

Student's Name (please print) _____

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

Field hockey is a highly competitive, fast action game in which physical contact is inevitable. Because of the speed and intensity with which the game is played, team 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 mouth guards to every practice or contest unless otherwise indicated by the daily practice plan.
2. Wear under and outer 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. Stretch thoroughly and jog easily to warm up.
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. Report incidents of foot or other skin infections to coach(es) or trainer immediately.
7. Complete all injury prevention exercises prior to all workouts and competitions.
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. 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.

MOVEMENT TO THE PRACTICE/CONTEST SITE

1. 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:
 - 1) Goal cages.
 - 2) Warm-up drills.
 - 3) Agility, sprinting or other fast action drills.
2. Observe safety regulations on buses to and from contests.

CAUTIONS SPECIFIC TO FIELD HOCKEY

1. **THE BALL** - The ball is occasionally lifted into the air leading to the possibility of a player being struck on the upper body. This usually will result in bruises, but in unusual cases when a player is hit in the head it may cause a more serious injury.
2. **THE STICK** - It is possible for players to be struck with a stick during the normal course of play. Players are urged to be alert to situations which could be dangerous.
3. **WATER** - Frequent drink breaks will be scheduled during practices, and players should hydrate themselves frequently during practices or games.
4. **WEIGHT ROOM** - Maintenance strength training procedures may be utilized. Observe all weight room policies for progressions, spotting, and general safety.

EMERGENCIES

Because of the nature of field hockey, 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 Field Hockey Program.

PARENT SIGNATURE

DATE

STUDENT SIGNATURE

DATE