

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

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

Injury to head, trunk, and limbs may result from use or contact of **frisbee**, facilities, playing field, 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.

Leg, knee, ankle, foot injuries. Wear appropriate shoes. Warm up thoroughly. Play under control. Watch your step for high or low points in the playing field

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. Wear appropriate footwear and follow instructions given by instructor.

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

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. Keep equipment in the bag.

Do you have questions about safe play or risks associated with **Ultimate Frisbee**? 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.