

Soccer 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. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly.
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. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
4. Athletes who are ill, dizzy, or lightheaded should contact their coach. Do not practice.
5. Both outer and under garments should be appropriate for humidity and temperature.
6. Players should ingest the equivalent of 4-6 glasses of water each day.
7. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
8. Players needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
9. Remove all jewelry and metal hair fasteners.
10. 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.
11. No horseplay, roughhousing, hazing or initiations.
12. Mouthguards are highly recommended.
13. 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.
9. Do not wear soccer shoes in the building or locker room at any time.
10. Remove mud outside and away from the building.

Travel to contest / practice site:

1. Be alert to:
 - a. ramps leading to practice / contest area.
 - b. variations in surfaces of locker room, ramps, cinder, or artificial surfaces.
 - c. location of equipment.
 - d. fast action dribbling or passing drills.
2. Stretch thoroughly and start your workout with easy running.
3. Do not accept rides home from strangers.
4. Be alert for possible hazards..
5. No horseplay, roughhousing, hazing or initiations

Hazards specific to soccer:

1. Soccer is played and practiced in all types of weather. Players should have proper clothing and footwear.
2. If lightning is in the area, practice or game will be suspended until the storm passes (30 min without lightning).
3. Play the ball when on defense. DO NOT attack the offensive opponent with illegal contact.
4. When involved in shooting drills, shoot in specific sequences and in designated areas and directions. Be sure the goalkeeper is ready for all shots.
5. Intentional pushing and tripping is prohibited.
6. Charging or contacting the goalkeeper is prohibited.
7. Players must brace the neck and keep the mouth closed while striking the ball with the upper portion of the forehead when heading the ball.
8. High kicks, out of control runs or jumps are prohibited.
9. Slide tackles must be approved by a coach.
10. Shin pads must be worn by all players.
11. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
12. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.

Emergencies

Because of the nature of soccer, 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