

Agreement to Participate in Baseball Workouts

Participation in all sports and physical activities involves certain inherent risks and, regardless of the care taken, it is impossible to ensure the safety of the participant. Baseball workouts are conducted indoors and require agility, coordination, strength and a high level of cardiovascular fitness. Because they are conducted indoors with one or more persons, there is a lot of action taking place in a relatively small area making it more dangerous. The workouts involve moderate activity levels for an approximately 1 hour, with many quick bursts of speed and sprints. Players also participate in repetitive throwing that requires adequate arm strength. Baseball involves fast moving objects, such as swinging bats and thrown balls, and occasional body-to-body contact. Therefore, baseball workouts also require quick mental abilities and reactions. While the workouts are reasonably safe, as long as safety guidelines are followed, there are some elements of risk cannot be eliminated from the activity.

A variety of injuries may occur to a baseball participant. Some examples of those injuries are:

1. Minor injuries such as scrapes, bruises, sprains, and strains;
2. More serious injuries such as broken bones, cuts, concussions, eye injuries (including loss of vision), internal elbow and shoulder injuries and head/neck/spine injuries;
3. Catastrophic injuries such as heart attacks, paralysis, and death.

These, and other injuries, sometime occur in baseball as a result of hazards or accidents such as being struck by a ball, being struck by a bat, colliding with another player, sliding, slipping, or excessive stress placed on the cardiovascular system.

To help reduce the likelihood of injury to yourself and to other participants, participants are expected to follow the following rules:

- All participants are expected to wear proper footwear and clothing while participating.
- All participants are expected to wear the proper protective equipment.
- All participants are expected to follow all rules and regulations set forth by the coaches.
- All participants are expected to avoid swinging or throwing when it might endanger another player.
- All participants are expected to notify the coach or coaches of any injury as soon as it occurs.

I agree to follow the preceding safety rules, all posted safety instructions, and all rules common to the sport of baseball and the workouts. Further, I agree to report any unsafe practices, conditions, or equipment to the coaches.

I have read the preceding information and it has been explained to me if necessary. I know, understand, and appreciate the risks associated with participation in baseball and I am voluntarily participating in the activity. In doing so, I am assuming all of the inherent risks of the sport. I further understand that in the event of a medical emergency, management will call EMS to render assistance and that I will be financially responsible for any expenses involved.

Name of the participant

Signature of Participant

Date

Signature of Legal Guardian

Date

Signature of Legal Guardian

Date

Signature of Legal Guardian

Date

Signature of Legal Guardian

Date

Waiver of Liability

In consideration of being permitted to participate in baseball workouts, on behalf of myself, my family, my heirs, and my assigns, I hereby release Pennsylvania Baseball Academy, its coaches, and associates from liability for injury, loss, or death to myself, while in any way associated with participating in the baseball workouts now or in the future, resulting from the ordinary negligence of Pennsylvania Baseball Academy, its coaches, and associates.

Name of the participant

Signature of Participant

Date

Signature of Legal Guardian

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