

ATTENTION ATHLETES:

PARTICIPATION IN PICKERING SOCCER CENTRE ACTIVITIES IS AT YOUR OWN RISK!

USE OF A SPORTS FACILITY INVOLVES PHYSICAL ACTIVITY WITH POTENTIAL FOR RISKS AND HAZARDS

INCLUDING, BUT NOT LIMITED TO:

- Injuries from executing strenuous and demanding physical techniques in soccer
- Injuries from dry land training including weights, running, and massage
- Injuries from grass, turf and other surfaces including bacterial infections and rashes
- Injuries resulting from falls to the ground due to uneven or irregular terrain or surfaces
- Injuries from collisions with walls and soccer equipment
- Injuries resulting from failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment
- Spinal cord injuries which may cause permanent paralysis
- Injuries from extreme weather conditions which may result in heatstroke, sunstroke or hypothermia
- Injuries from contact, colliding or being struck by other participants, spectators, equipment or vehicles
- Injuries resulting from vigorous physical exertion and strenuous cardiovascular workouts
- Injuries from exerting and stretching various muscle groups
- Travel to/from competitive and associated non-competitive events which are an integral part of the organization's activities

ATTENTION SPECTATORS:

**BY ENTERING THE FACILITY YOU ASSUME THE POTENTIAL FOR RISKS AND HAZARDS INCLUDING, BUT NOT LIMITED TO:
WAYWARD SHOTS AND TRIPPING HAZARDS.**

**THE WHITE DROP DOWN NETS ALONG THE FULL FIELD TOUCH LINES ARE THERE FOR YOUR SAFETY.
PLEASE REFRAIN FROM STANDING IN FRONT, OR TO THE SIDE OF THE MESH NETTING.**