



Volleyball

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 volleyball. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with volleyball. 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. Be alert to steps/ramps leading to practice/contest area.
2. Be alert to variations in surfaces of locker room, ramps, stairways, or playing floors.
3. Be alert to the following:
 - a. Ball carts.
 - b. Volleyballs in flight, rolling, rebounding or bouncing.
 - c. Spiking or serving drills.
 - d. Nets, support poles, and cables.
4. 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.
5. Wear kneepads and all protective equipment, as directed by the coach.
6. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, appropriate frames that are compatible with volleyball. If you have a bifocal or trifocal lens, contact your doctor to provide the best lens combination for playing in a game requiring quick reaction to an object (ball) traveling at a very rapid speed.
7. Perform only those skills and techniques as instructed and/or supervised by your coach.
8. Be sure all equipment, especially shoes, is fitting properly before each day's activity.
9. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
10. Remove all jewelry and metal hair fasteners and other body adornments, as required by rules and regulations for volleyball.
11. Be aware of your surroundings--both home and away--including but not limited to surface conditions, obstructions in the proximity to the volleyball court, including nets, cables, supports, official's stands, out-of-play areas, and safe entrance/egress to/from the court.
12. Wear outer and under garments appropriate for humidity and temperature.
13. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity of limiting conditions and participate only to the extent allowed by the coach.
14. Players should hydrate themselves frequently during practice and follow the coach's direction on hydration prior to and following practices.
15. Notify the coach immediately if injured.
16. Practice only when your coach is present.

- 17. Collect all loose volleyballs and return them to the proper container or location so they do not create a trip-and-fall hazard.
- 18. Jumping vertically helps avoid collisions with opponents, teammates, and nets.
- 19. Spike the ball with the correct techniques taught by your coach.

Athlete's Name (please print): _____

I am aware that volleyball is a high-risk sport and that practicing or competing in volleyball can be a dangerous activity involving **MANY RISKS OF INJURY**. I understand the dangers and risks of practicing and competing in volleyball, 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 volleyball 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 volleyball, 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's volleyball team and to engage in all activities related to the team, including but not limited to trying out, practicing, or competing in volleyball, 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: _____

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's volleyball team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in volleyball. 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: _____