

RISK OF INJURY - Must be completed by every participating diver and their parent.

All sports involve an element of risk to the participant, and diving is no exception. We feel that is very important that diving participants be made aware of this risk.

Diving, as is the case with all sports, carries a risk of physical injury. No matter how careful the diver and coach are, no matter how many spotters are used, no matter what height is used, or what landing surface exists, the risk cannot be eliminated. Reduced, yes, but never eliminated. The risk of injury includes minor injuries such as bruises, and more serious injuries such as broken bones, dislocations, and muscle pulls. But the risk also includes catastrophic injuries such as permanent paralysis or even death from landings or falls on the back, neck, or head.

At _____ our Diving Team philosophy will be based on the objectives: ATHLETE SAFETY FIRST and DIVING PERFORMANCE and WINNING SECOND...The importance of SAFETY in diving is recognized when the diver is presented with three potentially injurious situations:

- 1) The chance of hitting the diving board
- 2) The chance of incorrect landing on the surface of the water
- 3) The chance of hitting the bottom, another swimmer or diver, or a floating object

The primary safety objective in competitive diving is safe board clearance on every dive. These situations can be minimized when the diver practices good safety habits, such as body awareness, appropriate take-off mechanics, skill progressions, performer readiness, and following their coach's instruction.

ALL TEAM MEMBERS WILL BE REQUIRED TO FOLLOW THE SAFETY RULES
PRESENTED TO THE TEAM

I have read the above safety information and I understand that competitive diving, like any other athletic endeavor, carries with it a risk of bodily injury. I understand that Safe Diving is a product of hard work, skill training, and dedication on the part of the diver.

Diver's Signature _____

Parent's Signature _____

Date _____