SAMPLE WARNING STATEMENTS
TO BE INCLUDED ON ALL BIP SYLLABI

ARCHERY
There are inherent risks in the sport of archery that the student needs to be aware of. These risks include: abrasions to the forearm, blisters on the fingers, puncture wounds from arrows, and injuries due to unidentified equipment flaws. Injuries can be minor and also as serious as death. The students must follow all safety guidelines as described by the instructor and as written in the “safety guidelines” handout.

BASKETBALL
The game of basketball has some inherent risks. Injuries to participants may occur due to the fast pace, confined space and number of players playing the ball. Players assume the risk of contact during drills and games which may lead to injury. These injuries include but are not limited to the sprains of joints, broken bones, head and eye injuries that may lead to blindness and death and the tearing of ligaments and cartilage. Students must follow all safety guidelines and instruction as introduced by the instructor.

RACQUETBALL
The game of racquetball has some inherent risks. Injuries to players may occur due to the confined area of the courts. Players assume the risk of being struck by the ball or their opponent’s racquet. Head and eye injuries may occur and these injuries could be serious enough to lead to blindness or death. Knees and ankles are susceptible to injury due to the stop and go nature of the game. The student assumes these risks when stepping into the court to play. ALL RACQUETS MUST HAVE A WRIST THONG WHICH MUST BE WORN. PROPER COURT SHOES ARE MANDATORY, NO RUNNING SHOES! STUDENTS MUST WEAR SAFETY GLASSES THAT ARE APPROVED BY THE INSTRUCTOR. Students must follow all safety guidelines and instruction as introduced by the instructor.

SOCCER
The game of soccer has some inherent risks for participants. Due to the nature of the game, contact with other players can occur There is the possibility of contact that is violent because of the speed at which the game is played and the constant struggle for players to control the ball. Injuries to knees, shins, ankles, and legs are very common. Other possible injuries include head and eye injuries that could lead to blindness and even death. Proper footwear is strongly recommended also. Students must follow all safety guidelines as introduced by the instructor.

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 cardiovascular arrest. Students with pre-existing cardiovascular conditions must clear their enrollment in aerobics before class beings. Students must follow all safety guidelines and instruction as introduced by the instructor.
WEIGHT TRAINING
There are inherent risks of injury when a student trains with weights. The possibility of muscle pulls and strains during lifting is a risk. The safety guidelines as taught by the instructor concerning warm-up, cool down and spotting must be followed by the students. All students must have a spotter when using the free weights. A lift failure with free weights could result in serious injury. These injuries include but are not limited to broken bones, bruises and in extreme situations, death. The students assume these risks when they are involved in a training session.

TENNIS
There are inherent risks in the game of tennis. Students accept the risk of injury when they become involved in the class. These risks include, but are not limited to, joint sprains and strains especially to the ankles, knees, and elbows and the risk of being struck by a ball or racquet. Serious eye or head injuries are not common but they are a possibility. Students must follow all safety guidelines as introduced by the instructor.

SWIMMING
There are inherent risks involved in swimming. The possibility of death from drowning is a risk that the student assumes when entering the pool. Other injuries include muscle pulls, spinal injuries and head injury. Students must use extreme caution when diving in order to minimize the chance of injury. Diving is only allowed in the deep end of the pool and only with permission of the instructor. Students must follow all safety guidelines for the class as they are introduced by the instructor.

GOLF
There is the risk of injury inherent to the game of golf. The possibility of serious injury and even death is a risk the student assumes when playing this sport. Serious injuries occur when safety guidelines are not followed. The possibility of being struck by either a ball or club exists. All students must pay careful attention to the safety rules of golf for the driving range and for the course. Other injuries include back strains, other muscle pulls, and ego damage.

JOGGING FITNESS
There are inherent risks in taking this jogging class. Students assume the risks of becoming injured during a workout. Injuries to ankles, knees, and leg muscles are common. Students are responsible for wearing proper shoes in order to reduce the chance of injury. Students who choose to run on local streets assume the risk of being struck by a car. Students must notify the instructor of their planned running route every day and should have a partner to run with. All safety guidelines as introduced by the instructor must be adhered to.
**VOLLEYBALL**
There is the possibility of being injured while participating in this class. Common injuries include ankle and knee sprains which include cartilage and ligament damage. Shoulder and other arm injuries also occur sometimes. There is the chance of serious injury to the head because of the speed of the ball during play (serving and spiking). Students assume the risk of injury when they enroll for this class. All safety guidelines as introduced by the instructor must be adhered to.

**SOFTBALL**
There are inherent risks in the game of softball. Due to the nature of the game there is the possibility of being injured. Serious injury and death can occur if a player is struck by a bat or a thrown or hit ball. All safety guidelines as introduced by the instructor must be adhered to.