

Student's Name (please print) _____

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

Football is a highly competitive, fast action game in which physical contact 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.

The School District has protective helmets that are certified by the National Operating Commission for Safety of Athletic Equipment (NOCSAE). This certification indicates that research has been conducted to verify the protectiveness and shock absorption capabilities of the helmet. In addition, high quality padding has been purchased for protection of other body parts. However, to achieve maximum protection from any equipment, careful fitting, and proper wearing methods are imperative. Each player will receive a demonstration of proper wearing and will be properly fitted by a coach or trainer on the day of equipment issue. Proper wearing and use of all protective equipment is the exclusive responsibility of the player after orientation has been completed. Other player responsibilities include:

PREPARATION FOR PRACTICE OR CONTEST

1. Wear all protective equipment including mouth guards to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if impairment affects judgment or perception.
5. 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.
6. Stretch thoroughly and jog easily to warm up. Follow warm up and stretching exercises prescribed by the coaches.
7. **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 slippery floors.
4. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
5. Refrain from rapid movements, horseplay and rough house in the locker/shower areas.
6. Report incidents of food 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:
 - a. Ramps leading to practice/contest area.
 - b. Variations in the surfaces of ramps, locker rooms, natural or artificial turf.
 - c. Locations and proximity to:

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 Football Program.

- 1) Goal posts
- 2) Sleds and field equipment
- 3) Kicking/kick return drills
- 4) Passer/pass receiving drills
- 5) Agility, sprinting, or other fast action drills

CAUTIONS SPECIFIC TO FOOTBALL

Players will be taught blocking and tackling techniques that are approved by the National Federation and OHSAA. The following techniques are of major importance for football safety:

1. The Head and helmet
 - a. Tackle or block or break tackles with the shoulder pad. **NEVER USE THE HELMET TO STRIKE THE OPPONENT.**
 - b. Keep the chin and eyes up when blocking, tackling, or running with the ball. Lowering the head/helmet jeopardizes the neck and spinal cord.
2. Blocking and defensive contact
 - a. The forearm striking surface should be accelerated as a unit with the shoulder and extension of the trunk. **DO NOT "wind up"** to accelerate the forearm separately.
 - b. Block from the front, the side, and above the waist.
 - c. When pursuing an opponent ball carrier, do not "pile on" when the opponent is down.
 - d. Do not chop or slash with a rigid arm when executing a tackle.
3. General
 - a. **GET UP!** When on the ground you are vulnerable to being stepped on or receiving a leg, shoulder, or knee injury.
 - b. When falling - **TUCK** - leave no extremity extended either to absorb the fall, or while on the ground.
 - c. Participate fully in all neck strengthening exercises.
4. Water

Frequent drink breaks will be scheduled during practices, and players should hydrate themselves frequently during practices or games.

5. Weight room
Maintenance strength training procedures will be utilized. Observe all weight room policies for progressions, spotting, and general safety.

EMERGENCIES

Because of the nature of football, 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