



# Basketball

## Safety Guidelines

### Mt. Solo Middle School

**Prior to participating, the student athlete and a parent/guardian must read this information. Signatures are required on the back of this form.**

When a person is involved in any athletic activity, an injury can occur, especially with a sport as strenuous as basketball. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with basketball. There is a chance of broken bones, muscle and soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching, and proper safety equipment are important to the safety and enjoyment of the sport. Further preparation guidelines for practices/contests, locker room safety rules, and emergency situations are explained in the athletic handbook.

1. Proper warm-up is essential before strenuous activity takes place. Be aware of the potentially serious injuries if you do not follow correct procedures in stretching and conditioning.
2. Players whose vision requires correction must wear shatterproof glasses or lenses. Glasses must be mounted in break-resistant frames and must be held in place by an elastic strap.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
5. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for basketball.
6. Be alert to steps/ramps leading to practice/contest area.
7. Be alert to variations in surfaces of locker room, ramps, stairways, or playing floors.
8. Be alert to the following--Ball carts; in-flight, rolling, rebounding, or bouncing basketballs; wind sprints or fast-break drills; proximity of bleachers and walls to playing surface.
9. Be alert to dehydration symptoms: dry mouth, inability to cool down, dizzy/lightheadedness. Ingest 4-6 glasses of water during the school day and an additional amount at practice.
10. Build frequent drink breaks into the practice plan. Players should make use of each one.
11. Foot problems--refer to coach(es) or athletic trainer, such things as blisters, calluses, ingrown toenails, fungus infections, or plantar warts.
12. Other skin problems--refer to coach(es) or athletic trainer, such things as boils, rashes, floor burns, cuts.
13. Ankles and other orthopedic problems.
  - a. Sprains (new) -- ice, compression, elevate, rest
  - b. Sprains (old) -- taping, easy workouts, rehabilitative exercise
14. Weight-training regimens will have separate standards and progressions designed to enhance safety.
15. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health.
16. Sudden or large weight losses over a month should be brought to the coach's attention, especially if you are feeling tired or ill, or if you demonstrate cold symptoms and swollen throat/neck glands.
17. DO NOT hang on the rims or nets.
18. DO NOT engage in rough, thoughtless play.
19. DO NOT run under a player who is in the air to shoot or receive a pass.
20. DO NOT swing elbows excessively when clearing a rebound.
21. Taller players may need to be alert to their proximity to the lower surface of the backboard.
22. Notify the coach if you are injured.
23. Practice only when your coach is present.

**Athlete's Name (please print):** \_\_\_\_\_

I am aware that basketball is a high-risk sport and that practicing or competing in basketball can be a dangerous activity involving **MANY RISKS OF INJURY**. I understand the dangers and risks of practicing and competing in basketball include but are not limited to death, serious neck and spinal injuries, which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health, and well-being. I understand that the dangers and risks of practicing or competing in basketball may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life. I also understand that the sport in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed the Longview School District does not assume responsibility for the medical services required for these risks.

Because of the dangers of basketball, I recognize the importance of following the coaches' instructions regarding techniques, training, and other team rules, etc., and agree to obey such instructions.

In consideration of the Longview School District permitting me to try out for the (school) basketball team and to engage in all activities related to the team, including but not limited to trying out, practicing, or competing in basketball, I have read the above warnings, and I understand their terms. I have also read and understand the preparation guidelines for practices/contests, locker room safety rules, and emergency situations, as explained in the athletic handbook.

**Signature of Athlete:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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**Parent/Legal Guardian Name (please print):** \_\_\_\_\_

As the parent/legal guardian of the above-named student and in consideration of the Longview School District, I give permission for my child/ward to try out for the (school) basketball team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in basketball. I have read the above warning, and I understand their terms. I have also read and understand the preparation guidelines for practices/contests, locker room safety rules, and emergency situations, as explained in the athletic handbook.

**Signature of Parent/Guardian:** \_\_\_\_\_

**Date:** \_\_\_\_\_