

## **TENNIS SAFETY GUIDELINES**

Tennis is a highly competitive, fast action game in which physical conditioning plays a major role. Because of the speed and finesse with which the game is played, participants, their families, and the coaching staff must accept and share certain responsibilities to enhance safety and enjoyment for participants.

### **PREPARATION FOR PRACTICE OR CONTEST**

1. Wear protective socks and well-fitted footwear to practice and contests.
2. Wear outer and undergarments that are appropriate for humidity and temperature.
3. Participants with vision impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception. Eyeglasses should be held in place with an elastic strap.
4. Participants needing preventive or rehabilitative taping, padding or bracing must arrive early to complete needed procedures.
5. Remove all jewelry and metal hair fasteners.
6. Prospective participants with seizure or other neuromuscular disorders or diseases, chronic skeletal problems, cardiac or renal problems, insulin/diabetic problems, or medically controlled allergies need a physician's approval to participate.
7. If ill or dizzy, notify your coach. Do not practice.
8. Report all injuries to the coach immediately.

### **LOCKER ROOM**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker door when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough-housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

### **MOVEMENT TO CONTEST OR PRACTICE SITE**

1. Be alert to steps, ramps, and changes in the texture of courts and sidewalks.
2. Be alert to bounding board activity.
3. Be alert to the location of warm-up drills involving practice swings.
4. Be alert to on-going games as you enter the court area.
5. Be alert to debris and glass on the courts as you arrive.
6. Be alert to the location of nets and net posts.

STUDENT NAME (please print)

## CAUTIONS SPECIFIC TO TENNIS

1. Throwing racquets and other horseplay is prohibited.
2. Doubles partners must face the net at all times.
3. Participants must gather up loose tennis balls and to call "BALL" if loose ball rolls onto another court.
4. Eye protection specifically designed for racquet sports is strongly suggested.
5. Be under control when playing near nets, net posts and fences.
6. Net jumping is prohibited.
7. Heat and humidity can be a serious concern. Drink water during the day and at practice or matches.
8. Players with sensitive skin are encouraged to use sun block or cover skin areas.

## EMERGENCIES

Because of the nature of tennis, some injuries may occur. Most will be minor and can be managed with basic first aid, but the possibility of a serious injury is always present. All injuries must be called to a coach's attention. An occasional situation may require more intense management and may also necessitate involvement of participants as follows:

1. Stop all practices.
2. Call the coach to manage the situation if the coach is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Calling for additional assistance
  - b. Bring the first aid equipment or supplies to the site
  - c. Keeping onlookers away
  - d. Directing rescue team members to the site
5. Fire or fire alarm:
  - a. Evacuate or remain outside the building
  - b. Move 100 feet from the building
  - c. Be prepared to implement the emergency procedures outlined in #4 above

I understand the rules and procedures and the necessity of using the proper techniques while participating in tennis activities.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_