

BASKETBALL — AGREEMENT TO PARTICIPATE

Basketball is a relatively safe sport for student/athletes as long as certain guidelines are followed. Basketball involves running, conditioning, sprinting, fast starts and stops, defensive shuffling, fast cutting and lateral movement, jumping, foot quickness, jumping rope, passing and ball handling drills, hand-eye coordination, agility drills, 3-on-2 and 2-on-2 drills, body contact with teammates and opponents, full court scrimmaging, shooting, rebounding, dribbling, and pivoting.

As part of school policy, all athletes are required to obtain a physical prior to participation. If you have any physical limitations which the school and coaching staff should be aware of, please obtain a physician's consent for you to participate.

Serious injuries are relatively rare in basketball. However, the possibility of injury does exist. The most common injuries associated with basketball include broken bones, severe ankle sprains, muscle pulls, knee injuries, and back problems. The dangers and risks involved in practicing or participating in basketball include, but are not limited to death, serious neck and spinal injuries which may result in partial or complete paralysis, concussions, serious injury to bones, joints, ligaments, muscles, tendons, and other areas of the muscular-skeletal system. In addition to serious injury, the risks and dangers may result in an impairment of future abilities to earn a living or to engage in business, social, and recreational activities. Other less serious risks include mild concussion, dehydration, hyperventilation, broken bones, sprains and strains (knee, ankle, lower back), blisters, muscle soreness and stiffness, bruised knees, arms and hands, and the possibility of being struck in the face by elbows.

Proper equipment can help reduce injury, but is not an absolute guarantee. Proper basketball footwear and socks help prevent ankle injuries, blisters, and reduce shock to the knees and ankles. Taping and braces may be used for injury prevention and injury rehabilitation.

Participants in basketball should follow the rules of basketball. Flagrant and dangerous fouls are illegal and can result in player ejection.

Undercutting an opponent is illegal. Body contact can occur when playing defense, blocking out, and rebounding and is a normal part of the game. Hanging on basketball rims is prohibited.

If you have any questions concerning any of the risks, dangers, or equipment requirements above, please ask the coaching staff. If you wish to ask your

questions confidentially, please write your questions on the back side of this form and the coaching staff will discuss them with you individually.

I have read the preceding and certify that I am physically fit to participate in basketball. I further attest that I have sufficient experience to enable me to participate in high school basketball. I FULLY KNOW, UNDERSTAND, AND APPRECIATE THE RISKS INHERENT IN THE SPORT OF BASKETBALL. I voluntarily participate in this activity.

Signature of Participant _____

Signature of Parent or Guardian _____

Date Signed _____