



*South Lake High School*  
*A Blue Ribbon Exemplary School*  
*21900 East Nine Mile Road*  
*St. Clair Shores, MI 48080*  
*586-435-1400*

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## **BOWLING INFORMED CONSENT**

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

SAFETY RULES to be followed by all participants including but not limited to the following:

1. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.
2. Make certain that you wear all equipment that is issued by the coach. This includes bowling shoes and a bowling ball of proper weight and dimensions. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room, restrooms, bowling lanes/alley or in or around the participation area. Advise the coach of any hazard, including wet or sticky floors.
7. Make sure that your shoes are clean and dry before approaching the lane.
8. Be aware at all times of other players' positions on the lanes when you are bowling or when they are bowling. You are vulnerable at all times.
9. Before swinging the ball, make certain that the area around you is clean of others. Yield to the bowler on your right or left if they are ready to bowl.
10. Never cross the foul line for any reason.
11. Keep hands dry to minimize the danger of injury to yourself and others.
12. Always pick up the ball with two hands and cradle it in your arm before inserting your fingers. Pick up the ball across the return, never with your hand between the ball and the return.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the bowling program.

I am aware that bowling is a high-risk sport and that practicing or competing in bowling will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand that the dangers and risks of



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practicing and competing in bowling include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in bowling may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers of bowling, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and agree to obey such instructions.

I, \_\_\_\_\_ am the parent/legal guardian of \_\_\_\_\_ (student). I have read the above warning and release and understand its terms. I understand that bowling is a **HIGH-RISK SPORT** involving many **RISKS OF INJURY**, including but not limited to those risks outlined above.

In consideration of the school district permitting my child/ward to try out for the school bowling team and to engage in all activities related to the team including but not limited to trying out, practicing or competing in bowling, I hereby assume all the risks normally associated with bowling and agree to hold the school district, its employees, agents, representatives, coaches and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, estate, executor, administrator, assignees, and for all members of my family.

\_\_\_\_\_  
 Athlete's Signature

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Parent's/Guardian's Signature

\_\_\_\_\_  
 Date