

PHYSICAL EDUCATION ACTIVITY CLASS BEGINNING & INTERMEDIATE YOGA 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, ligament and/or nerve damage; falling or other contact resulting in brain damage; paralysis; even death.

Safety: You are responsible for your body.

1. Pain is not part of Yoga, if something does not feel right, listen to your body and DON'T do it.
2. Please make your instructor aware of any physical limitations, injuries or health issues concerns you have. This should be a continuous process. Don't tell your instructor the first day of class and forget about it for the rest of the semester. You are responsible for what you do with your body every day in every class.
3. It is important that you ensure your body is adequately warm enough to move into the postures and positions taught during each phase of class. The warm-up period is an essential part of class. In Yoga, deep stretching should occur toward the end of class once the body is properly warmed through work.
4. If you are pregnant or become pregnant, please tell your instructor immediately. Deep stretching is not advised during pregnancy and certain yoga poses may have specific risks to your pregnancy. Please consult with your doctor.
5. If you have eye pressure problems (such as glaucoma or a detached retina) or high blood pressure (or take medication to control your blood pressure), you should be aware that certain postures can adversely affect these conditions, please consult your doctor and notify your instructor of these issues. If you are planning on having any type of eye surgery (including Lasik) sometime during this semester, please speak with your instructor.

SOME OTHER RISKS SPECIFIC TO, BUT NOT LIMITED TO, **YOGA** 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.