



Volleyball Cautionary Statement

Because of the intense demands and conditioning required, volleyball players and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

PREPARING FOR ACTIVITY:

1. Wear protective kneepads, braces and supportive equipment garments to all practices and games.
2. Clothing and shoes should fit properly, be comfortable and allow for maximal physical efforts.
3. Clothing should not prevent heat dissipation or restrict movement.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Feet should be covered with a thick cotton sock. If blisters are a chronic problem or begin to appear, coaches should be consulted for appropriate responses or preventive actions.
6. Players who require corrected vision must wear shatterproof glasses or contact lenses. Glasses must be mounted in break resistant frames, and be held in place by an elastic strap.
7. Remove all jewelry and metal hair fasteners.
8. No horseplay, roughhousing, hazing or initiations.
9. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present physician's approval to the coach prior to participation in any practice session.

ENTRY TO CONTEST SITE OR TRAVEL TO CONTEST / PRACTICE SITE:

1. Be alert to ramps/steps leading to practice/contest area.
2. Be alert to variations in surfaces (locker rooms, 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, cables, chairs, bleachers, and official's stand
4. No horseplay, -roughhousing, hazing or initiations.

PREPARING TO PLAY:

Do all stretching exercises as directed by the coaches. Jog easy laps to warm up. When stretching or playing, keep

body in proper alignment to prevent undue stress on joints, ligaments, and muscles.

HAZARDS SPECIFIC TO VOLLEYBALL:

1. Be alert to dehydration symptoms; i.e., dry mouth, inability to cool down, dizzy/light-headed. 4-6 glasses of water during the school day and additional amounts at practice.
2. Frequent drink breaks will be built into the practice and players should make use of each one.
3. Foot problems—refer to coaches or athletics trainer:
 - A. Blisters.
 - B. Calluses.
 - C. Ingrown toenails.
 - D. Fungus infections or plantar warts.
4. Other skin problems—refer to coaches:
 - A. Boils.
 - B. Rashes.
 - C. Floor burns, cuts.
4. Ankles and other orthopedic problems:
 - A. Sprains—new—ice, compression, elevate, rest.
 - B. Sprain—old—taping, easy workouts, and rehabilitative exercise.
6. Weight and strength training will have separate standards and progressions designed to enhance safety.
7. Respiratory diseases can be a major problem. Fluids, regular rest and proper nutrition contribute to the maintenance or health.
8. Check your weight and record it. 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 sore throat/swollen neck glands.
9. Do not hang on rims or nets.
10. 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.
11. Never roll a ball under the net during play; the ball can roll under the feet.
12. Never throw the ball over the net; ball can hit an unsuspecting player.
13. Try to land on both feet while descending from a jump. This helps prevent falling, twisting, or unbalance.
14. While executing a defensive roll, sprawl, or dive, 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.
15. As in many team sports the possibility of running into teammates or opponents is apparent. Jump vertically when spiking or blocking.
16. 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.
17. Muscle soreness and possible strains occur more frequently at beginning of the season due to increased use of muscles and increased time spent exercising. Stretch before/after practice.
18. 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.

