

School District of Arcadia

Warning of Inherent Risk in Sports Participation

The Activities Department of the School District of Arcadia advises both the student athletes and their parents or guardians that a risk of injury, potentially serious, is inherent to participation in sports.

The risk of serious injury includes, but is not limited to sprains, ligament and/or cartilage damage and fractures which could result in temporary or permanent damage, partial or complete. Although very low, the risk of serious injury could possibly include impairment in the use of one's limbs, brain damage, paralysis or even death.

Athletic participation must be entered with full knowledge and understanding of the risk of serious injury to which an athlete exposes themselves by participation in athletics.

- It must be further acknowledged that football, wrestling, gymnastics (related to Cheerleading and Dance), Baseball and Softball are violent contact sports involving greater risk of injury than other Sports.
- In sports in which an athlete may use a protective helmet, it must be understood that the use of a helmet cannot prevent all head or neck injuries that a player might receive while participating in a sport. A protective helmet should not be used to butt, ram or spear an opposing player. Doing so is a violation of the rules within sports and such use can result in severe head or neck injuries, paralysis or death to oneself and possible injury to an opponent.
- It must be understood that the School District of Arcadia strongly encourages the use of sports bras and athletic supporters for all athletes. These devices are worn to protect and support developing tissues in young athletes.