

Fairmont State University / Pierpont Community & Technical College
Department of Intramurals
Statement of Program Risks and Hazards

There are inherent risks and hazards associated with the recreational activities that are part of the FSU / PC&TC Campus Intramural/Recreation Program including but not limited to the following:

RISKS & HAZARDS

1. Body or object contact while engaged in contact sports such as football, rugby or soccer; falling from heights while engaged in activities such as cheerleading. The above risks could result in serious injuries, including but not limited to concussion, loss of vision, neck/spinal trauma, broken bones, joint dislocation, loss of teeth, internal injuries, muscle injuries, wounds, or severe bleeding, and even death. These risks can be reduced by wearing and using appropriate protective equipment, ensuring equipment has been inspected and checked for safe operation, and following the rules and regulations that promote safe participation in the activity in which you are engaged.
2. A traffic accident when traveling to a club activity that could result in serious bodily injuries or even death. This risk can be reduced by following traffic laws and proper driving practices and reminding other drivers to do the same.
3. Weather conditions, such as lightning, hail, or wind that could cause serious bodily injuries or even death. This risk can be reduced by stopping the activity and taking proper care when a storm appears likely.
4. Muscular overuse that could result in muscle cramps, pulls, sprains, strains, cuts, bruises, or other injuries during normal activity. This risk can be reduced by proper conditioning and rest of the muscle systems. Injuries to the muscles can also be prevented by warming up and stretching prior to play, by proper execution of strokes/skills, by using appropriate clothing and equipment, and by not playing on wet or slippery surfaces.
5. Dehydration (a loss of body fluid caused by profuse sweating and inadequate fluid intake) that could result in fatigue, weakness, irritability, nausea, dizziness, and even disorientation. This risk can be reduced by consumption of cool liquids during breaks in play or activity.
6. Overexposure to heat that could result in heat exhaustion or heat stroke, which is a life-threatening condition. This risk can be reduced by not playing or curtailing your level of exertion during hot weather and consuming adequate amounts of cool fluids.
7. Overexposure to the cold that can result in hypothermia and frostbite, which can be life or limb threatening conditions. This risk can be reduced by wearing appropriate clothing for the given weather of body heat.
8. Physical overexertion that could result in death due to cardiovascular complications. This risk 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.

PARTICIPANT RESPONSIBILITIES

Participants in Campus Intramural/Recreation programs are personally responsible:

1. for engaging only in those programs and activities, for which they have the prerequisite skills, qualifications, preparations and training.

2. for reading, understanding, and abiding by the rules and regulations established for safe participation, and avoiding unnecessary, hazardous situations, including those situations that result when their actions go beyond the generally accepted practices for safety in an activity.
3. for complying with state and federal laws and University policy concerning the use of alcohol and/or illegal drugs.
4. for conferring with the Student Health Service medical staff or with their family doctor regarding any known physical conditions or problems that may limit participation in a particular program, and for reporting these to the Department of Intramurals. If the situation warrants, a medical clearance may be required for participation.
5. for attaining an appropriate level of fitness and conditioning as a prerequisite for participation. The likelihood of injury decreases with increased fitness levels.
6. for using appropriate training techniques that can help to prevent injury.
7. for wearing appropriate dress and/or personal protective equipment.
8. for reporting hazards or potential hazards in facilities and equipment, as well as other safety concerns, to the Intramural office in the Falcon Center.
9. for completing and submitting an injury report within 24 hours of the occurrence of an injury. The Department of Intramurals should be contacted as early as possible by phone in the event of a serious injury or illness.
- 10. for assuming all financial obligations incurred for treatment of any injury or illness that may be sustained as a result of participation in club programs and activities. Fairmont State provides no insurance coverage for participants in recreational activities. Participants must have accident/medical insurance through coverage provided by a personal policy or a parent's policy.**
11. for reading and signing the attached Release and Waiver of Liability/Informed Consent and the Code of Conduct prior to participating in any program.
12. for reviewing the facts on Heads Up Concussion <http://www.fairmontstate.edu/falconcenter/fitness-activities/heads-concussion> and alerting all necessary personnel if you feel any of the signs or symptoms of a concussion. And for following all return to play procedures following a suspected or diagnosed concussion.

Should you have any questions regarding this statement, please contact Tina Mascaro, Club Sports Director at 367-4291 or tmascaro@fairmontstate.edu