

The illegal play, by participating athletes, will not be tolerated and all players are repeatedly reminded of the dangers of un-sportsman like acts.

Equipment

Shoulder pads, helmets, hip pads, pants (including thigh pads) and knee pads must have proper fitting and use.

Shoulder pads which are too small will leave the shoulder point vulnerable to bruises and separations; it could also be too tight in the neck area, resulting in a possible pinched nerve.

Shoulder pads which are too large will leave the neck area poorly protected and will slide on the shoulders, making them vulnerable to bruises or separations. Helmets must fit snugly at the contact points; front, back and top of head. The helmet must be safety "NOCSAE" branded; the chin straps must be fastened and the cheek pads must be of the proper thickness. On contact, too tight a helmet will result in a headache. Too loose a fit could result in a headache, concussion, face injury (such as a broken nose or cheek bone), or blow to the back of the neck causing a neck injury (possibly a quite serious injury such as paralysis or even death).

This report does not cover all potential injury possibilities in playing football, but is an attempt to make the players aware that fundamentals, coaching and proper fitting equipment is important to their safety and enjoyment in playing football at Montesano Jr./Sr. High School.

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

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 any way 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.

This information has been provided by the Interscholastic Activities Safety and Care Handbook.

Athlete's Signature _____ Grade _____ Date _____

PRINT NAME (ATHLETE) _____

Parent/Guardian Signature _____ Date _____