

Lake Chelan School District

TENNIS

WARNING/AGREEMENT TO OBEY INSTRUCTIONS

(Prior to participating, both the student and parent must read carefully and sign)

I am aware that tennis is a high-risk sport and that practicing or competing in tennis will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand the dangers and risks of practicing and competing in tennis 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 tennis 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 the District does not assume the responsibility for the medical services required for these risks.

Because of the dangers of tennis, I recognize the importance of following the coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

In consideration of the Lake Chelan School District permitting me to try out for the Chelan High School tennis team and to engage in all activities related to the team, including but not limited to trying out, practicing or competing in tennis. I have read the above warnings and I understand their terms.

I also understand that the Chelan High School uses tennis courts at locations separate from the school. Lake Chelan School District will provided bus or van transportation to the courts before practice, but if I decides to get there by another means, Lake Chelan School District is not responsible for what may occur during that trip. It is my responsibility to find transportation home after practice and home matches. I understand that Lake Chelan School District's liability insurance covers the district staff and students in school vehicles, but not the possibility of an accident involving the driver/owner/passengers of a private vehicle.

Date Signature of Athlete

I, _____, am the parent/legal guardian of _____.

In consideration of the Lake Chelan School District permitting my child/ward to try out for the Chelan High School tennis team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in tennis, I have read the above warning and I understand their terms, and I grant permission for my son/daughter to participate.

I also understand that the Chelan High School uses tennis courts at locations separate from the school. Lake Chelan School District will provided bus or van transportation to the courts before practice, but if my child/ward decides to get there by another means, Lake Chelan School District is not responsible for what may occur during that trip. It is my responsibility as parent/guardian to get my child/ward home after practice and home matches. I understand that Lake Chelan School District's liability insurance covers the district staff and students in school vehicles, but not the possibility of an accident involving the driver/owner/passengers of a private vehicle.

Date Signature of Parent/Legal Guardian

Lake Chelan School District

TENNIS

SAFETY GUIDELINES

(Prior to participating, both the student and parent must read carefully and sign)

When a person is involved in any athletic activity, an injury can occur, one should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with tennis. There is a chance of broken bones, muscle and soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place. Be aware of the potentially serious injuries if you do not follow correct procedures in stretching, and conditioning.
2. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, appropriate frames that are compatible with tennis. If you have a bi or tri-focal lens, contact your doctor to provide the best len(s) combination for playing tennis.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Be sure all equipment, especially shoes, is fitting properly before each day's activity.
5. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
6. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for tennis.
7. Be aware of your surroundings both home and away including but not limited to surface conditions, obstructions in the proximity to the tennis court and safe entrance/egress to/from the court.
8. Wear outer and under garments appropriate for humidity and temperature.
9. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity of limiting conditions and participate only to the extent allowed by the coach.
10. Players should hydrate themselves frequently during practice and meets and follow the coach's direction on hydration prior to and following practices and meets.
11. Notify the coach immediately if injured.
12. Practice only when your coach is present.
13. Before swinging a racket make sure your grips are dry and make certain the area around you is clear of others. Never throw a racket.
14. In doubles play, make sure of the location of your partner and understand the communication system between you and your partner.

The above information has been explained to me and I understand the list of rules, safety regulations/warnings and procedures. I also understand the necessity of using the proper techniques while participating in the tennis program

Date

Athlete's Signature

Date

Signature of Parent/Legal Guardian