



Judo Training Form Assumption of Risk

Judo is a contact sport; consequently, injuries are fairly common, although serious injuries are rare. The club would like to keep the athlete informed with specific risks associated to the sport of judo injuries as listed below: Please read thoroughly and complete the information at the bottom of the form if you are willing to assume these risks. If you are unwilling to assume these risks you will not be eligible to participate in judo at this club.

Back injuries _____ **Back pain , Slipped disc, Spinal injuries**

Cuts and bruises _____ **Cuts and bruises are part and parcel of judo as it is a contact sport.**

Bruising usually results from bleeding under the skin and will usually appear after an incident has occurred.

Knee injuries _____ **Knee injuries are the most common injury in judo due to quick changes of direction, repeated falling and constant physical contact.**

Types of knee injury

Ligament damage

Ligaments are frequently damaged in judo; this is generally caused by changing direction quickly and landing awkwardly. Ligaments support the joint and enable a range of movement; when the body makes a movement which stretched the ligament beyond this limit, it may become sprained, or in some cases torn.

Ligament sprains, Ligament tears, Cartilage tear,

Dislocations

Shoulder injuries

Acromioclavicular joint sprain (AC joint), Dislocation, Impingement syndrome

- the Club has the authority to permanently retire an athlete from the club and to inform the Association of his / her condition, if it is determined that the risks of concussive injury present serious threat to his or her safety and well-being

Signed Name _____ Date _____
Sport(s) _____ Year of Graduation _____