Volleyball Cautionary Statement

Because of intense demands and conditioning required for volleyball, athletes are asked to read and understand certain cautions and responsibilities designed to improve safety and enjoyment of the sport.

**Preparing for Activity:**

1. Wear all protective kneepads, braces and supportive equipment or garments to all practices and game.
2. Wear proper fitting shoes and clothes
3. Clothing should not prevent heat dissipation or restrict movement.
4. Players who require corrected vision should wear shatterproof glasses or contact lenses.
5. Players requiring preventative taping, padding, or bracing should arrive early to receive necessary treatment.
6. Remove all jeweler and metal hair fasteners.
7. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present physicians approval to the coach prior to participation in any practice.
8. No horse-play or rough-housing, hazing or initiations.

**In the locker room:**

1. Be alert to slippery floors
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker room
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your locker.
5. Keep soap and shampoo in the shower.
6. No horse-play, rough-housing, hazing or initiations
7. Do not wear football shoes in the building or locker room at any time.

**Movement to the practice/contest site or travel to contest/practice site:**

Be alert to:

1. Ramps/step leading to contest area
2. Ball carts
3. Volleyball in flight, rolling, rebounding, or bouncing
4. Spiking and Serving
5. Nets, support poles official stands etc.

**Preparing to play:**

Do all stretching exercises as directed by coaches. When stretching or playing, keep body in proper alignment to prevent undue stress on joints, ligament, and muscles.

**Hazards specific to Volleyball:**

1. Be alert to dehydration symptoms; i.e., dry mouth, inability to cool down, dizzy/light-headed. Ingest 4-6 glasses of water a day.
2. Make use of drink breaks
3. Foot Problems, such as blisters, calluses should be referred to the coach or trainer.
4. Skin problems, such as boils and rashes or floor burns should be referred to the coach or trainer.
5. Ankles and other orthopedic problems:
6. Sprains…new… ice, compression, elevate, rest.
7. Sprains…old….taping, easy workouts, rehabilitative exercise.
8. Weight and strength training will have separate standard and progressions designed to enhance safety
9. Do not hang on rims or nets
10. Place loose volleyballs in storage racks. Do not follow a loose ball into an adjacent court until play is stopped on the court.
11. Try to land on both feet while descending from a jump. This helps prevent falling, twisting, or loss of balance.
12. As in many team sports, the possibility of running into teammates or opponents is apparent. Jump vertically when spiking or blocking
13. Use proper technique when setting, blocking and spiking to avoid breaks, fractures, and sprains.
14. Stretch thoroughly to avoid muscle soreness.
15. Making contact with the nets, support poles, cables, referee stands floor, wall and bleachers, and other players could result in injury.

**Emergencies**

Because of the physical nature of volleyball , some injuries will occur. All injuries must be called to a coach or trainer’s attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills. DO NOT move the victim.
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity and assit by:
   1. Helping with injured person.
   2. Calling for additional assistance.
   3. Bringing first aid equipment or supplies to the site.
   4. Keeping onlookers away.
   5. Directing first responders to the site of the accident/injured person.
4. Fire or Fire Alarm
   1. Evacuate or remain outside of the building.
   2. Move and remain at least 150 away from the building.
   3. Be prepared to implement the emergency action plan at direction of the coach or follow steps in #3.

**Acknowledgement**

We certify that we have read, understand, and agree to adhere to the cautions, considerations, and responsibilities required for participation on the Shenandoah High School Baseball or Softball team.

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| --- | --- | --- | --- | --- |
| Athlete Name (Print) |  | Athlete Signature |  | Date |
|  |  |  |  |  |
| Parent Name (Print) |  | Parent Signature |  | Date |