

PHYSICAL EDUCATION ACTIVITY CLASS SWIMMING 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, **SWIMMING** AND SUGGESTIONS FOR REDUCING THESE RISKS ARE IDENTIFIED HERE:

Cardiovascular risk. Vigorous physical activity places stress on body systems, especially heart and lungs. Begin and continue vigorous activity by following guidelines suggested by the course instructor. If any symptoms of cardiovascular difficulty appear, stop activity immediately and seek appropriate help. Begin your program gradually and increase the work done only gradually.

Injury to head, trunk, and limbs may result from use of sport equipment, facilities, or from contact with another person. Use equipment and the facilities only in the way they are designed to be. Maintain a safe distance from others during all activity.

Exhaustion and dehydration. Fatigue in **swimming** is deceptive because of the cooling effect of the water; take appropriate rest intervals; rehydrate as necessary.

Overuse injuries from repetitious activity. Vary your activities

Drowning. NEVER GET IN THE POOL ALONE! NEVER get into the pool without a lifeguard and instructor present. Stay in shallow water area until skill is sufficient for you to perform deep water activity. Do not hyperventilate and then attempt to **swim** underwater. Take a rest break if fatigued.

Injury from falling on deck or board, or from contact with another person. VIA INSTRUCTOR'S DIRECTIONS, ONLY: Walk carefully on the deck of the pool at all times. When entering water, be sure the area is clear of other **swimmers**. ONLY dive or jump into the pool at designated areas and under instruction guidance and supervision. Maintain a safe distance from others during all **swimming** activity.

EMERGENCY, INJURY, OR CRAMPING: Wave hand to signal lifeguard immediately

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 **Swimming**? 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.