

ACKNOWLEDGMENT OF WARNING BY STUDENT-ATHLETE AND PARENT

Soccer

Harrisburg Christian School Athletic Department

Soccer is a highly competitive, fast-action sport in which physical contact plays a major role. Due to the speed and contact with which the game is played, team members, their families and coaching staff must accept and share certain responsibilities to enhance safety and enjoyment for participants.

PREPARATION FOR PRACTICE OF CONTEST

1. Wear protective equipment including shin guards and mouth guards to every practice and contests unless otherwise indicated by the daily practice plan.
2. Be sure all stabilizing straps and laces are properly worn, tightened and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriated for humidity and temperature.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. In hot, humid weather, players should consume the necessary amount of fluids as directed by the head coach.
6. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
7. Remove ALL jewelry and hair fasteners.
8. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases, or medically controlled allergies need a physician's approval to participate.

LOCKER ROOM

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers and lock up all valuables.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower area. Use foot powder in designated areas.
6. Refrain from rapid movements, horseplay and inappropriate behavior in the locker/shower areas.
7. Identify incidents of foot or skin infections to coach(s) immediately.

MOVEMENT TO THE PRACTICE/GAME SITE

1. Be alert to: ramps leading to practice/game areas.
 - a. Variations in the surfaces of ramps, locker rooms, artificial surfaces, field turf (real or artificial), parking lots, and court surfaces.
 - b. Locations and activity in proximity
 1. Warm up drills involving practice strikes, etc.
 2. Ongoing games as you enter the field area(s).
2. Be alert to the goal mouth, goal posts and shooting drills.
3. Be alert to fast dribbling or passing drills.

CAUTIONS SPECIFIC TO SOCCER

Players will be taught techniques that are approved by the National Federation of State High Schools Association and the Pennsylvania Interscholastic Athletic Association. The following techniques are a major importance for player safety:

1. Play the ball when on defense – DO NOT attack the offensive opponent with illegal contact.
2. When involved in shooting drills, shoot in specified sequences and in designated areas/directions.
3. High kicks or inappropriate/illegal contact is prohibited.

4. Shatterproof glasses or lenses must be worn if needed for perception and judgment. Eyewear specifically designed for contact sports is suggested.
5. Charging or contacting the keeper is prohibited.
6. Shin pads must be worn by all players.
7. Players must keep the mouth closed when heading the ball
8. Players must brace the neck and strike the ball with the upper portion of the forehead when heading the ball.
9. Intentional pushing and tripping is prohibited.

EMERGENCIES

Due to the nature of soccer, injuries will occur. All injuries must be called to the coach's attention. However, some may need more intense management and may also require players to:

1. Stop all practices, scrimmages or drills.
2. Call the coach and athletic trainer to manage the situation if he/she is not already on site.
3. Possibly assist by:
 - a. Calling for additional assistance.
 - b. Bringing first aid equipment or supplies to the site.
 - c. Keeping onlookers away.
 - d. Directing the rescue squad to the accident site.
4. Fire or fire alarm:
 - a. Evacuate or remain outside the building.
 - b. Move 100 yards from the building.
 - c. Be prepared to implement emergency procedures outlined in #3.

PLEASE READ, SIGN AND RETURN THE ATTACHED "ACKNOWLEDGMENT OF WARNINGS" TO THE SPORT-SPECIFIC COACH OR TO THE ATHLETIC SECRETARY.

Revised 6/10

ACKNOWLEDGMENT OF WARNING BY STUDENT-ATHLETE

I, _____, hereby acknowledge that I have been properly advised, cautioned
Name of Student-Athlete
and warned by the proper administrative and coaching personnel of the Harrisburg Christian School,
that by participating in the sport of **SOCCER** I am exposing myself to the risk of serious injury,
including but not limited to, the risk of sprains, fractures and ligament and /or cartilage damage which could
result in a temporary or permanent, partial or complete, impairment in the use of my limbs; brain damage;
paralysis; or even death. Having been so cautioned and warned, it is still my desire to participate in the above
sport, and should I choose to participate in the above sport, I hereby further acknowledge that I do so with full
knowledge and understanding of the risk of serious injury to which I am exposing myself by participating in the
above sport.

Student-Athlete Signature

Date

ACKNOWLEDGMENT OF WARNING BY PARENTS

We/I, the parent(s) of _____, do hereby acknowledge that we/I have been
fully advised, cautioned and warned by the proper administrative and coaching personnel of the Harrisburg
Christian School that my child named above may suffer serious injury, including but not limited to
sprains, fractures, brain damage, paralysis or even death, by participating in the sport of **SOCCER**.
Notwithstanding such warnings, and with full knowledge and understanding of the risk of serious injury to our/my
child named above which may result, we/I give our consent to

_____ participating in the sport of **SOCCER**.
Name of Student-Athlete

Parent/Legal Guardian Signature

Date

