

Basketball Cautionary Statement

Preparation for practice or contest:

1. Wear all protective equipment, pads, braces and supportive undergarments to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Clothing and shoes should fit properly, be comfortable, and allow for maximal physical efforts. Clothing should be kept clean and sanitary.
4. Both outer and under garments should be appropriate for humidity and temperature.
5. Players should ingest the equivalent of 4-6 glasses of water each day.
6. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgement or perception.
7. Players needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
8. Remove all jewelry and metal hair fasteners.
9. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
10. No horseplay, roughhousing, hazing or initiations.
11. Mouthguards are highly recommended
12. Feet should be covered with a thin cotton sock followed by a heavier wool sock. If blisters are a chronic problem or begin to appear, coaches or trainers should be consulted for appropriate responses or preventive actions.

In the locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
3. Keep floors free of litter. Place all belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. Use foot powder in designated areas.
7. No horseplay, roughhousing, hazing or initiations.
8. Identify incidents of foot or other skin infections to coach(es) immediately.

Travel to contest / practice site:

1. Be alert to:
 - a. ramps leading to practice / contest area.
 - b. variations in surfaces of locker room, ramps, stairways, or playing floors.
 - c. locations of equipment such as ball carts, basketballs (in flight, rolling, rebounding, or bouncing), wind sprints or fast break drills.
 - d. Proximity of bleachers and walls to the playing surface.
2. Stretch thoroughly and jog easy laps to warm up.
3. Do not accept rides home from strangers.
4. Be alert for possible hazards when conditioning in the halls.
5. Be aware of and avoid contact with bleachers, curtains, and any other misc peripheral equipment.
6. No horseplay, roughhousing, hazing or initiations

Hazards specific to basketball:

1. Be alert to dehydration symptoms. Dry mouth, inability to cool down, dizziness/lightheadedness. Ingest 4-6 glasses of water during the school day and additional amounts at practice.
2. Frequent drink breaks will be built into the practice plan and players should make use of each one.
3. Foot problems - refer to a coach(es) or athletic trainer.
 - a. blisters
 - b. calluses
 - c. ingrown toenails
 - d. fungus infections or plantar warts
4. Other skin problems - refer to coach(es)
 - a. boils
 - b. rashes
 - c. floor burns, cuts

5. Ankle and other orthopedic problems.
 - a. new sprains - ice, compression, elevation, rest
 - b. old sprains - taping, easy workouts, and rehabilitative exercise
6. Weight training regimes will have separate standards and progressions designed to enhance safety and physical conditioning.
7. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health. Notify the coach about use and location of inhalants.
8. Check your weight. Sudden or large losses over a month should be brought to the coaches' attention, especially if you are feeling tired or ill, or if you demonstrate cold symptoms and swollen throat/neck glands.
9. DO NOT hang on the rims or nets.
10. DO NOT engage in rough, thoughtless play.
11. DO NOT run under a player who is in the air to shoot or receive a pass.
12. DO NOT swing elbows excessively when clearing a rebound.
13. Taller players may need to be alert to their proximity to the lower surface of the backboard.
14. DO NOT take an intentional foul that might cause an injury to an opponent.
15. When taking a charge or screening an opponent, assume a weight-balanced, protected position.
16. If a backboard shatters, notify the coach and keep people away from the broken glass.
17. Notify the coach or trainer of any injury, no matter how slight it may seem.
18. DO NOT share water bottles, towels, or anything else that might transmit body fluids or pathogens.

Emergencies

Because of the nature of basketball, some injuries will occur. All injuries must be called to a coach or trainers attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills, DO NOT move the victim.
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. helping with the injured person.
 - b. calling for additional assistance.
 - c. bringing first aid equipment.
 - d. keeping onlookers away.
 - e. directing the rescue squad to the accident site.
5. Fire or Fire Alarm:
 - a. Evacuate and remain outside the building.
 - b. Move and remain 150 feet away from the building.
 - c. Be prepared to implement the emergency procedures outlined in #4.

Printed Athlete Name

Date

Athlete Signature

Printed Parent/Guardian Name

Date

Parent/Guardian Signature