

*Olympia School District*  
Warning/Agreement to Obey Instructions

Prior to participating in any sport, both the student and parent/guardian must carefully read the following and sign.

SOCCER

I am aware that soccer is a high-risk sport and that participating or competing in soccer will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand the dangers and risks of practicing and competing in soccer include but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles tendons and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health and well being. I understand that the dangers and risks of practicing or competing in soccer may result not only in serious injury, but in serious impairment of my future abilities to earn a living, to engage in other business, continue my education, social and recreational activities, and generally to enjoy life. I also understand that the sport in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed the Olympia School District does not assume the responsibility for the medical services required for these risks.

In consideration of the Olympia School District permitting me to try out for the Marshall Middle School soccer team and to engage in all activities related to the team, including but not limited to trying out, practicing or competing in soccer, I have read the above warnings and I understand and agree to their terms.

Name of Student (print): \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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I, \_\_\_\_\_ (print), am the parent/legal guardian of \_\_\_\_\_ (print). In consideration of the Olympia School District permitting my child/ward to try out for the Marshall Middle School soccer team and to engage in all activities related to the team, including, but not limited to trying out, practicing and/or competing in soccer, I have read the above warnings and I understand and agree to their terms.

Name of Parent/Guardian (print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# *Olympia School District*

## Safety Guidelines

Prior to participating in any sport, both the student and parent/guardian must carefully read the following and sign.

### SOCCER

When a person is involved in any athletic activity, an injury can occur especially in a contact sport. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with soccer. There is a chance of broken bones, muscle and soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place. Be aware of the potentially serious injuries if you do not follow correct procedures in stretching, and conditioning.
2. If you wear eyeglasses, contact the doctor for proper fitting of safety lenses, appropriate frames that are compatible with soccer. If you have a bi or tri-focal lens, contact your doctor to provide the best len(s) combination for playing on large surfaces.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Be sure all equipment, especially shoes, is fitting properly before each day's activity.
5. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
6. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for soccer.
7. Be aware of your surroundings both home and away including but not limited to surface conditions, obstructions in the proximity to the soccer field and safe entrance/egress to/from the field.
8. Wear outer and under garments appropriate for humidity and temperature.
9. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity of limiting conditions and participate only to the extent allowed by the coach.
10. Players should hydrate themselves frequently during practice and meets and follow the coach's direction on hydration prior to and following practices and meets.
11. Notify the coach immediately if injured.
12. Practice only when your coach is present.

13. Comply with current soccer rules with special attention to avoid such violations as:
- a. Kicking or attempting to kick an opponent
  - b. Tripping an opponent
  - c. Jumping at an opponent
  - d. Charging an opponent from behind
  - e. Charging violently at an opponent
  - f. Striking or attempting to strike an opponent
  - g. Holding an opponent
  - h. Pushing an opponent
  - i. Playing in a manner considered by the referee to be dangerous.

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The above information has been explained to me and I understand the list of rules, safety regulations/warnings and procedures. I also understand the necessity of using the proper techniques while participating in the soccer program

Name of Student (print): \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Parent/Guardian (print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_