TENNIS SAFETY/RISK WARNING

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

Tennis 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, reaction, and quick movement. You must obtain a physical signed by a doctor and your parents to participate. Develop an awareness of your capabilities and play within those limits.

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

Tennis is not meant to be a contact sport but collisions do occur. Players are often struck by hard hit balls, rackets, or can make contact with the net, fence, or even a doubles partner. Be alert and learn court presence. Know where you are in relation to the net, fence, players on your court, and players on the other courts. Know where the ball is at all times, including during practice drills and match play.

Tennis is a game of sudden stops and starts. I recommend wearing two pairs of socks, cotton inner and woolen outer. Use court shoes only. This will help you avoid ankle injuries and blisters.

When leaving or entering the court, always be aware of your proximity to other players.

If you have any questions, contact the coach.

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 tennis. I fully know, understand, and appreciate the risks inherent in the sport of tennis. I am voluntarily participating in this activity.

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Parent/Guardian Signature Student Signature

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Date