

VCU Recreational Sports

Sport Club Program: Risks, Hazards and Physical Stresses

Every activity that one engages in has risks and hazards associated with it. The following is a list of risks, hazards and physical stresses associated with the (Sport Club Name) in which you have chosen to participate.

Participant Responsibilities:

Each participant recognizes that he/she must always be responsible for his/her own well being and the well being of the group he/she is part of. Each participant shares with the other participants the concerns and responsibilities of safety and agrees to follow safe procedures and to avoid unnecessary, hazardous situations, whether or not those situations have been specified. Each person accepts responsibility for the outcome of situations resulting when his/her actions are beyond the generally accepted practices for safety in the activity, including but not limited to use of alcohol or medications prior to or during participation. Likewise, each individual accepts responsibility for actions that are outside the bounds of public law and university guidelines established for the Sport Club Program, such as violations of motor vehicle laws or insurance requirements, or use of/possession of illegal drugs.

Hazards:

1. Loss of vision as a result of being struck with a ball or other athletic equipment. This hazard can be reduced by wearing a protective eye guard or other protective equipment.
2. Concussion, neck/spinal trauma, broken bones, loss of teeth, or other injury as a result of contact with another body or object. This hazard may be reduced by maintaining adequate distance between yourself and other players, especially when playing doubles, team play, or participating in an instructional session.
3. Death or various injuries as a result of a traffic accident when traveling for a club activity. This hazard can be reduced by following traffic laws and proper driving practices or insisting that your driver do the same.
4. Death or various injuries as a result of weather conditions; i.e., lightning, hail, wind. This hazard can be reduced by stopping play and taking proper cover when a storm appears likely or weather begins to deteriorate.
5. Dehydration: This hazard can be reduced by consumption of liquids during breaks in play or activity.
6. Heat Stroke: This hazard can be reduced by not playing or reducing your level of exertion during hot weather and consuming liquids during breaks in play or activity.
7. Muscle pulls, cramps, sprains, strains, cuts, bruises, or other injuries during normal activity: These hazards can be reduced by proper conditioning, by stretching and warming up prior to play, by proper execution of strokes/skills, by using appropriate footwear, and by not playing on wet or slippery surfaces.

Precautions:

1. It is my responsibility to ascertain whether I have any health conditions, which makes it inadvisable for me to participate. **THIS SHOULD BE DONE BEFORE PARTICIPATION.** It is important to do this in as much as a medical examination is not a requirement for admission to VCU.
2. I am informed that VCU does not provide any medical, life or accident insurance for Sport Club members, coaches or advisors. The Recreational Sports Office **strongly recommends that all club members have a medical insurance plan in effect during the period of participation in any club related activity. I am also aware that some clubs may require proof of medical insurance as a condition for membership.**
3. I fully understand that I am personally responsible for all medical expenses, which I may incur as a result of treatment received for injuries sustained during my participation in the Sport Club activities.
4. I am aware that the VCU Student Health Insurance Plan, which is available for VCU students to purchase may not cover some of the medical costs associated with sports related injuries.
5. I am informed that participants in Sport Clubs do not have access to the VCU Athletic Department Training Room for routine services such as taping, etc. and that team members who require medical attention for a sports related injury may visit the VCU Sports Medicine Center and will be charged the customary and current fee for all medical services received.
6. Participants are responsible for proper conditioning as a prerequisite for participation.
7. Medical facilities are remote from the immediate vicinity of many sport club activities, necessitating time to transport injured persons and possibly incurring expenses for that transportation.
8. Should an injury be incurred during participation in this activity; an Accident Report Form must be filled with the Recreational Sports Office within 24 hours of the accident.
9. Participants are obligated to wear the proper dress and footwear, and to use protective equipment such as helmets, pads and eyeguards as is appropriate to the activity. If the participant chooses not to use such equipment, the participants must realize that he/she is doing so at his/her own peril and that injury might occur.

My signature below indicates that I have read all of the above material and fully understand the **RISKS, HAZARDS AND PHYSICAL STRESSES** as they apply to participation in this Sport Club. I realize that this entire statement is for my protection, to make me aware and think of my own personal safety and well being.

Participant's Signature

Participant's Printed Name

Checking this box indicates that I have read all of the above material and fully understand the **RISKS, HAZARDS AND PHYSICAL STRESSES** as they apply to participation in this Sport Club. I realize that this entire statement is for my protection, to make me aware and think of my own personal safety and well being.