

## **VOLLEYBALL SAFETY GUIDELINES**

Volleyball is a highly competitive, fact-action game in which physical demands on the individual player. For this reason, coaches will implement conditioning regiments that bare based on scientific principles and designed to enhance quickness and strength. Certain weight room workouts may also be prescribed along with regular practice activity.

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

1. Wear all protective knee and elbow pads to all practices and games.
2. Clothing and shoes should fit properly, be comfortable and allow for maximum physical efforts.
3. Clothing should not prevent dissipation or restrict movement.
4. Feet should be covered with a thick cotton sock followed by a heavier wool sock. If blisters are a chronic problem or beginning to appear, coaches should be consulted for appropriate response or preventive actions.
5. 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.
6. Participants needing preventive or rehabilitative taping, padding or bracing must arrive early to complete needed procedures.
7. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption thirty minutes prior to competition.
8. Remove all jewelry and metal hair fasteners.
9. Prospective participants with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases or medically controlled allergies need physician's approval to participate.
10. If ill or dizzy, notify your coach. Do not practice.
11. 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(s) immediately.

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

1. Be alert to ramps leading to practice or contest area.
2. Be alert to variations in surfaces of locker room, ramps, stairways or playing floor.
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. Stretch thoroughly and job easy laps to warm up.

STUDENT NAME (please print)

### CAUTIONS SPECIFIC TO VOLLEYBALL

1. Be alert to dehydration symptoms (dry mouth, inability to cool down, dizzy, light headed). Drink 4-6 glasses of water during the day and additional amounts at practice. Frequent drink breaks will be built into the practice plan. Participants should make use of each break.
2. Foot problems - refer to coach(es)
  - a. Blisters
  - b. Calluses
  - c. Ingrown toenails
  - d. Fungus infections or plantar warts
3. Other skin problems – refer to coach(es)
  - a. Boils
  - b. Rashes
  - c. Floor burns, cuts
4. Ankles and other orthopedic problems
  - a. New sprains – ice compression, elevate, rest
  - b. Old sprains – taping, easy workouts, rehabilitative exercise
5. Weight training regimens will have separate standards and progressions designed to enhance safety.
6. Respiratory diseases can be a major concern. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health.
7. Check your weight and record it on the participant’s chart each week. 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.
8. 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.
9. Use body sprawls when digging a hard driven ball. Do not fall on the elbow or straight arm.
10. Jump vertically to avoid collisions with opponents or nets.
11. When spiking, strike with a fully extended arm.

### EMERGENCIES

Because of the nature of volleyball, 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 volleyball activities.

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

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