

WVSD BOWLING SAFETY GUIDELINES

This school 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 and must understand that failure to follow such directions or adhere to standards may place the participant at risk

Guidelines are as follows:

1. Proper warm-up is essential before strenuous activity takes place.
2. Clothing and shoes should fit properly, be comfortable, allow maximum physical effort, allow dissipation of heat, and be appropriate for the sport.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Travel to and from off-campus facilities, and practice/competition site must be in accordance with school procedures.
5. Advise the coach if you are ill or have any prolonged symptoms of illness.
6. Notify the coach immediately, if injured.
7. Be alert for any physical hazards in the bowling alley and advise the coach if any hazards are found.
8. Before throwing the ball, make certain the area around you is clear of others.
9. Be aware of the danger of standing in front or on the side of a person who is attempting to throw the ball, as one may be injured by the ball.
10. Be aware at all times of other players' positions or bowling lane personnel on the alley where you are bowling.
11. Use caution around the ball return area.

The above information has been explained to me and I understand the list of rules and procedures: I also understand the necessity of using the proper techniques while participating in the bowling program.

I am aware that bowling is a high-risk sport and that practicing or competing in bowling will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand that the dangers and risks of practicing and competing in bowling 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 my body, general health and well-being. I understand that the dangers and risks of practicing or competing in bowling may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

We agree that neither the school district, nor the staff of the school district, nor the student organization of the school district shall in any way be held liable for any accident or injury in anyway received on account of or while engaged in any athletic activity sponsored by the district. We further agree that neither the district 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. We also acknowledge that it is our responsibility to provide for any medical, disability or other insurance to mitigate any costs that may be unfortunately incurred as a result of participation in this activity.

By signing below, I certify that I have read the above, understand its content, and agree to its terms

Name of Student (print):

Date

Signature of Student

Name of Parent/Guardian (print):

Date

Signature of Parent/Guardian