

**CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO
INCREASE SAFETY AND ENJOYMENT OF
INTERSCHOLASTIC SPORTS
NORTHMONT HIGH SCHOOL
CLAYTON, OHIO**

I am aware that playing or practicing to play / participate in any sport can be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of playing or practicing to play/participate in the above sport 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, muscles, ligaments, tendons, and other aspects of the musculo-skeletal system, and serious injury or impairment to others aspects of my body, general health and well being. I understand that the dangers and risks of playing or practicing to play / participate in the above sport not only include serious injury, but also 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 participating in the above sports, I recognize the importance of following coaches instructions regarding play-techniques, training and other team rules, etc., and to agree to obey such instructions.

In consideration of the NORTHMONT CITY SCHOOL DISTRICT permitting me to try out for the Northmont High School Athletic Teams and Cheerleading Squads and to engage in all activities related to the team, including but not limited to, trying out, practicing or playing / participating in that sport, I hereby assume all the risks associated with participation and agree to hold the Northmont City School District, its employees, agents, actions, causes of actions, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with my participation in any School Athletic Department. The terms thereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

Signature on this document does not waive any of your legal rights, it merely advises that you assume risk when you compete in any sport at Northmont High School.

I specifically acknowledge that _____ may be a VIOLENT CONTACT SPORT involving risk of injury.

_____/_____
Athlete Signature Date Athlete Printed Name Date

_____/_____
Parent/Guardian Signature Date Parent/Guardian Printed Name Date