

## PHYSICAL EDUCATION ACTIVITY CLASS JOGGING/FITNESS RISKS

### SERIOUS, CATASTROPHIC, AND EVEN FATAL INJURY MAY RESULT FROM PARTICIPATION IN ANY SPORT OR PHYSICAL ACTIVITY

The vast majority of participants in physical education and sport activity participate safely by following certain safety guidelines such as those described in this document.

Fitness and fun are common outcomes in physical activity, but there also is physiological stress on the participant. IF YOU HAVE ANY PHYSICAL CONDITION WHICH LIMITS YOUR PARTICIPATION, CHECK WITH YOUR PHYSICIAN BEFORE BEGINNING THIS CLASS.

All movement activities contain RISKS FOR THE PARTICIPANT INCLUDING, but not limited to: sprain, fracture, and/or ligament damage; falling or other contact resulting in brain damage; paralysis; even death.

SOME OTHER RISKS SPECIFIC TO, BUT NOT LIMITED TO, **JOGGING AND PERSONAL FITNESS** AND SUGGESTIONS FOR REDUCING THESE RISKS ARE IDENTIFIED HERE:

Cardiovascular risk. Fitness activities place stress on body systems, especially heart and lungs. Begin and continue vigorous fitness program following guidelines suggested by the course instructor. If any symptoms of cardiovascular difficulty appear, stop activity immediately and seek appropriate help. Begin a fitness program gradually and make only gradual increase in exercise. Clothing should allow full range of movement and be well-ventilated.

Overuse injuries from repetitious activity. Vary your activities and wear appropriate footwear

Heat-related illness. Under hot conditions, exercise cautiously, wear light ventilated clothing, and drink plenty of liquids. End heat exposure under severe conditions or if heat-illness symptoms occur.

Improper breathing, overexertion, or dehydration. These could lead to dizziness, fainting, or dehydration. Breathe properly, take appropriate rest intervals, and rehydrate as needed.

Lightning, rain, snow or other hazardous weather conditions. If lightning arises or hazardous weather conditions occur, get into building or other nearby shelter, or into a depression. Stay away from trees.

Other conditions and safety procedures. ADHERE TO ANY OTHER WARNINGS AND SAFE PARTICIPATION INSTRUCTION AS GIVEN BY THE INSTRUCTOR DURING THIS COURSE.

Do you have questions about safe play or risks associated with **jogging and personal fitness**? Ask the course instructor.

**NOTE: You must read, sign, and date the “Physical Education Assumption of Risk and Release” for this class and return it to your instructor to: Participate, attend, be given attendance points, and/or remain enrolled in this course.**