



Shelbyville Tennis Association

Inherent Risk of Injury Form

Participants and parents of participants are hereby informed of the risk of injury. There is a significant element of risk of injury in any athletic activity. Practicing or playing tennis exposes one to a number of common sports injuries, as well as to some that are more frequently attributed to playing tennis. Some injuries can affect a person's quality of life or even cause death.

Participants are hereby made aware of some precautions to take to lessen the risk of injury:

- annual physical exam to determine one's general health and fitness
- proper hydration before, during, and after exercising
- proper stretching before and after exercising
- proper warm-up and cool-down
- protection of the skin from over-exposure to the sun
- wearing tennis shoes made for tennis w/ arch support
- avoidance of practice and match play in inclement weather
- avoidance of practice and match play when the courts are wet
- awareness of others and their whereabouts on the court
- practicing restraint (avoid diving to hit a ball, jumping over the net, playing with an injury, etc.)
- keeping the courts clean and free of debris

The precautions named above are intended to better inform participants of the risk of injury, but are not intended to be comprehensive. Many unnamed risks exist, and participants assume personal responsibility for all risk associated with playing tennis.

The signature(s) below indicates that the person(s) has read the above information and feels properly informed of injury risk when participating in tennis events.

_____ Check box and initial if you would like this form to remain in the permanent file for successive years.

Print Name Here

Signature of Participant

Date

Signature of Parent of Minor

Date