

PARENTAL ASSUMPTION of RISK FORM

When students participate in sports activities there is always the risk of injury. The Lower Kuskokwim School District attempts to do everything reasonable to avoid injury to athletes, but injuries can still happen. There is always the possibility of a crippling injury to your child, or the possibility of emotional injury from your child seeing or causing another child to be injured. Injuries can be anything from minor cuts, bruises, sprains, and strains to broken bones, paralysis and even death. In addition to these general risks, each sport has the specific risks listed below.

Cross Country Running: The most common types of injuries in cross country running are strains, sprains, and muscle pulls in the leg. Proper warm up and stretching exercises before running can help prevent these injuries.

Basketball: Common injuries in basketball are sprains, particularly to the ankle and knee, pulled muscles, and back injuries. Also, because basketball is a contact sport, there are risks of head and eye injuries, broken bones, and ligament and cartilage damage. Proper warm up and stretching exercises before playing, and carefully following rules of the game can help prevent these injuries.

Volleyball: Common injuries in volleyball include bruises, scrapes, strains, and sprains of the arms, legs, hands, feet, and lower back. Ligament, and cartilage damage as well as concussions are also possible. Proper warm up and stretching exercises, and maintaining alertness will prevent injury.

Cheerleading: Common injuries in cheerleading are sprains, particularly to the ankle and knee, pulled muscles and back injuries. In addition since cheerleading involves height and/or motion, but not limited to gymnastics, tumbling, stunting, and dance, serious but less common injuries include but are not limited to: serious neck and spinal injuries which may result in complete or partial paralysis or brain damage and even death, serious injury to virtually all bones, joints, muscles, ligaments, tendons, and other aspects of the muscular-skeletal system.

Wrestling: Injuries to nearly all parts of the body are common in wrestling. These include broken bones, bruises, strains, sprains, muscle pulls, damaged ligaments and cartilage, and nose bleeds. Less common injuries include dislocated joints, head, neck, and spinal injuries, which can lead to paralysis or death, and injuries to internal organs. Proper warm up and stretching exercises before wrestling, and carefully following the rules can help prevent these injuries.

Native Youth Olympics (NYO): Common injuries in NYO include: bruises, strains, sprains, and muscle pulls. In the one and two foot high kick events, there is a possibility of landing wrong and breaking bones in the arms and legs, or injuring the back. Proper warm up and stretching exercises before practicing or competing can help prevent these injuries.

Archery: The most common types of injuries in archery are arm bruising and raw fingers. Injuries that are very uncommon would be punctures from arrow tips and nocks. All of these injuries can be avoided through proper training and following the stringent rules of the NASP system. Archery is the second safest sport in the world second only to table tennis.

The information above has been explained to us, and we understand the risks involved in participation in sports. Knowing the risks involved, we voluntarily consent to participation in the sports circled below:

CROSS COUNTRY RUNNING * BASKETBALL * CHEERLEADING * WRESTLING * VOLLEYBALL *
NATIVE YOUTH OLYMPICS * ARCHERY

Athlete's Signature

Date

Parent's or Guardian's Signature

Date