



**Oshkosh Christian School | Valley Christian High School**  
*Academic Excellence in a Christ-Centered Environment*

3450 Vinland Street | Oshkosh WI 54901 | 920-231-9704 | www.OshkoshChristian.com

## Agreement to Participate in Cross Country

Every sport has certain inherent risks, and regardless of the precautions taken, it is impossible to ensure the safety of the participant. Volleyball requires a high level of fitness and stamina. It involves quick bursts of speed, physical contact with a ball, other participants, and the floor. It is a reasonably safe sport as long as certain guidelines are followed.

Some hazards are being struck by the ball, colliding with another player, the net, and falling on the floor. A variety of injuries may occur, including muscle strain, sprains, fractures, contusions, abrasions and dehydration. Serious and disabling injuries and even death may result from participation in volleyball. It is not possible to list each specific risk.

To help reduce the chance of injury to yourself and other participants, the following safety rules need to be followed during practice and games. Participants will (1) wear the proper protective equipment when they are on the playing court, including knee pads, and athletic supports, (2) obey the rules of the sport, and (3) report all discovered defects in the playing field.

I agree to follow the preceding safety rules as well as any others given by my coach. Further, I agree to immediately report any unsafe practices, conditions, or equipment to my coach. I also agree to report any injury to the coaching staff on the day that it occurs.

I certify that (1) I am physically fit to participate in Cross Country, (2) I understand that I am free to discontinue activity at any time I feel undue discomfort or stress, and (3) on the following lines is a complete list of any health-related conditions that might affect my ability to participate in volleyball:

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I have read the preceding warning of risks, my coach has explained the hazards to me, and I have had the opportunity to ask questions concerning the safety risks involved in volleyball.

Any questions I have asked have been answered to my complete satisfaction. I fully know, understand and appreciate the risks inherent in Cross Country, and I am voluntarily participating in this activity.

\_\_\_\_\_  
Participant signature

\_\_\_\_\_  
Name (please print)

\_\_\_\_\_  
Parent/Guardian signature

\_\_\_\_\_  
Date