

# GOLF

## ***WARNING / AGREEMENT TO OBEY***

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

I am aware that golf is a high-risk sport and that practicing or competing in golf will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand that the dangers and risks of practicing and competing in golf 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 golf 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 golf, 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 golf team and to engage in all activities related to the team, including but not limited to trying out, practicing or competing in golf, 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 golf team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in golf, 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.

# GOLF

## SAFETY GUIDELINES

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

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper technique, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.
6. Before swinging the club, make certain that the area around you is clear of others. Be careful after hitting not to throw the club as you could injure someone.
7. Be aware of the danger of standing in front of or on the side of a person who is attempting to hit the ball, as one may be injured by the ball or by the rebounding ball from trees, signs, markers, etc.
8. Be aware at all time of other players' positions on the course when you are hitting or when they are hitting. You are vulnerable at all times. Do not hit the ball until proper distance is available between golfing groups.
9. Keep hands and grips dry to minimize the danger of clubs being released.

**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 golf program.**