

Every sport/activity has certain inherent risks, and, regardless of the precautions taken, it is impossible to ensure the safety of the participant. Lacrosse requires a high level of fitness. It involves quick bursts of speed, long periods of running, and physical contact with a ball and other participants. It is a reasonably safe activity as long as certain guidelines are followed.

Some hazards are: the possibility of being struck by the ball, colliding with another player or with posts and poor weather conditions. A variety of injuries may occur, including muscle strain, sprains, fractures, contusions, abrasions, and dehydration. Serious and disabling injuries and even death may result from participation in lacrosse. It is not possible to list each specific risk.

To help reduce the chance of injury to yourself and other participants, the following safety rules need to be followed during practice and games. Participants will (1) wear the proper protective equipment when they are on the playing field, including helmet, mouth guard, pads and athletic cup, (2) obey the rules of the sport, and (3) report all discovered defects in the playing field.

I agree to follow the preceding safety rules as well as any others given by my coach. Further, I agree to immediately report any unsafe practices, conditions, or equipment to my coach. I also agree to report any injury to the coaching staff on the day that it occurs.

I certify that (1) I am physically fit to participate in lacrosse, (2) I understand that I am free to discontinue activity at any time I feel undue discomfort or stress, and (3) on the following lines is a complete list of any health-related conditions that might affect my ability to participate in lacrosse:

---

---

---

---

I have read the preceding warning of risks, my coach has explained the hazards to me, and I have had the opportunity to ask questions concerning the safety risks involved in lacrosse. Any questions I have asked have been answered to my complete satisfaction. I fully know, understand, and appreciate the risks inherent in lacrosse, and I am voluntarily participating in this activity.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Participant Name (*please print*)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date