

TRACK AND FIELD — AGREEMENT TO PARTICIPATE

Track and field is a relatively safe sport for student/athletes as long as certain guidelines are followed. Track involves running, both sprinting and jogging, horizontal jumping and landing in the long jump, vertical jumping and landing in the high jump, throwing of the shotput and discus, passing of a baton in relays, fast starts from blocks, strength training, cardiovascular endurance, hand-eye coordination, and leg and ankle strength.

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 track and field. However, the possibility of injury does exist. The dangers and risks involved in practicing or participating in track include, but are not limited to death, serious neck and spinal injuries which may result in partial or complete paralysis, brain damage, 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 concussions, broken bones, sprains and strains (knee, ankle, lower back, neck), bruised and skinned knees, ankles, arms and hands, spike injuries, and the possibility of being struck by a thrown object (i.e. shot or discus).

High jumping, shot-put, discus, and hurdles involve greater risks. Boundaries of field events should be clearly marked and athletes should not enter these areas during competition. Discus boundaries should be marked 10-15 feet beyond the 60 degree throwing sector. Shot-put boundaries should be marked 5-10 feet from the throwing sector lines. Running lanes should be clearly marked. A high jump pad is required. The pad must be a minimum of 16' by 8'. Foam rubber is recommended. If 2 or more pads are used, the pads must be attached and have a common cover. Proper running shoes and sweats will help reduce the occurrence of injury; however, these are not absolute guarantees. Running shoes should provide protection against the pounding associated with training. In cold weather, athletes should wear layered clothing which can be removed if they become too hot. A hooded sweatshirt or cap is recommended to prevent unnecessary heat loss from the body. In warm weather, athletes should wear loose fitting clothing to allow for proper ventilation. Spikes are worn during competitive events. Athletes should wear the proper length spike for the track surface.

Track and field requires the participant to follow safety and courtesy-related guidelines. Always look before entering and field event area to avoid interfering with a competitor or being struck by an object. When not competing in an event, always check the track before crossing to avoid interfering with competitors on the track. Athletes should properly warm-up and cool-down to prevent injuries. Warm-up and cool-down should be a minimum of 10-20 minutes each. When competing athletes should run in their own lanes. When cutting to an inside lane, they must allow adequate room before cutting in front of an opposing runner. When a race is completed, runners should remain in their lane until timers should have determined the order of finish.

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

Signature of Participant: _____

Signature of Parent or Guardian: _____

Date Signed: _____