

# VOLLEYBALL

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

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

I am aware that volleyball is a high-risk sport and that practicing or competing in volleyball will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand that the dangers and risks of practicing and competing in volleyball 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 volleyball 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 volleyball, 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 School District permitting me to try out for the High School volleyball team and to engage in all activities related to the team, including but not limited to trying out, practicing or competing in volleyball, 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 School District permitting my child/ward to try out for the High School volleyball team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in volleyball, 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.

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## 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.

1. Proper warm-up, which may include running, is essential prior to any strenuous activity.
2. Wear proper-fitting shoes and socks at all times. Shoes that have been worn smooth should not be used.
3. Knee pads should be properly positioned when worn.
4. Travel to and from off-campus facilities should take place as per school district procedures.
5. Be aware at all times of court surroundings, i.e., obstacles, projections, bleachers, standards, etc.
6. Perform skills and techniques as instructed by your coach.
7. Contact the coach immediately if injured.

**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 volleyball program.**