



Valley School District Athletics

**STUDENT/PARENT WARNING, AGREEMENT TO OBEY INSTRUCTIONS AND ASSUMPTION OF RISK**

Participation in interscholastic activities (“sports” or “athletics”) is voluntary and a privilege for any student desiring to take advantage of the benefits derived from school athletic programs. Student athletes should be prepared to follow all conduct expectations and requirements of the program, including obeying all instructions and safety guidelines for each sporting activity.

The purpose of this information is to aid you in making an informed decision about the student’s participation in interscholastic activities. As a condition of participating in Valley School District athletic programs, the student and his/her parent or guardian (“parents”) must be aware of and understand the risks involved in such activities and agree to assume those risks as their own.

*Please read the following information and, if participation is elected, mark the boxes to acknowledge your (student and parents) awareness, assumption of risk and agreement to obey rules and instruction; then sign below and return to your school office.*

I/we are aware that playing or practicing to play, participate or compete in any sport may involve MANY RISKS OF INJURY of some type either to myself (student) or fellow student athlete(s). Such injuries may include, but are not limited to, serious injury to any or all internal organs, bones, joints, ligaments, muscles, tendons and other aspects of the muscular skeletal system; serious neck and spinal injuries, which may result in partial or complete paralysis; brain damage; death; and possible serious injury or impairment to any other aspects of my body, general health and wellbeing. I understand that the severity of such injury can range from minor to catastrophic, and may also result 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 understand that activity injuries can result from the correct or incorrect performance of playing techniques used in practices, warm-ups, games, drills, exercises and other similar undertakings. Injury can also result from failing to follow game, training, safety and other team rules. Because of the risk of injury, I recognize the importance of following coaches’ instructions regarding playing techniques, training, team safety rules, etc., and agree to obey such instructions and rules at all times.

I further understand that by following the instructions provided by the coach, the risk of injury described herein may be reduced but that, due to the nature of the sport I have selected, there is still risk of injury regardless of the precautions taken or procedures followed. I acknowledge that certain sports may sometimes involve forceful person-to-person contact and therefore the risk of injury in these sports may be greater than others.

I acknowledge that it is my/our (student and parents) responsibility to learn about proper sporting techniques and to make inquiries with coaches, advisors and other knowledgeable persons about any concerns I/we might have at any time regarding safety.

*In consideration of Valley School District permitting (student name) \_\_\_\_\_ to participate in interscholastic activities and to engage in all areas of these activities, I (participant) and we (parents/guardians) acknowledge I/we have been informed of the risks associated with participation, and hereby consent to participation and assume the risks as our own. I/we understand that medical insurance is required for participation, that I/we are solely responsible for any medical costs related to injury sustained during participation and that the consequences of injury may exceed the benefits afforded by my own medical coverage. I/we release the district, its officials, employees, agents and representatives of any and all claims and liabilities whatsoever from or by reason of any injury to the student while participating in any interscholastic activity.*

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent(s)/Guardian(s) Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date