

Mercer Island School District

LACROSSE

SAFETY GUIDELINES

(Prior to participating, both the student and parent must read carefully and sign)

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. LACROSSE is highly competitive, fast action game in which physical contact and collisions play a major role. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with lacrosse. There is a chance of broken bones, severe concussions, and back injuries, which could lead to some form of paralysis and even death. 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.

1. Proper warm-up is essential before strenuous activity takes place with particular attention placed on stretching the legs and shoulder muscle groups.
2. Proper safety equipment including mouth guards must be worn and used according to instructions given by your coach. Shoulder pads and padding protecting the chest area must fit properly and be checked for proper fitting on a regular basis.
3. Lacrosse helmets, face guards and or eye shields/protectors will not prevent all injuries. Severe head, neck and brain injury or death may occur to you and /or another player. Care must be taken to fit the lacrosse helmet properly and to periodically check for proper fitting by a person trained in fitting lacrosse helmets.
4. NEVER butt, ram or spear another player. This is a dangerous rule violation.
5. Do not slash or high stick another player. This is a dangerous rule violation.
6. Do not duck or lower your head to avoid hits to your helmet or head.
7. Do not return to play or practice lacrosse after a head injury without a doctor's approval. Follow school guidelines for concussion reporting and care.
8. If you have any questions about the safety of a helmet or eye protection device, do not use. All lacrosse helmets should have a current NOCSAE sticker approving that helmet for the appropriate level of lacrosse participation.
9. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, appropriate frames that are compatible with lacrosse helmets or eye protectors.
10. Perform only those skills and techniques as instructed and/or supervised by your coach.
11. Be sure all equipment is fitting properly before each day's activity. If any piece of protective equipment does not fit or is damaged, report this condition to your coach immediately. Check your lacrosse sticks for proper adjustment and to make sure the basket and tension straps are not damaged.
12. If a piece of equipment becomes damaged or broken during an activity, report to a coach immediately for repair or replacement.
13. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
14. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for lacrosse.
15. Be aware of your surroundings both home and away including but not limited to field surface conditions, obstructions in the proximity to the playing field and safe entrance/egress to/from the field and the locker room.
16. Squad members must wear safe and proper fitting footwear. Be cautious when walking on slick surfaces with cleated shoes.
17. Wear outer and under garments appropriate for humidity and temperature.
18. 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.
19. Be aware of the potentially serious injuries if you do not follow correct procedures in passing and catching the lacrosse ball.
20. Hydration is essential with frequently scheduled drink breaks during practice and drinks available during all games. Players should hydrate themselves frequently during practice and games and follow the coach's direction on hydration prior to and following practices and games.
21. If injured and unable to move or movement is limited, stay on the ground until assistance is given to move you or you are capable of getting up without fear of additional injury.
22. Notify the coach immediately if injured.
23. Practice only when your coach is present.
24. To prevent unauthorized use, at the conclusion of any practice or game, store equipment in a secure manner as directed by your coach.

The above information has been explained to me and I understand the list of rules, safety regulations/warnings and procedures. I also understand the necessity of using the proper techniques while participating in the **Lacrosse Program**.

Date

Athlete's Signature

Date

Signature of Parent/Legal Guardian

Mercer Island School District

LACROSSE

WARNING/AGREEMENT TO OBEY INSTRUCTIONS

**(Prior to participating, both the student
and parent must read carefully and sign)**

I am aware that LACROSSE is a high-risk sport and that practicing or competing in lacrosse will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand the dangers and risks of practicing and competing in lacrosse 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 lacrosse 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 District does not assume the responsibility for the medical services required for these risks.

Because of the dangers of LACROSSE, I recognize the importance of following the coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

In consideration of the Mercer Island School District permitting me to try out for the **Mercer Island High School Lacrosse Team** and to engage in all activities related to the team, including but not limited to trying out, practicing or competing in lacrosse. I have read the above warnings and I understand their terms.

Date

Signature of Athlete

I, _____, am the parent/legal guardian of _____.

In consideration of the Mercer Island School District permitting my child/ward to try out for the **Mercer Island High School Lacrosse Team** and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in lacrosse, I have read the above warning and I understand their terms.

Date

Signature of Parent/Legal Guardian