

THE DARK SIDE OF SPORTS

A Legal Library for the Layman

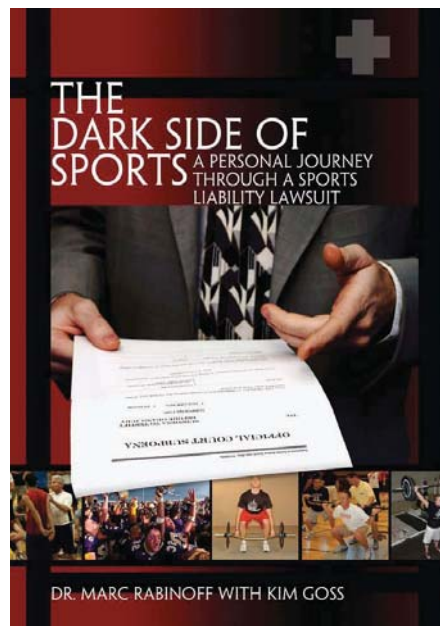
BFS introduces an exciting series of books to help make sense of the legal system

If you've watched *People's Court*, *Law and Order* or even *Night Court* and you believe you've got a good grasp of how the legal system works, think again. The truth is that lawyers will not always take a case, it can take years to reach a verdict, justice does not always prevail, and getting involved in the legal process is a lot more expensive than you think – a lot more.

To help you understand the realities of the justice system and hopefully avoid getting involved with it altogether, Dr. Marc Rabinoff has been working with BFS to develop a series of books called *The Dark Side of Sports*. Each of these readable, pocket-size (5 1/4" x 7 1/4") books will provide essential information you need whether you are a coach, personal trainer, administrator, health club owner or parent.

The books are divided into three subjects: 1) understanding the legal process, 2) practical steps to help avoid becoming involved in a lawsuit and 3) summaries of court cases involving the most common types of litigation in sports and the field of strength and conditioning. With Dr. Rabinoff's experience as an expert witness in more than 300 lawsuits – for both defendants and plaintiffs – these books will provide a unique resource that has never before been made available.

The first book, now available through BFS, is *The Dark Side of Sports: A Personal Journey Through a Sports*



Dr. Marc Rabinoff's new book, *The Dark Side of Sports*, is now available through BFS.

Liability Lawsuit. This 64-page treatise is divided into eight chapters, starting with the process of retaining a lawyer – or at least trying to retain one – and progressing, step-by-step, to the verdict. It also contains real-world samples of legal documents, including a *complaint for damages* and a *deposition testimony*, and a glossary of legal terms.

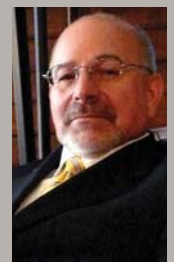
Dr. Rabinoff is a professor at Metropolitan State College of Denver in the department of Human Performance and Sport. He is also president of Rabinoff Consulting Services, Inc., a sport and fitness risk management and facility operations consulting company.

His experiences in the courtroom have dealt with many disturbing cases, thus inspiring the title of his regular column in *BFS* magazine and this book series: *The Dark Side of Sports*.

How disturbing were these cases? Dr. Rabinoff has testified in five cases in which high school cheerleaders became paralyzed as a result of improper spotting; in four cases in which individuals became paralyzed from improperly using Smith machines (one client died before the court case was completed); and in four cases in which individuals died from falling off treadmills, hitting their heads against walls and dying from swelling in the brain. The most frustrating aspect of Dr. Rabinoff's testimony is that every one of these tragic accidents could have been prevented.

Although no one is immune from the risk of having an accident or contributing to one, there is plenty you can do to protect yourself and the people in your charge. For wise counsel on avoiding – or facing – your day in court, you'll want *The Dark Side of Sports* books in your corner. BFS

The Dark Side of Sports is a regular feature by Dr. Marc Rabinoff that answers questions about safety and liability based upon actual litigations.



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