

Student's Name (please print) \_\_\_\_\_

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

Volleyball 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 upon scientific principles designed to enhance player agility, quickness, and playing skills. To enhance quickness and strength, certain weight room workouts may 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.
3. Wear protective knee pads to every practice or contest unless otherwise indicated by the daily practice plan.
4. Feet should be covered with thick cotton socks. If blisters are a chronic problem or begin to appear, please see the coach or trainer.
5. Remove all jewelry, hats, and metal hair fasteners.
6. 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.
7. 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.
8. Follow proper warm-up procedures as defined by the coach.
9. **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 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 movements, horseplay and rough house in the locker/shower room areas.

### **MOVEMENT TO THE PRACTICE/CONTEST SITE**

1. Be alert to
  - a. Variations in gym surfaces.
  - b. Stairs leading to the gyms.
  - c. Nets and support poles.

- d. Ball carts.
  - e. Volleyballs in flight, rolling, rebounding, or bouncing.
  - f. Spiking, passing, diving, blocking, or serving drills.
  - g. Other players and coaches.
2. Observe safety regulations on buses to and from contests.

### **CAUTIONS SPECIFIC TO VOLLEYBALL**

1. Gather loose volleyballs and place them in storage racks. Do not follow a loose ball onto an adjacent court until play has stopped.
2. Jump vertically and avoid collisions at the net.
3. Use proper techniques when digging a hard driven ball.
4. When spiking, strike with a fully extended arm.
5. Be alert to dehydration symptoms: dry mouth, inability to cool down, dizziness, and light headedness. Ingest 4-6 glasses of water during the day and an additional amount at practice. Make use of scheduled drink breaks.
6. Floor burns, cuts, rashes, and boils should be referred to coaches and/or trainers for advice and treatment.
7. All injuries should be brought to the coaches and/or trainers attention.
8. Complete all injury prevention exercises prior to all workouts and competitions.
9. Weight training regimens will have separate standards and progressions designed to enhance safety. Observe all weight room safety procedures.

### **EMERGENCIES**

Because of the nature of volleyball, 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 Volleyball Program.

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**PARENT SIGNATURE**

\_\_\_\_\_  
**DATE**

\_\_\_\_\_  
**STUDENT SIGNATURE**

\_\_\_\_\_  
**DATE**