

## PHYSICAL EDUCATION ACTIVITY CLASS SOCCER RISKS

### SERIOUS, CATASTROPHIC, AND EVEN FATAL INJURY MAY RESULT FROM PARTICIPATION IN ANY SPORT OR PHYSICAL ACTIVITY

The vast majority of participants in physical education and sport activity participate safely by following certain safety guidelines such as those described in this document.

Fitness and fun are common outcomes in physical activity, but there also is physiological stress on the participant. IF YOU HAVE ANY PHYSICAL CONDITION WHICH LIMITS YOUR PARTICIPATION, CHECK WITH YOUR PHYSICIAN BEFORE BEGINNING THIS CLASS.

All movement activities contain RISKS FOR THE PARTICIPANT INCLUDING, but not limited to: sprain, fracture, and/or ligament damage; falling or other contact resulting in brain damage; paralysis; even death.

SOME OTHER RISKS SPECIFIC TO, BUT NOT LIMITED TO, **SOCCER** AND SUGGESTIONS FOR REDUCING T Injury to head, trunk, and limbs may result from use of sport equipment, facilities, or from contact with another person. VIA INSTRUCTOR'S DIRECTIONS, ONLY use equipment and the facilities only in the way they are designed to be. Maintain a safe distance from others during all activity.

Exhaustion or dehydration. Fatigue is common with vigorous activity. Take appropriate rest breaks and rehydrate as needed. Wear appropriate clothing and footwear for each activity. Be especially careful under hot conditions.

Overuse injuries from repetitious activity. Vary your activities and wear appropriate footwear.

Collisions and falling. Play under control. Do not undercut others. Play within the rules of the game, especially to avoid high kicking or other forms of rough play. Avoid falling if possible; take care with footing, especially if the field is wet. If falling, keep you head from hitting the ground. Avoid running into goal post or other object.

Cardiovascular risk. **Soccer** stresses the body systems involving heart and lungs. Begin and continue a soccer fitness program as suggested by the course instructor. If any symptoms of cardiovascular difficulty appear, stop the activity immediately and seek help.

Head or neck injury. VIA INSTRUCTOR'S DIRECTIONS, be careful to strike "head ball" with good form, to avoid head/neck injury.

Leg, knee, ankle, foot injuries. Wear appropriate shoes. Warm up thoroughly. Play under control.

Lightning, rain, snow or other hazardous weather conditions. If lightning arises or hazardous weather conditions occur, get into a building or other nearby shelter, or into a depression. Stay away from trees.

Other conditions and safety procedures. ADHERE TO ANY OTHER WARNINGS AND SAFE PARTICIPATION INSTRUCTION AS GIVEN BY THE INSTRUCTOR DURING THIS COURSE.

Do you have questions about safe play or risks associated with **soccer**? Ask the course instructor.

**NOTE: You must read, sign, and date the "Physical Education Assumption of Risk and Release" for this class and return it to your instructor to: Participate, attend, be given attendance points, and/or remain enrolled in this course.**