

Parent/Guardian Signature

Date _____