

SOCCER SAFETY/RISK WARNING

Soccer is a **VIOLENT CONTACT** sport. As in all sports, soccer involves the risks of **SERIOUS INJURY OR DEATH**. Because it is a sport involving contact, soccer more so than other contact sports, involves the risk of serious injury to virtually every part of the human anatomy. These risks of injury include the possibility of death, neck and spinal injuries which can result in complete or partial paralysis; brain damage; eye, dental, hearing and other head injuries; injuries to the body's bones, joints, ligaments, muscles, tendons, and other aspects of the musculoskeletal system. Injury to the body's nerves, the heart and blood vessels, and other internal or reproductive organs is also possible. Such injuries may cause temporary disability or can result in permanent impairment. Soccer players also are susceptible to injury or death resulting from such causes as a heat stroke, heart failure, asthmatic attack, sickle cell crisis, congenital brain defects, and from natural cause or other congenital problems.

Common injuries sustained as a result of participating in soccer include knee injuries; strains and contusions of the thigh muscles; shin splints; ankle injuries; shoulder injuries; low back injuries; torso injuries; and sprains, dislocations, and fractures of the hands and wrists. Common injuries to the head and neck include concussions, muscle strains and nerve impairment. Other common types of injuries include fractures, bruises, cuts, scrapes, sprains, torn ligaments and blisters.

Pre-existing medical conditions, including illness, disease, and other prior injuries can be aggravated or cause other injuries while engaged in the sport of soccer. Use of drugs, alcohol, and medications can contribute to injury or illness while participating in athletic activity. Some injuries may be caused as a result of poor physical conditioning and over exertion. Such over exertion can result in injury to muscles, the heart, and other body parts, resulting in sprains and strains, cardiac or cardiopulmonary arrest, and other medical conditions.

Soccer injuries can result from the correct or incorrect performance of playing techniques used in tryouts, practices, warm-ups, games, drills, exercises, scrimmages, plays, matches, or other similar undertakings. Injury to the head or other part of the body can result from contact with equipment, goalposts, and other solid objects in and around the play field. Injury can result from mis-fitted or worn equipment and from otherwise wearing and/or using soccer equipment or other protective gear. Injury can result from training room procedures; from the use of training equipment; from the administration of first aid; or from failing to follow game, training, safety or other team rules. Injury may result from the use of playing techniques taught and/or from teaching methods employed by Corvallis coaches

The purpose of this **WARNING** is to bring your attention to the existence of potential dangers associated with athletic participation. **There is however, always the risk of other types of injuries or the risk of injury or death resulting from other causes not specified here.**

The purpose of this **WARNING** is also to aid you in making an informed decision as to whether you/your child or ward should participate in this athletic activity and, as a condition of such participation, sign the foregoing **ACKNOWLEDGMENT OF HAZARDS AND RISKS**. In addition, its purpose is to make you aware that as a student-athlete, or as a parent or guardian of a student-athlete, it is your responsibility to learn about and/or inquire of coaches, physicians, or other

knowledgeable persons about any concerns that you might have at any time regarding athletic safety and the safety of the school's soccer program.

I have read the preceding and certify that I am physically fit for this sport. I fully know, understand, and appreciate the risks inherent in the sport of soccer. I am voluntarily participating in this activity.

Student (Print Name)

Student Signature

Date _____

Parent/Guardian Signature

Date _____