

## GOLF — AGREEMENT TO PARTICIPATE

Golf is a relatively safe sport for student/athletes as long as certain guidelines are followed. Golf involves walking, flexibility, hand-eye coordination, and light muscular development.

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 golf. However, the possibility of injury does exist. The most common injuries associated with golf include ankle sprains, muscle pulls, and back problems. The dangers and risks involved in practicing or participating in golf include, but are not limited to death, neck and spinal injuries which may result in partial or complete paralysis, concussions, 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 concussions, sprains and strains (knee, ankle, lower back), blisters, muscle soreness and stiffness, and the possibility of being struck on the body by a golf club or golf ball.

Proper equipment and golf etiquette can help reduce injury, but is not an absolute guarantee. Proper golf attire such as golf shoes, socks, and golf glove help prevent blisters. Proper equipment such as a ball retriever can help prevent over-stretching or slipping which can cause strains and/or pulled muscles.

Participants in golf should follow the rules of golf set up by the USGA and follow correct golf etiquette. Dangerous situations can occur when a person walks ahead of a person attempting to hit or is close to a person who is swinging a club. Be sure to yell "Fore" when a shot of yours or one of your playing partners is heading towards another person on the course.

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 golf. I further attest that I have sufficient experience to enable me to participate in high school golf. I FULLY KNOW, UNDERSTAND, AND APPRECIATE THE RISKS INHERENT IN THE SPORT OF GOLF. I voluntarily participate in this activity.

Signature of Participant: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_

Date Signed: \_\_\_\_\_