



INFORMED ACKNOWLEDGEMENT OF HAZARDS AND RISKS CONNECTED WITH PARTICIPATION IN SOFTBALL

THIS FORM MUST BE SIGNED BY THE STUDENT AND PARENT OR LEGAL
GUARDIAN
IF THE STUDENT IS UNDER 18 YEARS OF AGE.

PLEASE READ CAREFULLY AND BE SURE YOU UNDERSTAND BEFORE YOU SIGN.

WARNING

Participation in any athletic activity may involve injury of some type to either yourself or a fellow student athlete. Such injury can include direct physical and possibly crippling injury to one's body. There is also the possibility of suffering emotional distress or psychological injury as a result of witnessing or actually inflicting injury to another. The severity of such injury can range from minor cuts, bruises, muscle strains, or bone fractures and dislocations to catastrophic injury, such as complete paralysis, or even death. Such injury can impair one's general physical and mental health and hinder one's future ability to earn a living, to engage in other business, social, and recreational activities, and generally to enjoy life.

Softball is a competitive ball and bat team sport. As in all sports, **Softball** involves the RISKS OF SERIOUS INJURY OR DEATH. Injuries in this sport are common, and occur to all parts of the body, including the head and neck, shoulders, arms, chest, hands and fingers, hips and legs, knees, and ankles and feet.

These risks of injury in the sport of **Softball** include the possibility of: injury to the neck and spinal column or cord, resulting in complete or partial paralysis; injury to the head, resulting in brain damage; and injury to the body's bones, joints, ligaments, muscles, tendons, and other aspects of the musculoskeletal system. Injury to the body's nerves, the heart and blood vessels, and other internal or reproductive organs is also possible. Such injuries may cause temporary disability or can result in permanent impairment.

Pitcher, in particular, are susceptible to shoulder and arm injuries. Fatalities in **Softball** typically are caused by direct blows to the chest from a struck or pitched ball or from head and neck injuries caused by being hit with **Softballs** or bats or by colliding with other players.

Pre-existing medical conditions, including illness, disease, and prior injuries can be aggravated or cause other injuries while engaged in the sport of **Softball**. Use of drugs, alcohol, or medications can contribute to injury or illness while participating in athletic activity. Some injuries may be caused as a result of poor physical conditioning and overexertion. Such overexertion can result in injury to muscles, the heart, and other body parts, resulting in sprains and strains, cardiac or cardiopulmonary arrest, and other medical conditions.

Softball injuries can also result from the use of correct or incorrect playing techniques used in tryouts, practices, warm-ups, drills, games, plays or other similar undertakings. Injury to the head or other parts of the body can result from contact with other participants, the playing surface, training equipment, the backstop, and other solid objects in and around the playing field. Injury can result from the improper fit of equipment, from defective or worn-out equipment, and from otherwise wearing and/or failing to use **Softball** equipment or other protective gear. Injury can result from training room procedures; from the use of training

