

Student's Name (please print) _____

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

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

Responsibilities include:

PREPARATION FOR PRACTICE OR CONTEST

1. Wear all protective equipment including shin guards to every practice or contest unless otherwise indicated by the daily practice plan.
2. Wear outer and under garments that are appropriate for humidity and temperature.
3. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if impairment affects judgment or perception.
4. In hot, humid weather, players should consume 4-6 glasses of water between 10 AM and 3 PM, with the last consumption at least 30 minutes prior to practice or competition.
5. Remove all jewelry and metal hair fasteners.
6. **ALL STUDENTS MUST HAVE THE APPROPRIATE PHYSICAL EXAMINATION CARD ON FILE BEFORE PRACTICING.**

LOCKER ROOM

1. Secure all personal belongings in your assigned locker. Leave no valuables in locker.
2. Keep floors free of litter.
3. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
4. Be alert to slippery floors.
5. Refrain from rapid movements, horseplay, and rough house in the locker/shower areas.
6. Report incidents of foot or other skin infections to coach(es) or trainer immediately.

MOVEMENT TO THE PRACTICE/CONTEST SITE

1. Observe safety regulations on buses to and from contests.
2. Be alert to ramps, stairs, and changes in the texture and levels of concrete, fields, and sidewalks.
3. Be alert to the location of the goal mouth, goal posts, and shooting drills.

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 Soccer Program.

4. Be alert to fast action dribbling or passing drills.
5. If ill or dizzy, notify the coach. Do not practice.

CAUTIONS SPECIFIC TO SOCCER

1. Play the ball when on defense - DO NOT attack the offensive opponent with illegal contact.
2. When involved in shooting drills, shoot in specified sequence and in designated areas and directions. Be sure the goal keeper is ready for all shots.
3. High kicks are prohibited.
4. Intentional pushing and/or tripping is prohibited.
5. Charging or contacting the goal keeper is prohibited.
6. Players must keep the mouth closed when handling the ball.
7. Players must brace the neck and strike the ball with the upper portion of the forehead when heading the ball.
8. Out of control runs, jumps, or high kicks are prohibited.
9. Slide tackle techniques must be approved by the coach.
10. Shin pads must be worn by all players.
11. Water will be available at practices and contests. Players should ingest 4-6 glasses of water during the day and frequently at practice.
12. If weight training is part of your conditioning program, observe all weight room safety procedures. Do not condition with weights on your own without discussing your program with a coach.

EMERGENCIES

Because of the nature of soccer, 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.

PARENT SIGNATURE

DATE

STUDENT SIGNATURE

DATE