SAFETY WARNING/LIABILITY ISSUES SUMMARY

**Safety Warning:**  **Aquatics**

There is an inherent risk involved in all physical activity. All foreseeable precautions will be taken to prevent injuries; the student must conduct him/herself appropriately in this regard. Normal participation in Water Polo carries a risk of physical injury including, but not limited to sprains, strains, contusions, fractures, drowning, and even death. The University of New Mexico, the Physical Education Department, and the Instructor assume no liability with regard to injuries that occur as a consequence of normal participation in class activities.

**Liability Issues**

Drowning; Supervision; Slip & fall on wet deck; Fractures/contusions – contact with pool sides/bottom, classmate; Overuse injuries to arms/shoulders

**Safety Warning:**  **Basketball, Volleyball**

There is an inherent risk involved in all physical activity. All foreseeable precautions will be taken to prevent injuries; the student must conduct him/herself appropriately in this regard. Normal participation in Basketball/Volleyball courses carries a risk of physical injury including, but not limited to sprains, strains, contusions, lacerations, dislocations, fractures, and even death. The University of New Mexico, the Physical Education Department, and the Instructor assume no liability with regard to injuries that occur as a consequence of normal participation in class activities.

**Liability Issues**

Fractures, contusions, sprains, dislocations, lacerations – contact with classmate, equipment, facility; overuse injuries to arms/shoulders, knees/ankles/feet.

**Safety Warning**  **Aerobic Dance**

There are inherent risks of injury in aerobic dance. These injuries include muscle soreness, ankle and knee injury, and cartilage and ligament damage. There is also the possibility of cardiac arrest. Students with pre-existing cardiovascular conditions must clear their enrollment in aerobics before class begins. Students must follow all safety guidelines and instructions as introduced by the instructor.

**Step Aerobics**

There are inherent risks of injury in step aerobics. These injuries include muscle soreness, ankle and knee injury, and cartilage and ligament damage. There is also the possibility of cardiac arrest. Students with pre-existing knee conditions, who have had knee surgery, or cardiovascular conditions must clear their enrollment in aerobics before class begins. Students must follow all safety guidelines of step height selection and instructions as introduced by the instructor to minimize the possibility of injury.
Safety Warning: Jogging

There are inherent risks associated with jogging. Students assume the risk of becoming injured during this course. Injuries to the foot, knee, hip, and lower back may occur. Students are responsible for wearing proper shoes to reduce the risk of injury. Students who choose to run local streets assume the risk of being struck by a car. The student must follow all safety guidelines as introduced by the instructor.

Liability Issues:
Cardiac problems; overuse injuries to knees/ankles/feet.

Safety Warning: Weight Training

There are inherent risks of injury when students train with weights. The possibility of muscle pulls and strains during lifting is a risk. The safety guidelines as taught by the instructor concerning lifting technique, spotting, and warming up must be followed by the student. All students must have a spotter when lifting free weights. A lift failure with free weights could result in serious injury. These injuries include, but are not limited to, broken bones and bruises. The student assumes these risks when they are involved in a training session.

Liability Issues:
Cardiac problems; Overuse injuries; Passing out/over-exertion

Safety Warning: Softball

There is an inherent risk involved in all physical activity. All foreseeable precautions will be taken to prevent injuries; the student must conduct him/herself appropriately in this regard. Normal participation in Softball carries a risk of physical injury including but not limited to, sprains, strains, contusions, lacerations, dislocations, fractures, and even death. The University of New Mexico, the Physical Education Department, and the Instructor assume no liability with regard to injuries that occur as a consequence of normal participation in class activities.

Liability Issues:
Fractures, contusions, sprains, dislocations, lacerations – contact with classmate, equipment, facility; overuse injuries to arms/shoulders, knees/ankles/feet.