

FOOTBALL

WARNING / AGREEMENT TO OBEY

(Both the applicant student and parent/guardian must read carefully and agree.)

I am aware that tackle football is a high-risk sport and that practicing or competing in tackle football will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand that the dangers and risks of practicing and competing in tackle football include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in tackle football may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life. I also understand that the sport in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed that the District does not assume the responsibility for the medical services required for these risks.

Because of the dangers of tackle football, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

In consideration of the North Thurston Public Schools permitting me to try out for the High School tackle football team and to engage in all activities related to the team, including but not limited to trying out, practicing or competing in tackle football, I have read the above warnings and I understand their terms. I understand that interscholastic athletics involve high-risk activities that in some cases are so inherently dangerous that no amount of reasonable supervision or training can eliminate all vestiges of danger.

Students should never bring valuables to any athletic event or school activity. It is impossible to guarantee security of items at either inside or outside locations and the school district cannot be responsible for loss of student property.

In consideration of the North Thurston Public Schools permitting my child/ward to try out for the High School tackle football team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in tackle football, I have read the above warnings and I understand their terms. I understand that interscholastic athletics involve high-risk activities that in some cases are so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed that the District does not assume the responsibility for the medical services required for these risks.

FOOTBALL

SAFETY GUIDELINES

Both the applicant student and parent/guardian must read carefully and agree.

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. One should be aware that the information presented in these rules and procedures is to inform the athlete of proper techniques and the inherent dangers involved with this particular activity. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching, and proper-fitting equipment are important to the safety and enjoyment of the sport. Proper warm-up is essential before strenuous activity takes place.

GENERAL GUIDELINES

1. Travel to and from off-campus facilities should take place as per school district procedures.
2. Be aware of surroundings; familiarize yourself with field conditions which may be potentially dangerous such as holes, sprinkler heads, etc.
3. Rings, earrings, and other jewelry pose a potential danger and should not be worn.
4. Perform only those skills and techniques as instructed and/or supervised by your coach.
5. Contact the coach immediately if injured.

TACKLING, BLOCKING, AND RUNNING THE BALL

1. By rule, the helmet is not to be used as a "ram." Initial contact is not to be made with the helmet.
2. Tackling and blocking techniques are basically the same. Contact is to be made above the waist, **but not initially with the helmet**. The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, **HEAD UP, AND THE TARGET AREA AS NEAR TO THE BODY AS POSSIBLE WITH THE MAIN CONTACT BEING MADE WITH THE SHOULDER**. When properly blocking or tackling an opponent, contact with your helmet will naturally result. Therefore, technique is most important to prevent injuries.
3. Blocking and tackling by not putting the helmet as close to the body as possible could result in shoulder injury such as a separation or a pinched nerve in the neck area. The dangers of not following the proper techniques can be from minor to disabling or even death. The reason for following the safety rules in making contact with the upper body and helmet is that improper body alignment can put the spinal column in a vulnerable position for injury. Daily workout includes isometric-type exercises. The development of strength in the neck muscles is one of the best methods of preventing head injury and enabling an individual to hold his/her head up even after getting tired during a workout or contest.

BASIC HITTING (CONTACT) POSITION & FUNDAMENTAL TECHNIQUE

1. If the knees are not bent, the chance of a knee injury is greatly increased. Fundamentally, a player should be in the proper hitting position at all times during live-ball play, and this point will be repeated continually during practice. The danger is anything from strained muscles to ankle injuries to serious knee injuries requiring surgery. The rules have made blocking below the waist (outside a two-yard by four-yard area next to the football) illegal.
2. Cleats have been restricted to no more than one-half inch to further help prevent knee injuries. A runner with the ball, however, may be tackled around the legs.
3. In tackling, the rules prohibit initial contact with the helmet or grabbing the face mask or edge of the helmet. These restrictions were placed in the rules because of serious injuries resulting from noncompliance with safety precautions. Initial helmet contact could result in a bruise; dislocation; broken bone; head injury; or internal injury such as kidneys, spleen, bladder, etc. Grabbing the face mask or helmet edge could result in a neck injury which could be anything from a muscle strain to a dislocation, nerve injury, or spinal column damage which could cause paralysis or death.

EQUIPMENT

1. Athletes are required to wear all issued equipment. If the athlete discovers that his/her equipment is damaged or does not fit correctly, he/she is required to tell his/her coach immediately before each use.
2. Shoulder pads, helmets, hip pads, and pants (including thigh pads and knee pads) must have proper fitting and use.
3. Shoulder pads, which are too small, will leave the shoulder point vulnerable to bruises or separations; it could also be too tight in the neck area, resulting in a possible pinched nerve. Shoulder pads which are too large will leave the neck area poorly protected and will slide on the shoulders making them vulnerable to bruises or separations. Helmets must fit snugly at the contact points: front, back, and top of head. The helmet must be safety "NOCSAE" branded, the chinstraps must be fastened, and the cheek pads must be of the proper thickness. On contact, too tight a helmet will result in a headache. Too loose a fit could result in headaches; a concussion; a face injury such as a broken nose or cheekbone; or a blow to the back of the neck, causing a neck injury, possibly quite serious such as paralysis or even death.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the football program.