



ENUMCLAW HIGH SCHOOL

Athletics & Activities

226 Semanski Street South

Enumclaw, WA 98022

Athletics: 360-802-7718 Activities: 360-802-7722 Fax: 360-802-7717

FOOTBALL

SPORTS SAFETY FORM

Name	Grade	Age	Date of Birth	Home Phone
Residence (Home Address):				
Person to call if injured	Phone	Alternate Person to call if injured	Phone	
Physician Name:	Address:			Phone
Medication in Use:		Medication Allergies		
Health condition coaches should be aware of:				
School Insurance: Yes _____ No: _____	Private Insurance Company	Group #	Policy #	ID#
PERMISSION FOR MEDICAL TREATMENT				
If the above named student needs immediate care and treatment as a result of any injury or illness, I do hereby request, authorize and consent to such care and treatment as may be given to said student by any physician, trainer, nurse or hospital designated by the Enumclaw School District's coaching staff or school representative to attend to our son/daughter. I hereby authorize any hospital/medical facility that has provided treatment to the above named student to surrender custody of that student to the coach, athletic director or other school representative upon completion of treatment.				
Parent Signature _____		Date: _____		

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.

Travel to and from off-campus facilities shall be in accordance with the directions of the head football coach.

Make certain that you wear all equipment that is issued by the coach. Advise the coach if you are ill or have any prolonged symptoms of illness. Advise the coach if you 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 coach of any hazard.

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 areas as near to the body as possible with the main: 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 by four-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.

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EHS Football Safety Form continued

In tackling, the rules prohibit initial contact with the helmet or grabbing the face mask on the edge or 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 injuries ranging from a muscle strain to a dislocation, nerve injury, or spinal column damage which could cause paralysis ore even 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 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 safety "NOCSAE" branded, the chin straps 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 in the football program.

I am aware that tackle football is a high-risk sport and that practicing or competing in tackle football will be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of participating in tackle football include, but are not limited to: death, serious neck damage, 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 tackle 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 dangers of tackle football, I recognize the importance of following the coaches' instructions regarding techniques, training and other team rules, etc., and I agree to obey such instructions.

I, _____, am the parent/legal guardian of _____ (student). I have read the above warning and release, and understand its terms. I understand that tackle football is a **HIGH-RISK SPORT** involving many **RISKS OF INJURY**, including, but not limited to those risks outlined above.

In consideration of the Enumclaw District permitting my child/ward to try out for the school football team and to engage in all activities related to the team including, but not limited to, trying out, practicing or competing in tackle football, hereby assume all risks and liabilities normally associated with the tackle football program. I agree to hold harmless the Enumclaw School District, its employees, agents, representatives, coaches and volunteers from any and all liabilities, 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 for my heirs, estate, executor, administrator, assignees, and for all members of my family.

Student/Athlete's Signature

Date

Parent/Guardian Signature

Date

Athletic Director Signature

