

ACKNOWLEDGMENT OF WARNING BY STUDENT-ATHLETE AND PARENT

Track and Field

Harrisburg Christian School Athletic Department

Track and Field is a highly competitive, fast-action sport in which throwing of dangerous objects, rapid stopping and starting, and correct technique plays a major role. Due to the varying degrees to which the sport 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. Be sure all stabilizing straps and laces are properly worn, tightened and all fasteners secured so equipment is properly positioned where appropriate.
2. Wear outer and under garments that are appropriated for humidity and temperature.
3. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
4. In hot, humid weather, players should consume the necessary amount of fluids as directed by the head coach.
5. Remove ALL jewelry and hair fasteners.
6. 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 the locker you have chosen.
5. Keep soap and shampoo in the shower area. Use foot powder in designated areas.
6. Refrain from rapid movements, horseplay, and inappropriate behavior.
7. Identify incidents of foot or skin infections to coach(s) immediately.

MOVEMENT TO THE PRACTICE/GAME SITE

1. Be alert to: Parking lot hazards while walking from the school buildings to the practice/game area.
 - a. Variations in the surfaces of field turf, locker rooms, track surfaces, artificial surfaces, and court surfaces.
 - b. Locations and activity in proximity
 1. Warm up drills involving practice throws, sprinting or jogging, by others.
 2. Ongoing games as you enter the field area
2. Be alert to objects for the sport being thrown such as javelin, shot put, etc.
3. Be alert to avoid crossing a track while others are running or conditioning.
4. Be alert to specifically marked areas such as the javelin throwing area, the shot put throwing area, the long jump and triple jump pits, as well as the track, high jump, and pole vault areas.

CAUTIONS SPECIFIC TO TRACK AND FIELD

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. DO NOT attack anyone with illegal contact.
2. When involved in throwing and training drills, throw in specified sequences, and in designated areas under the direction of the head coach.

3. Use of the javelin, shot put, pole vault, as well as other track and field equipment in a manner not intended for this equipment may cause me bodily injury, harm, or death. Use of equipment in this manner 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 another athlete is prohibited.
6. Intentional pushing and tripping is prohibited.
7. Variations in the surfaces of the track, field turf, locker rooms, artificial surfaces, and court surfaces.
8. Thrown field objects as well as sprinting and jogging of athletes may cause me bodily harm.
9. Be alert to objects for the sport being thrown such as javelin, shot put, etc.
10. Be alert to specifically marked areas such as the javelin throwing area, the shot put throwing area, the long jump and triple jump pits, as well as the track, high jump, and pole vault areas.
11. Use of correct technique, form, and conditioning are critical to being a track and field athlete in each event. Lack of conditioning or poor technique may cause injury to myself and others. Severe injury may occur even when I am well conditioned and using proper technique and form.
12. Throwing at the wrong times and out of sequence is prohibited.
13. Throwing objects at others, attempting to trip, push, or hit others is prohibited.
14. A likelihood exists that other athletes may use unsportsmanlike efforts to injure me in the course of my practice or event.

EMERGENCIES

Due to the nature of track and field, injuries will occur. All injuries must be called to a coach's or athletic trainer'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 or athletic trainer to manage the situation if the trainer is 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 ATHLETIC DIRECTOR.

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 **TRACK AND FIELD** I am exposing myself to the risk of serious injury,
including but not limited to, the risk of sprains, fractures, 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 **TRACK AND FIELD**.
Notwithstanding such warnings, and with full knowledge and understanding of the risk of serious injury to our/my
child named above which may result, I give my consent to

_____ participating in the sport of **TRACK AND FIELD**.
Name of Student-Athlete

Parent/Legal Guardian Signature

Date

