

THE UNIVERSITY OF TEXAS AT AUSTIN
University Sponsored Summer Sports Camps
Departments of Intercollegiate Athletics for Men and Women
Division of Athletic Training/Sports Medicine
P.O. Box 7399 • Austin, Texas • 78713

M E M O R A N D U M - #02b - Adult

Date **Summer 2009**

TO: **Prospective Campers**

FROM: **The Departments of Intercollegiate Athletics for Men and Women**

RE: **EXPRESS ASSUMPTION OF RISK - #02b - Adult**

Shared Responsibility for Camp Safety: Participation in sports camps requires an acceptance of risk of injury. Periodic analysis of injury patterns continuously lead to refinement in rules and regulations and other safety guidelines. However, to legislate safety via the rule book and equipment standards is seldom effective in and of itself.

There are various safety concerns of which to be made aware. Some are regularly identified and addressed (i.e., heat illness and the administration of liquids frequently during camp sessions). Other safety concerns remain as such due to the camp participant's questionable compliance with specified guidelines (i.e., wearing all protective equipment issued, proper footwear, etc.). Some may be less clearly identified (i.e., head and neck injuries, knee injuries) and, therefore, prevention and protection are difficult.

At The University of Texas at Austin, we are making every effort to increase the camper's knowledge concerning rules and practices being employed to minimize risk of significant injury while pursuing the many benefits of camp activities. Moreover, as injury risks are identified, steps are taken to minimize the causes, where possible. We teach the latest in skill acquisition and technique as well as implement preventative injury measures such as warming up prior to vigorous activity, stretching, and fluid replacement realizing that all of these measures have the potential to lower risk of injury.

Even with these efforts, a certain number of injuries will occur.

The camper and the sports camp supervisors have a mutual need for an informed awareness of the risks being accepted and for sharing the responsibility for controlling those risks.