



## BALMORAL HALL SCHOOL

### FIELD TRIP POLICY APPENDIX "A" ELEMENTS OF RISK Off Site Activities

This form must be read & signed by all students and by a parent or guardian of participating students.

Educational activity programs, such as **Basketball** which involve a certain element of risk. Accidents may occur while participating in these activities and may cause injury.

*A few examples of the type of accident that one is at risk of are:*

1. *Broken limbs*
2. *Pulled, strained or torn muscles, ligament or tendons*
3. *Head injuries*

*There may be also types of injuries not listed here.*

#### **The conditioning portion will include:**

##### *Known Potential Risks*

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost;
- Injuries related to slips, trips and falls;
- Foot, knee or other leg injuries (e.g., blisters, sprains, strains; acute or overuse injuries / conditions);
- Hypothermia due to insufficient clothing;
- Hyperthermia (e.g., heat exhaustion, heat stroke) due to insufficient hydration, overdressing and/or Overexertion in a hot environment;
- Allergic reactions to natural toxins in the environment;
- Suffering an injury while alone on a route/trail; and
- Other risks normally associated with participation in the activity and environment.

*There may be also types of injuries not listed here.*

These accidents result from the nature of the activity and can occur without fault on either the part of the student, the school or its employees, or the facility where the event is taking place. By choosing to participate in the activity, you are assuming the risk of an accident.

The chance of an injury occurring can be reduced by carefully following instructions at all times while engaged in the activity.

By choosing to participate on the Junior Varsity Basketball Team on the dates mentioned below (*please note that dates may change due to unforeseen circumstances*), you are assuming the risk of an accident and must understand that you will bear the responsibility of any accident that might occur. Balmoral Hall does not provide any accidental death, disability, dismemberment or medical expense insurance for students or chaperones participating in this activity.

THIS FORM MUST BE READ AND SIGNED BY ALL STUDENTS AND THEIR PARENTS.

**Please return this form and the Blazer Athletics Contract to Mrs. Green or Mrs. Holmes**

BLAZER BASKETBALL TEAM  
December 2009 – March 2010

*ACKNOWLEDGEMENT*

I \_\_\_\_\_ (parent/guardian) have read the information provided by Balmoral Hall School respecting the Basketball Program and give permission for \_\_\_\_\_ (student name) to participate on the **Blazer's Junior Varsity Basketball Team**.

The team practices will be held twice a week and league games are scheduled for Tuesday and Thursday at 6:00 p.m. Times for practices and games may change due to facility availability. Your daughter will be notified of any changes that may occur.

I/We have read the above ELEMENTS OF RISK information and understand that by participating on the Basketball Team, on the dates mentioned above, on the attached league schedule and in the letter dated December 14<sup>th</sup> 2009 that I/We are assuming the risks associated with doing so.

I am responsible for my daughter's transportation to and from all practices, games and tournaments.

Signature of Student \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Medical Numbers \_\_\_\_\_

Parent E-mail Address \_\_\_\_\_

Emergency Contact Phone Number \_\_\_\_\_



## BALMORAL HALL SCHOOL

December 14<sup>th</sup>, 2009

Dear Parent/Guardian:

I would like to take this opportunity to bring you up to date on this year's Junior Varsity Basketball program. Your daughter has been selected to be apart of the team. The Junior Varsity Coaches this year will be Mr. Greg Flom, Mr. Ed Yeager and Mrs. Monica Herzberger all BH parent volunteers. BH Staff will be helping in the supervising of this team.

The team will discuss the importance of commitment and group expectations. I hope you have a chance to share this with your daughter and support her decision to partake in this year's Junior Varsity Basketball Team.

**As a Junior Varsity player your daughter will also be required to assist in refereeing and/or scorekeeping for our Junior Competitive, Developmental and Varsity teams. Team members will sign-up for shifts when the schedules come out in January. These games are at 4:00pm at BH on Monday – Thursday nights.**

We will require the Elements of Risk Release and Permission form to be returned to the school to Mrs. Green by Monday, January 4<sup>th</sup>, 2010.

It is our hope that your daughter will make every effort to attend all practice sessions in order for her to continue to learn and develop as a team player. Students that are involved in other activities are asked to split their time equally. Coming late or leaving early is fine, as long as the Coach is aware of this.

The team practices will be held twice a week. The league game schedule will come out in December and the Junior Varsity team will play on Monday and Wednesday nights at 6:00pm. Dates and times may change due to facility availability. Your daughter will be notified of any changes.

If you have any questions or concerns, please call me at 784-1600 ext. 659 or send me an e-mail at [mgreen@balmorallhall.com](mailto:mgreen@balmorallhall.com).

Yours truly,

Mandy Green  
Blazer Athletics



# Blazers Athletics

## Balmoral Hall School

### BLAZERS INTERSCHOOL ATHLETICS

#### **COMMITMENT AND CONTRACT: SENIOR SCHOOL**

The Balmoral Hall Athletic Department has adopted the following guidelines in an attempt to support our athletes as they choose to participate in our Interschool Athletic Program. These guidelines will be discussed during each athletic season with all participants and shared with the parents.

1. The Blazer Athlete will understand and follow the Balmoral Hall School Code of Conduct as outlined in the Parent/Student Handbook.
2. The Blazer Athlete shall do her best to:
  - a. maintain the highest possible academic performance.
  - b. have a positive attitude and represent the team in a positive, respectful manner at all times.
  - c. practice good sportsmanship at all times.
  - d. eat a balanced diet, with special consideration given to practice and game times.
  - e. allow her body to rest and recover by getting enough sleep.
  - f. not use tobacco products
  - g. not to consume alcohol
  - h. not use elicit or performance enhancing drugs
  - i. participate fully in the strength and conditioning part of practice to help reduce the risk of injury and to further improve her performance.
  - j. avoid situations which could lead to an unwanted outcome.
  - k. attend school to be eligible to participate in practice or game situations.
  - l. attend every practice and game possible.
  - m. be responsible for communicating to the coach that she will be missing a practice or game as soon as possible.
  - n. adhere to specific team demands as indicated in each program.
  - o. take pride in her team and support her teammates at all times.
3. While the Balmoral Hall Athletic Programs provide flexibility concerning family needs, academic needs and trips, it should be understood that game participation may be limited when practices are missed. Skill development and teamwork suffer when the athletes miss what is being covered in practice.
4. Parents should feel comfortable communicating with the coach when needed.

We have read and we understand the commitment necessary to be a member of a Balmoral Hall athletic team, and we will do our best to support these policies and expectations:

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's/Guardian's Signature

\_\_\_\_\_  
Date