



## Club Sports Visiting Team participant Waiver

### RISKS, HAZARDS, AND PHYSICAL STRESSES

Every activity that one engages in has certain risks and hazards associated with it. The following is a list of risks, hazards, and physical stresses associated with the Club Sports division in which you have chosen to participate. The list is not intended to be all-inclusive: exclusion of a hazard or risk does not negate its possibility. **Loss of vision as a result of being struck with a ball** - This hazard can be reduced by wearing protective eye guards or other protective equipment.

1. **Concussion, neck/spinal trauma, broken bones, loss of teeth, or other injury as a result of body or object contact** - This hazard may be reduced by wearing appropriate protective equipment and maintaining adequate distance between yourself and other players, especially when playing doubles, during team play, or while participating in a lesson or clinic.
2. **Death or various injuries as a result of a traffic accident when traveling for a club activity** - This hazard can be reduced by following traffic laws and proper driving practices or insisting that your driver do the same.
3. **Death or various injuries as a result of weather conditions - i.e., lightning, hail, wind** - This hazard can be reduced by stopping the activity and taking proper care when a storm appears likely.
4. **Dehydration** - This hazard can be reduced by consumption of liquids during breaks in play or activity. **Heat stroke** - This hazard can be reduced by not playing or reducing your level of exertion during hot weather.
5. **Muscle pulls, cramps, sprains, strains, cuts, bruises or other injuries during normal activity** - This hazard can be reduced by proper conditioning, by warming up and stretching (static) prior to play, by proper execution of strokes/skills, by using appropriate footwear, & by not playing on wet or slippery surfaces.
6. **Death due to cardiovascular complication as a result of physical over-exertion** - This hazard can be reduced by not eating immediately before participation, by proper conditioning, by recognizing signs of fatigue, and by reacting responsibly to the various warning signs of cardiovascular distress.

### VISITING PARTICIPANT RESPONSIBILITIES

Each participant recognizes that each person must always be responsible for his/her own well-being and the wellbeing of the group he/she is a part. Each participant shares with the other participants the concerns and responsibilities of safety and agrees to follow safe procedures and to avoid unnecessary, hazardous situations, whether or not those situations have been specified. Each participant accepts responsibility for the outcome of situations resulting when his/her actions are beyond the generally accepted practices for safety in the activity, such as use of alcohol prior to or during club participation. Likewise, each club participant accepts responsibility for actions that are outside the bounds of public law, such as use or possession of illegal drugs.

1. Members of visiting teams from other colleges, universities, or outside organizations whose activities take place on the campus of North Carolina State University are responsible for carrying some form of health insurance.
2. Participants are responsible for their own medical care & do not have access to varsity athletic trainers.
3. Participants are responsible for discussing with the Student Health Service medical staff or with their family doctor any known physical problems which may limit participation in this program. This consultation should take place prior to participation.
4. Participants should wear proper dress and appropriate protective equipment. If the participant chooses not to use proper dress and/or protective equipment, the participant must realize that he/she is doing so at his/her own risk.
5. The injured party is responsible for all financial obligations incurred in any treatment necessitated by an injury.
6. Participants are responsible for proper conditioning as a prerequisite for participation.

Should you have any questions regarding this document, please contact the Assistant Director-Club Sports in Room 1000, Carmichael Gymnasium. My signature below indicates that I am an invited guest, or an invited member of a visiting team from another college, university, or an outside organization. Further, my signature below indicates that I have read all of the above material and fully understand the RISKS, HAZARDS, AND PHYSICAL STRESSES and VISITING TEAM PARTICIPANT RESPONSIBILITIES as they apply to this activity.

I have read the statement of risks, hazards, and physical stresses to which I will expose myself by participating in this club sports activity. I understand the risks of my participation and have carefully considered those risks. Further, I understand the responsibilities that I have as a visiting team participant and certify that I meet the requirements as stated on this *Club Sports Visiting Team Participant Waiver*. In consideration of the right to participate in this program, and further consideration of North Carolina State University's obtaining

releases for my protection from other club participants in such program, I do hereby release North Carolina State University, its Trustees, officers, officials, agents, employees, and all persons participating in such program from any responsibility or liability for personal injury or property damage sustained by me during or because of participating in the activities of the organization shown above. If the undersigned is a minor, then the signature of a parent or guardian appearing in the space indicated below signifies acceptance by said parent or guardian that the terms and conditions hereof shall be binding upon them and shall constitute a release by them of any and all claims, demands and causes of action, whatsoever, which they may have against North Carolina State University, its Trustees, officers, officials, agents, employees, or persons participating in such program as a result of the undersigned club member's participation in the activities described.

The \_\_\_\_\_ Club From \_\_\_\_\_ (visiting team) On \_\_\_\_\_, 20\_\_\_\_  
Date

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