

TRACK & FIELD SAFETY/RISK WARNING

Track & Field, being a highly individual and multi-event sport, has certain demands and risks that all participants, and their parents, must be aware of.

A complete physical examination, by a competent M.D., is mandatory before participation.

Track & Field places great demands on the skeletal-muscular and cardio-respiratory systems and injuries do occur. Generally, strains, sprains, muscle pulls - tears, tendinitis, shinsplints, stress fractures, blisters, blurred vision, headaches, vomiting, hypoglycemia (low blood sugar), hypothermia (lowered body temperature), and broken bones. In hot, humid weather heat exhaustion and/or heat stroke may occur leading to other complications, such as cramps, sluggishness, nausea, hallucinations, weak & rapid pulse, unconsciousness, convulsions, and although rare, death. Chances for other types of injury are increased in Track & Field because of the implements (shots, discus, javelin) and apparatuses (high jump, pole vault, hurdles) that are used. Being hit by any one of the aforementioned implements may cause anything from slight bruises to broken bones, brain damage, and death. In the other events mentioned above, anything from missing the pit to crashing through or on a hurdle may happen, resulting in scrapes, cuts, muscle trauma, head-neck injuries, dislocations, broken bones or any number of other unforeseen problems.

During meets, situations exist on account of the added number of competitors, which require participants (mainly distance runners) to be extra cautious and alert to jostling, bumping, pushing, shoving, being spiked (requiring sutures), stubbed toes, or any other mishaps that can occur in a large group activity.

Athletes must always stay alert as to where they are and to whom and what is around them, watching out for flying or flung objects. Participants should always check their equipment and personal gear (shoes, sweats, etc.) to see it is in good working condition. When found not to be, report it to your coach or, in the event it is personal gear, repair or replace to lessen the possibility of problems later. Protect yourself at all times, short of physical harm to someone else or rules violations.

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

Student (Print Name)

Student Signature

Date _____

Parent/Guardian Signature

Date _____