international pole vault camp

athlete information

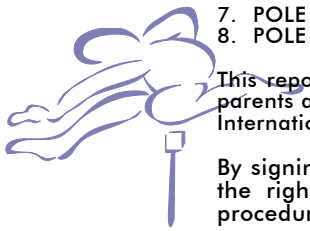
name		
address		
city, state, zip code		
home phone number	( )	
e-mail address		
school		
personal best mark		t-shirt size S M L XL
emergency contact		phone # ( )
family doctor		phone # ( )
insurance company		policy #
any medical conditions		

awareness of risk

By participating in athletic activity, there are possibilities of serious injuries and death. The staff working with the International Pole Vault Camp are well qualified professional people. Safety will be the number one concern. It will be continually be emphasized on and off the activity areas. The information contained below is to inform individuals in this program and their parents of proper techniques for maximum safety.

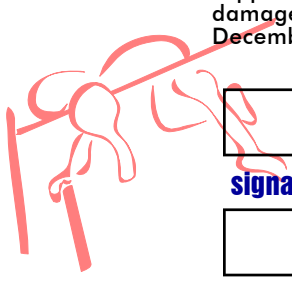
rules and procedures

1. Always follow prescribed warm up to prevent injuries.
2. Always follow technique outlined by coaches. Do not attempt to improvise.
3. If in doubt to any rules or to what you are doing ask your coach before preceding.
4. POLE VAULTERS-Never use a pole rated below your body weight.
5. POLE VAULTERS-Never release hand grip from the pole until safely over landing area.
6. POLE VAULTERS-Never allow your hand grip to exceed height advised by the coaches.
7. POLE VAULTERS-Always check poles for cracks or ones not fitted with proper tip
8. POLE VAULTERS-Always follow all manufacturers guidelines on pole usage.



This report does not cover all potential injury possibilities in the camp, but it is an attempt to make the athletes and their parents aware that fundamentals, coaching, and proper use of equipment are important to their safety and enjoyment at the International Pole Vault Camp

By signing the line below, I hereby authorize the staff of the International Pole Vault Camp or employee of Mt. SAC the right to consent any medical treatment needed for myself/my son/daughter. I understand the rules and procedures as explained on the preceding page and I am aware of the risks involved in Athletics. I hereby state that I or my son/daughter have had and passed a physical examination in the past year and that I am or he/she is in good health in which to compete in the rigors of the events in the camp. I also understand the necessity of using the proper techniques while participating in the International Pole Vault Camp. I hereby assume all responsibilities for myself or my son/daughter and in accordance to the Education Code Section 72640, I hereby hold the State of California, Mt. San Antonio College Community College District, USA Track and Field, or anyone else associated with these associations, and/or any other sponsor(s) or supporters, harmless for all accident, injury, illness, death, or damages occurring by reason of the camps conducted on December 27, 2009-December 29, 2009.



date

signature of athlete

date

signature of parent or guardian if athlete is a minor

detach and mail with payment to:

Mt. SAC International Pole Vault Camp
Physical Education Division Office
1100 North Grand Avenue
Walnut, CA 91789

make checks payable to:

Mt. SAC International Pole Vault Camp