

**Valley Christian Junior High School Athletics**  
***Safety Guidelines and Agreement to Participate in Volleyball at Valley Christian***

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Valley Christian strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Every sport has certain inherent risks, and regardless of the precautions taken, it is impossible to guarantee the safety of the participant. Volleyball requires a high level of fitness and stamina. It involves quick bursts of speed, diving to the floor, jumping, and physical contact with other participants. Some hazards are the possibility of being struck by the ball, colliding with another player or with net posts. A variety of injuries may occur, including muscle strain, sprains, fractures, abrasions, and dehydration. Serious and disabling injuries and even death may result from participation in volleyball. It is not possible to list each specific risk. It is a reasonably safe sport as long as certain guidelines are followed.

To help reduce the chance of injury to yourself and other participants, the following safety rules need to be followed during practice and game. Guidelines are as follows:

1. Obey the rules of the sport.
2. Make certain that you wear all equipment that is issued by the coach.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in and around the participation area. Advise coach of any hazards.
7. Be aware of court surrounding, i.e., obstacles, projections, bleachers, standards, etc.

I certify that (1) I am physically fit to participate in volleyball, (2) I understand that I am free to discontinue activity at any time I feel undue discomfort or stress, and (3) on the following lines is a complete list of any health-related conditions that might affect my ability to participate in volleyball:

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We agree that neither the school, nor the staff of Valley Christian, nor the student organization of the school shall in any way be held liable for any accident or injury in any way received on account of, or while engaged in, any athletic activity sponsored by Valley Christian. We further agree that neither the school nor any of their staff or student organizations shall be responsible for the payment of any bills rendered for medical services as a result of such accidents or injuries.

I have read the preceding warning of risks, my coach has explained the hazards to me, and I have had the opportunity to ask questions concerning the safety risks involved in volleyball. I fully know, understand, and appreciate the risks inherent in volleyball, and I am voluntarily participating in this activity.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Participant Name (PLEASE PRINT)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date