



PARENT/GUARDIAN RELEASE FORM

Football Safety Guidelines



Seattle Public Schools strives to protect each student-athlete from possible injury while engaging in school activities. The guidelines and information identified below have been established for this activity in order to protect the student-athlete and others from injury and/or illness. Participants and their parents/guardians 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.

Travel to and from off-campus facilities shall be in accordance with the directions of Seattle Public Schools field trip policy and the activity coach.

Sport guidelines are as follows:

- Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly-fitted or defective equipment.
- Advise the coach if you are ill, have any prolonged symptoms of illness, or have been injured.
- Engage in warm-up activities prior to strenuous participation
- Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazards or concern.

TACKLING, BLOCKING AND RUNNING THE BALL

Tackling and blocking techniques are basically the same. Contact is to be made above the belt, but not initially with the helmet. The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, head up and the target area as near to the body as possible with the main contact being made with the shoulder. When properly blocking or tackling an opponent, contact with your helmet will naturally result. Therefore, technique is most important in order to prevent or reduce the likelihood of injury.

Blocking and tackling by not keeping the helmet as close to the body as possible may result in a shoulder injury and a separation or a pinched nerve in the neck area. Injuries as a result of improper techniques can range from minor to disabling or even death. Improper body alignment can put the spinal column in a vulnerable position for injury. The development of strength in the neck muscles through isometric-type exercises will enable the participant to hold his/her head up even after getting tired during a workout or contest.

BASIC HITTING (CONTACT) POSITION AND FUNDAMENTAL TECHNIQUE

Strained muscle injuries can range from ankle injuries to serious knee injuries requiring surgery. The rules have made blocking below the waist (outside a two-yard area next to the football) illegal.

Cleats are restricted to no more than one-half inch to further help prevent knee injuries. A runner with the ball, however, may be tackled around the legs.

In tackling, the rules prohibit initial contact with the helmet or grabbing the face mask on the edge of the helmet. Initial helmet contact may result in a bruise; dislocation; broken bone; head injury; or internal injury such as kidneys, spleen, bladder, etc. Grabbing the face mask or helmet edge may result in a neck injury which could result in injuries ranging from a muscle strain to a dislocation, nerve injury, or spinal column damage which could cause paralysis or death.

EQUIPMENT

An athlete is required to wear all issued equipment. If equipment is damaged or does not fit correctly, the athlete must inform his/her coach immediately before use. Shoulder pads, helmets, hip pads, and pants (including thigh pads and knee pads) must have proper fitting and use.

A shoulder pad which is too small will leave the shoulder point vulnerable to bruises or separations. A shoulder pad that is too tight in the neck area may result in a possible pinched nerve. A shoulder pad which is 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 the head. The helmet must be "NOCSE" branded, the chin strap must be fastened and the cheek pads must be of the proper thickness. A fit which is too loose could result in headaches, a concussion, a face injury such as a broken nose or cheekbone, or a neck injury

that is possibly quite serious such as paralysis or even death.

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 **Football Program**.

I am aware that **football** is a high-risk sport and that practicing or competing in **football** will be a dangerous and unpredictable activity involving **MANY RISKS OF INJURY**. I understand that the dangers and risk of practicing and competing in **football** include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, blindness, 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 risk of practicing or competing in **football** 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.

Because of the danger associated with **football**, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc. and to agree to obey such instruction.

I have read the above warning and release and understand its terms. I understand that football is a **HIGH RISK SPORT** involving many **RISKS OF INJURY**, including but not limited to those risks outlined above.

In consideration of the Seattle Public School District permitting my child/ward to try out for _____ High School football team and to engage in all activities related to the team, including but not limited to, trying out, practicing or competing in football, I hereby assume all the risks normally associated with football and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release from my heirs, estate, executor, administrator, assignees, and for all members of my family.

We agree that neither the school district, nor the staff of the Seattle Public Schools, nor the student organization of the Seattle Public Schools 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. 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.

