

Volleyball 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. All cuts, abrasions, boils, rashes, and skin irritations should be seen by a coach or athletic trainer.
11. 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.
12. No horseplay, roughhousing, hazing or initiations.

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) or athletic trainer immediately.

Travel to contest / practice site:

1. Be alert to:
 - a. slippery floors
 - b. variations in surfaces of locker room, ramps, cinder, or artificial surfaces.
 - c. ball carts.
 - d. volleyballs in flight, rolling, rebounding, or bouncing.
 - e. spiking or serving drills.
 - f. nets, support poles, cables, chairs, bleachers, and official's stands.
2. Do not accept rides home from strangers.
3. If ill or light headed, notify the coach. Do not practice.
4. Be alert for possible hazards..
5. No horseplay, roughhousing, hazing or initiations

Hazards specific to volleyball:

1. Do all stretching exercises as directed by coaches. Jog easy laps to warm up. When stretching or playing, keep the body in proper alignment to prevent undue stress on joints, ligaments, and muscles.
2. 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.
3. Frequent drink breaks will be built into the practice plan and players should make use of each one.
4. Foot problems - refer to a coach(es) or athletic trainer.
 - a. blisters
 - b. calluses
 - c. ingrown toenails
 - d. fungus infections or plantar warts
5. Other skin problems - refer to coach(es)
 - a. boils
 - b. rashes
 - c. floor burns, cuts

6. Ankle and other orthopedic problems.
 - a. new sprains - ice, compression, elevation, rest
 - b. old sprains - taping, easy workouts, and rehabilitative exercise
7. Weight training regimes will have separate standards and progressions designed to enhance safety and physical conditioning.
8. 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 the use and location of inhalants.
9. 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.
10. DO NOT hang on the rims or nets.
11. Gather loose volleyballs and place them in storage racks. Do not follow a loose ball into an adjacent court until play is stopped in that court.
12. Never roll a ball under the net during play; the ball can roll under the feet.
13. Never throw the ball over the net; the ball can hit an unsuspecting player.
14. Try to land on both feet while descending from a jump. This helps prevent falling, twisting, or loss of balance.
15. While executing a defensive roll, sprawl, or dive, the player must begin as low as possible to the floor with the arms fully extended away from the body. Execution with bent elbows and little or no bending of the knees may cause fractures or other injuries.
16. As in many team sports, the possibility of running into teammates or opponents is apparent. Jump vertically when spiking or blocking.
17. Volleyball utilizes the hands in various techniques; i.e., setting, blocking, serving, attacking, and digging. Players should use proper technique in order to avoid breaks, fractures, and sprains.
18. Muscle soreness and possible strains occur more frequently at the beginning of the season due to increased use of muscles and increased time spent exercising. Stretch before/after practice.
19. Making contact with the nets, support poles, cables, referee's stand, floor, wall, bleachers, and other players during practice or competition could possibly result in serious bodily injury.
20. Notify the coach or trainer of any injury, no matter how slight it may seem.
21. DO NOT share water bottles, towels, or anything else that might transmit body fluids or pathogens.
22. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
23. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.

Emergencies

Because of the nature of volleyball, 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