

Student's Name (please print) _____

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

The following procedures have been developed specifically for the Worthington High Schools Water Polo team. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve safety and enjoyment of the sport. While Water Polo is a safe sport, there are inherent risks which include injuries to the nose, eyes, face, head, hands, arms, shoulders, groin and knees. By following safety and water polo rules, these risks can be minimized.

PREPARATION FOR PRACTICE OR CONTEST

1. Choose a suit which fits comfortably and dries easily.
2. All goggles come off before the balls enter the pool.
3. Proper earguards must be worn at all times by all players.
4. A swim cap (for females or males) can help keep hair out of the eyes and keep body heat from being lost, thus keeping you warmer during practice.
5. Only safety certified glasses may be worn.
6. No jewelry, wristbands, or watches may be worn.
7. Fingernails must be trimmed to prevent scratching.
8. **ALL STUDENTS MUST HAVE THE APPROPRIATE PHYSICAL EXAMINATION CARD ON FILE.**

LOCKER ROOM

1. Secure all personal belongings in your assigned locker. Leave no valuables in locker.
2. Keep floor free from 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 from rapid movements, horseplay and rough house in the locker/shower room areas.

ENTERING THE POOL AREA

Look around the pool facility and notice:

1. deep and shallow pool depths
2. location of safety equipment
3. location of ladders
4. pool rules posted on the wall

5. other equipment which may be in the area (tables, chairs, timing equipment)

CAUTIONS SPECIFIC TO WATER POLO ATHLETES

1. Be alert to changes in deck level, the edge drops down to the gutter spill, step up to bulkheads, and uneven areas around the drains.
2. Note objects in the area which extend into the deck space - drinking fountains, chalkboards, lane line rollers, safety equipment, benches, storage bins.
3. Note equipment stored on the deck for use by swimmers - kickboards, pull buoys, hand paddles. Use them as needed and return them appropriately.
4. Do stretching exercises on the deck. The coaches will provide you with simple exercises. Take time to stretch before each swim practice.
5. No horseplay in the pool or diving area. No punching, kicking or dangerous play will be tolerated.
6. Look before you enter the water, feet first entries only.
7. Self induced hyperventilation is prohibited.
8. If weight training is part of your conditioning program, observe all weight room safety procedures.

EMERGENCIES

If someone has suffered an accident or has suddenly become ill in the swimming area, you may be asked to help. Report all accidents to the coach.

1. Be alert. Look around. Get the attention of other people and the coach.
2. The coach will manage the person in trouble. You may be asked to assist in one of several ways:
 - a. Help the injured person.
 - b. Telephone for additional assistance. Phone numbers and information are posted by the telephone.
 - c. Obtain first aid supplies or equipment.
 - d. Direct the rescue squad to the accident site.
 - e. Keep onlookers back.
3. Fires or fire drills may require immediate evacuation of the pool.
 - a. Evacuate or remain outside the 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 Water Polo Program.

PARENT SIGNATURE

DATE

STUDENT SIGNATURE

DATE