Student-Athlete PRINT Name

Parent/Guardian PRINT Name

Student-Athlete SIGNATURE Date

 Parent/Guardian SIGNATURE Date

WIAA Football Warning Form

CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE THE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC FOOTBALL

High School

Football is a highly competitive, fast action game in which physical contact plays a major role. Because of the speed and contact with which the game is played, squad members, their families and the coaching staff must accept and share certain responsibilities to enhance safety and enjoyment for participants.

The school has purchased protective helmets that are certified by the National Operating Commission for Safety and Athletic Equipment (NOCSAE). This certification indicates that research has been conducted to verify the protectiveness and shock absorption capabilities of the helmet. In addition, high quality padding has been purchased for protection of other body parts. However, careful fitting, and proper wearing methods are imperative to gain maximum protection from any equipment. Each player will receive a demonstration of proper wearing and will be personally fitted by a coach or faculty equipment manager on the day equipment is issued. Proper wearing and use of all protective equipment is the exclusive responsibility of the player after the orientation has been completed.

Other player responsibilities include:

PREPARATION FOR PRACTICE OR CONTEST

1. Wear all protective equipment including mouth guards to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened and all fasteners secured so that equipment is properly positioned.
3. Wear outer and undergarments that are appropriate for humidity and temperature.
4. Players with visual impairment must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption at least 30 minutes prior to practice or competition.
6. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
7. Remove all jewelry and metal hair fasteners.
8. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases, or medically controlled allergies need a physician's approval to participate.
9. If ill or dizzy, notify your coach. Do not practice.

LOCKER ROOM

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between lockers and shower rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower area.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, roughhousing, and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

MOVEMENT TO CONTEST/PRACTICE SITE

1. Be alert to:
 - a. Ramps leading to practice/contest area
 - b. Variations in surfaces of locker rooms, ramps, natural or artificial turf
 - c. Location and activity in proximity to:
 - 1) Goal posts
 - 2) Charging sleds
 - 3) Kicking/Kick return drills
 - 4) Passer/Receiver drills
 - 5) Agility, sprinting, or other fast action drills
2. Stretch thoroughly and jog easy laps to warm up.

CAUTIONS SPECIFIC TO FOOTBALL

Players will be taught blocking and tackling techniques that are approved by the National Federation and our state association WIAA. The following techniques are of major importance for player safety:

1. The Head and Helmet
 - a. Tackle or block or break tackles with the shoulder pad. NEVER USE THE HELMET TO STRIKE THE OPPONENT.
 - b. Keep the chin and eyes up when blocking, tackling, or running with the ball. Lowering the head/helmet jeopardizes the neck and spinal cord.
2. Blocking and Defensive Contact
 - a. The forearm striking surface would be accelerated as a unit with the shoulder and extension of the trunk. DO NOT "wind up" to accelerate the forearm separately.
 - b. Block from the front, the side, and above the waist.
 - c. When pursuing an opponent ball carrier, do not "pile on" when the opponent is down.
 - d. Do not chop or slash with a rigid arm when executing a tackle.
3. General
 - a. GET UP! When on the ground you are vulnerable to being stepped on or receiving a leg, shoulder, or knee injury.
 - b. When falling, TUCK. Leave no extremity extended either to absorb the fall, or while on the ground.
 - c. Participate fully in all neck strengthening exercises.
4. Water

Frequent drink breaks will be scheduled during practices and players should hydrate themselves frequently during practice or games.
5. Weight Room

Maintenance strength training procedures will be utilized. Observe all weight room policies for progressions, spotting, and general safety.

EMERGENCIES

Because of the nature of football, some injuries may occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance
 - b. Bringing first aid equipment or supplies to the site
 - c. Keeping onlookers away
 - d. Directing rescue team members to the site
5. Fire or fire alarm
 - a. Evacuate or remain outside the building
 - b. Move 100 yards from the building
 - c. Be prepared to implement the emergency procedures outlined in #4

ACKNOWLEDGMENT

We certify that we have read and understand the cautions, considerations, and responsibilities required for participation on the _____ High School Football team.

Student-Athlete PRINT Name

Parent/Guardian PRINT Name

Student-Athlete SIGNATURE

Date

Parent/Guardian SIGNATURE

Date