

PHYSICAL EDUCATION ACTIVITY CLASS WEIGHT TRAINING 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, **WEIGHT TRAINING** AND SUGGESTIONS FOR REDUCING THESE RISKS ARE IDENTIFIED HERE:

Cardiovascular risk. Vigorous physical activity places stress on body systems, especially heart and lungs. Begin and continue vigorous activity by following guidelines suggested by the course instructor. If any symptoms of cardiovascular difficulty appear, stop activity immediately and seek appropriate help. Begin your program gradually and increase the work done only gradually.

Injury to head, trunk, and limbs may result from use of sport equipment, facilities, or from contact with another person. Use equipment and the facilities only in the way they are designed to be. Maintain a safe distance from others during all activity. Exhaustion or dehydration. Fatigue is common with vigorous activity. Take appropriate rest breaks and rehydrate as needed. Wear appropriate clothing and footwear for each activity. Be especially careful under hot conditions.

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

Muscle injury, spinal cord injury, strain or sprain. These can result from improper technique in lifting or using **weight** too heavy for the lifter, or from failing to use spotter(s) where recommended. Students should learn to lift using proper technique and correct resistance in each exercise. Make only gradual increases in resistance. Use spotters as needed.

Injury to head, trunk, or extremities from contact with machines, bars or weights. Keep all body parts away from areas of possible incorrect contact with weights, pulleys, or other equipment.

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

Injury from use of unsafe equipment. Each user should inspect the free **weights** or machines before use, for any defect that makes it unsafe to use; if such a problem is found, notify your instructor immediately and do not use the equipment.

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 **Weight Training**? 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.