

## **INHERENT RISK OF INJURY**

### **VOLLEYBALL**

**Volleyball is a reasonably safe sport as long as certain guidelines are followed. However, there is the inherent risk of injury, as in any athletic activity. Volleyball is a sport that involves running, pivoting, sliding, stretching, jumping, and hitting and blocking the ball. A current physical must be on file in the athletic director or nurse's office before you may participate in practices and games. Keep your coach informed of all injuries and chronic conditions.**

**Although the likelihood is minimized if you train correctly, there is always the possibility of injury when you place extra demands on muscles, bones, joints, tendons and ligaments. Injuries that can occur in Volleyball include, but are not limited to, the following: blisters, muscle strains, ligament and cartilage damage, joint sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, concussions, spinal cord injuries involving paralysis, and even death. However, if you take certain precautions, the likelihood of such injuries can be greatly reduced. Be sure to consistently follow the guidelines listed below:**

- 1. Never practice or play a game unless a coach is present. All athletes must be under adult supervision at all times.**
- 2. Always warm-up appropriately before and cool-down after each practice and game by jogging and stretching.**
- 3. Always wear shoes and clothing that are appropriate for volleyball activities.**
- 4. Report all injuries to the coach as soon as they occur.**
- 5. Follow all athletic trainer and doctor recommendations.**
- 6. If you have asthma, be sure to keep your inhaler with you, or near you at all times. This also applies to those athletes with diabetes or severe allergic reactions; if you have diabetes, keep your insulin & blood sugar kit with you at practices & games. If you have severe allergies, carry your own Epi-Pen**
- 7. Lift weights and do the necessary exercises as determined by the coach, athletic trainer or personal trainer to increase strength and flexibility, and to guard against injuries.**
- 8. Never wear jewelry of any kind when practicing or competing.**
- 9. Do not chew gum, use cough drops, or eat hard candy while you are running and playing.**
- 10. All athletes must remain seated while travelling in a team bus or van.**
- 11. Maintain concentration and focus during drills.**
- 12. Foolishness and rough "horseplay" will not be tolerated.**
- 13. Some injuries and pain are not serious enough that it should stop you from participating.**  
**However,**

**it is important to listen to your body. Discomfort is normal; if you experience intense pain, you should STOP!**

- 14. Eat a well balanced, healthy diet and get plenty of rest. It is extremely important that you drink enough fluids and are properly hydrated. BRING A FULL WATER BOTTLE TO PRACTICES AND GAMES!**
- 15. Ask for help or advice when you have a question and before changing your hitting, serving, or blocking technique.**
- 16. Never enter another school's facility without a teammate.**
- 17. Common sense is more important than supreme intelligence; use it.**
- 18. BE AWARE OF YOUR SURROUNDINGS! PAY ATTENTION TO THE ACTIVITIES IN PROGRESS!**

**I have read the preceding warning. I know, fully understand, and appreciate the risks inherent in participating in Volleyball. I acknowledge that I am physically fit and that I am voluntarily participating in this activity.**

**Student's Signature:** \_\_\_\_\_

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

**Parent's Signature:** \_\_\_\_\_

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