

BASKETBALL RISK ACKNOWLEDGEMENT

CAUTIONS & RESPONSIBILITIES OF STUDENT/ATHLETES AND PARENT/GUARDIAN(S)

The following procedures have been developed for the Oak Creek High School Basketball program. Because of the strength, endurance, conditioning and physical demands required, student-athletes and their parent/guardian(s) are asked to read, understand and adhere to the following cautions and responsibilities to enhance the safety and enjoyment of the sport of basketball by participants. The Oak Creek-Franklin School District Co-Curricular Code; the Oak Creek High School Code of Conduct; Basketball Team Rules and Procedures; along with adhering to W.I.A.A. (Wisconsin Interscholastic Athletic Association) and N.F.H.S. (National Federation of High School) Rules are expectations and responsibilities of the student-athlete and parent/guardian. The student-athletes and parent/guardian(s) are responsible to become familiar with and adhere to the above-mentioned codes, rules and procedures in accordance with this risk acknowledgement statement.

Basketball 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 on scientific principles, and designed to enhance player endurance, quickness, and playing skills. While contact and rough play are prohibited by rule, a certain amount of inadvertent physical contact is predictable. To enhance stability and strength, certain weight room workouts may also be prescribed along with a regular practice activity. In addition, the following considerations and cautions will enhance player enjoyment and safety.

Fundamentals related to playing basketball will continually and repeatedly be emphasized on and off the court. The information contained within this list of rules and procedures is to inform the athletes in our basketball program of the proper techniques to practice for maximum safety in the contact phase of the game. The following procedures have been developed for the Oak Creek High School basketball teams.

Pre-season Preparation

- ▶ Athletes must condition to prepare themselves for the season. This includes both strength training as well as aerobic training. It is also important that athletes continue to strength train during their season to help prevent injuries. Athletes should focus on developing muscular strength, endurance, cardiovascular fitness and flexibility. Weight training and strength conditioning programs have been developed for athletes pertaining to their specific sport. The weight room is open year-round to offer opportunities for training and conditioning. Athletes must adhere to the safety procedures when working out in the weight room.
- ▶ Athletes need to incorporate the basic food groups and have a diet high in complex carbohydrates. A vitamin supplement (approved by your physician), fluids, regular rest, proper nutrition and dress contribute to the maintenance of health.

Preparation for Practice or Contest

- Prior to the first day of practice, athletes must turn in to the Activities Office a completed: 1) physical card, 2) Oak Creek High School Athletic Code/WIAA Code/Concussion Form (all in same packet), 3) risk acknowledgement form, 4) yellow emergency card, 5) Transportation fee
- Athletes with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, respiratory diseases, disorders or diseases, must present a physician's approval prior to participation in any practice session.
- It is the responsibility of the student athlete and parent to report to the coach and the athletic trainer any medical condition and/or medication the student may require during the course of the activity inclusive but not limited to practice, travel, games/performances.
- Athletes who are ill, dizzy, or lightheaded should not practice and should contact their coach and athletic trainer.
- Any injury problem or concern should be discussed with the coach and athletic trainer.
- Athletes needing preventive taping or bracing should arrive early to receive treatment. Athletes need to wear all pads, braces and supportive undergarments to all practices and competitions.
- Feet should be covered with a thin cotton sock followed by a heavier wool sock. If blisters are a chronic problem or begin to appear, coaches or trainers should be consulted for appropriate responses or preventive actions.
- High top basketball shoes are suggested and they should be properly laced up.
- Mouth guards are highly recommended.
- Athletes with visual impairments must wear shatterproof glasses or lenses where judgment or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.
- Horseplay, roughhousing, hazing or initiations is prohibited.
- Athletes must remove all jewelry and metal hair fasteners.
- Weight training and strength training may be a requirement for physical preparation. Athletes should observe all weight room policies for progressions, spotting and general safety.
- Athletes should ingest the equivalent of 4-6 glasses of water each day.
- Athletes should think safety first.
- Athletes should always be aware of the proximity of others when executing large motor movements.
- Athletes should always use proper technique.

- Weight control or weight reduction programs should not be undertaken without the approval of the coach, athletic trainer and personal physician.

Cautions specific to Basketball

1. Be alert to dehydration symptoms. Dry mouth, inability to cool down, dizziness/light-headedness. Ingest 4-6 glasses of water during the school day and additional amounts at practice.
2. Frequent drink breaks will be built into the practice plan and players should make use of each one.
3. Foot Problems - Refer to coach or athletic trainer
 - a. Blisters
 - b. Calluses
 - c. Ingrown toe nails
 - d. Fungus infections or plantar warts
4. Other Skin Problems - Refer to coach or Athletic Trainer.
 - a. Boils
 - b. Rashes
 - c. Floor burns, cuts
5. Ankle and other orthopedic problems.
 - a. Sprains - new - ice, compression, elevation, rest
 - b. Sprains - old - taping, easy workouts, rehabilitative exercise.
6. Weight training regimens will have separate standards and progressions designed to enhance safety and physical conditioning.
7. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health. Notify coach about use and location of inhalants.
8. Check your weight. Sudden or large losses over a month should be brought to the coaches' attention, especially if you are feeling tired or ill, or if you demonstrate cold symptoms and swollen throat/neck glands.
9. DO NOT hang on the rims or nets.
10. DO NOT engage in rough, thoughtless play.
11. DO NOT run under a player who is in the air to shoot or receive a pass.
12. DO NOT swing elbows excessively when clearing a rebound.
13. Taller players may need to be alert to their proximity to the lower surface of the backboard.
14. DO NOT make an intentional foul that might cause an injury to an opponent.
15. When taking a charge or screening an opponent, assume a weight-balanced, protected position.
16. If a backboard shatters, notify the coach and keep people away from the broken glass. **BROKEN BACKBOARDS ARE THE FINANCIAL RESPONSIBILITY OF THOSE WHO BREAK THEM!**
17. Notify the coach or trainer of any injury, no matter how slight it may seem.
18. DO NOT share water bottles, towels, or anything else that might transmit body fluids or pathogens.

In the Locker Room

- Be alert to slippery floors and use caution.
- Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
- Keep floors free of litter.
- Secure all personal belongings in assigned locker.
- Open locker doors can have sharp edges. Close and lock locker door when away from your assigned locker.
- Use soap and shampoo only in the sink/shower areas.
- Horseplay, roughhousing, hazing or initiations is prohibited.
- Identify incidents of foot or other skin infections to the coach and athletic trainer immediately.

Entry to the Practice/Contest Site

- Be alert to ramps, stairs, artificial turf surfaces, carpets, concrete surfaces, stairways, practice/playing surfaces and other changes in footing textures.
- Be alert to the location of warm-up drills.
- Be alert to debris and glass in practice/playing areas.
- Be cautious in parking lots when unloading equipment or changing shoes.
- If you notice or have a safety concern, bring it to the coach's attention prior to initiating practice/playing.
- Be alert to:
 - a. Slippery practice and playing court surface.
 - b. Lack of padding on walls and score tables.
 - c. Proximity of bleachers and walls to playing surface.
 - d. Wind sprints or fast break drills.
 - e. Basketballs in flight, rolling, rebounding or bouncing.
 - f. Ball carts
 - g. Agility, sprinting, or other fast action drills.
 - h. No horseplay, roughhousing, hazing or initiations.

