

Student's Name (please print) _____

CAUTIONS, CONSIDERATIONS, AND RESPONSIBILITIES TO INCREASE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC BASKETBALL WORTHINGTON SCHOOLS

Basketball is a highly competitive, fast action game that places great physical demands on the individual player. For this reason, coaches will implement conditioning regimens that are based on scientific principles, and designed to enhance player endurance, quickness, and playing skills. While contact and rough play are prohibited by rule, a certain amount of inadvertent physical contact is predictable. To enhance stability and strength, certain weight room work outs may also be prescribed along with regular practice activity. In addition, the following considerations and cautions will enhance player enjoyment and safety.

PREPARATION FOR PRACTICE OR CONTEST

1. Clothing and shoes should fit properly, be comfortable and allow for maximal physical efforts.
2. Clothing should not prevent heat dissipation, or restrict movement.
3. Players should ingest the equivalent of 4 - 6 glasses of water each day.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if impairment affects judgment or perception.
Glasses should be held in place with an elastic strap.
5. Remove all jewelry and metal hair fasteners.
6. Follow proper warm-up procedures as defined by the coach. Avoid horseplay.
7. If ill or dizzy, notify your coach. Do not practice.
8. **ALL STUDENTS MUST HAVE THE APPROPRIATE PHYSICAL EXAMINATION CARD ON FILE BEFORE PRACTICING.**

LOCKER ROOM

1. Secure all personal belongings in your assigned locker. Close locker doors when away from your locker.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
3. Be alert to slippery floors.
4. Refrain from rapid movements, horseplay and rough house in the locker/shower areas.
5. Identify incidents of foot or other skin infections to coach(es) or trainer immediately.

MOVEMENT TO THE PRACTICE/CONTEST SITE

1. Be alert to:
 - a. Variations in gym surfaces
 - b. Stairs leading to the gym

- c. Ball carts
 - d. Basketballs in flight or loose on the floor
 - e. Proximity of bleachers and walls to the court
2. Observe safety regulations on buses to and from contests.

CAUTIONS SPECIFIC TO BASKETBALL

1. **DO NOT** hang on rims or nets.
2. **DO NOT** engage in rough, thoughtless play.
3. **DO NOT** run under a player who is in the air to shoot or receive a pass.
4. **DO NOT** swing elbows excessively when clearing a rebound.
5. Taller players may need to be alert to their proximity to the lower surface of the backboard.
6. Be alert to dehydration symptoms: dry mouth, inability to cool down, dizzy/lightheaded. Ingest 4-6 glasses of water during the school day and an additional amount at practice.
7. Frequent drink breaks will be built into the practice plan. Players should make use of each one.
8. Floor burns, cuts, rashes, blisters, calluses, and ingrown toenails should be referred to the coach or trainer for attention.
9. Ankles and other orthopedic problems should also be brought to the coach's or trainer's attention.
10. Complete all injury prevention exercises prior to all workouts and competitions.
11. Weight training regimens will have separate standards and progressions designed to enhance safety. Do not condition with weights on your own without discussing your program with a coach.

EMERGENCIES

Because of the nature of basketball, some injuries will occur. Most will be minor and can be managed with first aid. All injuries must be called to a coach's or trainer's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills.
2. Call a coach or trainer to manage the situation.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance.
 - b. Bringing first aid equipment or supplies to the site.
 - c. Keeping onlookers away.
 - d. Directing the rescue squad to the site.
5. Fire or fire alarm:
 - a. Evacuate or remain outside building.
 - b. Move 100 yds. from the building.
 - c. Be prepared to implement emergency procedures outlined in #4.

INSURANCE

Student accident insurance is not provided by the Worthington Schools. All medical expenses incurred by an athlete must be paid by the parent and/or their insurance policy. I, the undersigned, understand that I must either use my own accident insurance or enroll my child in a school insurance program which has been made available for me to purchase. Otherwise, I realize that my son/daughter will not be covered by accident insurance.

ACKNOWLEDGEMENT

We certify that we have read and understand the cautions, considerations, and responsibilities required for participation in a Worthington Schools Basketball Program.

PARENT SIGNATURE

DATE

STUDENT SIGNATURE

DATE