

**WRITTEN WARNING:
Risks in Volleyball**

Are you aware of the inherent risks of volleyball? If you have not considered the risks, please read carefully the following paragraphs.

Volleyball can be compared aerobically to activities with stops and starts using bursts of speed and energy. Upper level competition can have durations of continuous play, but is not considered a stressful aerobic activity. If you have or know of any physical condition that would eliminate you (the participant) from such an activity, please obtain a physicians release/consent to participate.

The sport of volleyball is considered to be a collision/contact sport. The dangers and risks of playing volleyball include, but are not limited to, 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, serious injury or impairment to other aspects of the body general health and well-being and even death.

Players should dress in loose fitting clothing, have good footwear with laces, socks, and males should wear an athletic supporter, while females need to wear a sport bra if physical development is apparent.

It is important for players to recognize the stop activity signal, a short whistle sound, for their safety. Players need to be aware of their surroundings in relation to their position on the court, and the other players positioned on the court.

Our participant's health and safety is the number one priority. However, we cannot assure you that an accident will not occur.

I HAVE READ AND UNDERSTAND THE WARNING:

Participant's Signature

Date

Parent's Signature

Date