

Elements of Risk and Student Responsibilities
(Attachment to Off-Site Activity(ies) and
“Acknowledgement of Risk” Consent Form

PROGRAM: Football

Football is a sport with physical demands and certain inherent risks which may be beyond the control of the *(W.R. Myers Football)* Program and the organizers of this sport. Tackling and blocking by their nature result in collisions between two or more players that can involve a great deal of force.

Students who participate in football must accept that there is the possibility of injury as a result of their participation. Accidents can result from the nature of this activity and can occur without any fault on the part of the participants, the Horizon School Division, the employees or agents of the Horizon School Division and any other participating district, or the facility where the activity takes place. By choosing to participate in football, you are assuming the risk of an accident occurring. The chance of an accident occurring can be reduced by carefully following instructions at all times while engaged in this activity. Each student-athlete should also attempt to offset the risks of football by:

- 1.1 Physical Readiness
 - ✓ Physical preparation through regular exercise particularly in the 3 months prior to the start of the season
 - ✓ Athletes should strive for overall conditioning with particular attention to strength and flexibility in the neck, shoulder and knee areas
- 1.2 Equipment Readiness
 - ✓ Ensure that any personal equipment used in football (i.e. jock, cleats) is appropriate and in a good state of repair
 - ✓ Notify the coaching staff of any problems with equipment issued by the school (i.e. pads, helmet, pants), and see that this equipment is returned promptly and in good shape
 - ✓ Always wear an intra-oral dental guard when playing football
- 1.3 Technical Readiness
 - ✓ Learn and practice the skills and techniques of the activity, particularly regarding proper tackling techniques
 - ✓ Always warm-up properly before every practice and game
 - ✓ Attend school practices regularly
- 1.4 Safety Awareness
 - ✓ Always attempt to participate with safety in mind as much as is possible given the dynamic nature of the activity
 - ✓ Never use your helmet to butt, ram or spear an opponent
 - ✓ Agree not to use performance enhancing drugs