

## **GYMNASTICS RISK ACKNOWLEDGEMENT**

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

The following procedures have been developed for the Oak Creek High School Gymnastics 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 gymnastics by participants. The Oak Creek-Franklin School District Co-Curricular Code; the Oak Creek High School Code of Conduct; Gymnastic 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.

Gymnastics is a highly specialized form of competition in which stamina; strength, agility and finesse are important factors. To develop each of these attributes, gymnasts must observe and practice rules, procedures and progressions intended to enhance their safety, learning, overall success and enjoyment of the sport. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand the following cautions and responsibilities. The information contained within this list of rules and procedures is to inform the athletes in our gymnastics program of the proper techniques to practice for maximum safety in the course of practice and competition. The following procedures have been developed for the Oak Creek High School gymnastic team.

#### **Pre-season Preparation**

- ▶ Choose practice or competitive equipment that fits properly, does not catch on apparatus, or restrict the gymnast's movement. Wear all protective and supportive undergarments to all practices and competitions.
- ▶ 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.
- 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 gymnastics:**

1. Properly stretch and warm up before practice or competition.
2. Do not attempt new or complex floor or apparatus movements until the coach has approved your progression, and arrangements made for proper spotting.
3. Check all apparatus for height-width adjustments, security of safety fasteners and floor cleats.
4. Check with coach to be sure appropriate types and thicknesses of landing pads are utilized, and are properly secured.
5. Chalk hands thoroughly before using rings, bars, or pommels.
6. If you experience muscular fatigue or decreased alertness, do not attempt elevated, weight bearing, or somersaulting activities. Rest or wait until the next day.
7. Check for separation of mats for the floor exercise event. Call the coach's attention to the need for fastening tape.
8. Not more than ONE gymnast is to use an apparatus piece at any time.
9. Horizontal bar and parallel bar competitors must pay special attention to body mechanics involved in controlling one's swing velocity, completion of rotations, and general control while inverted in weight support positions. A spotter is required for all such activity.

### 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 variations in floor, ramp, or mat levels and textures.
- Be alert to location of bulk equipment and support cables.
- Be alert to sidehorse/longhorse runway locations and activities.
- Be alert to floor exercise areas and apparatus dismount areas.
- Be alert to other gymnasts performing high speed running, vaulting, aerial activities or dismounts. "wind up" accelerating the forearm separately.
- Be alert to ramps, stairs, artificial turf surfaces, carpets, concrete surfaces, and 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.
- If you notice or have a safety concern, bring it to the coach's attention prior to initiating practice/competition.

### Travel to Contest/Practice Site

- Student-athletes are required to travel in school vehicles.
- Student-athletes who do not travel in school vehicles may only travel with parent/guardian and/or another designated family member if written permission is given by the parent/guardian 2-days in advance of the event date. The parent/guardian and student-athlete assumes all risk of personal liability for damage, loss or injury related to non-school vehicle transportation.
- At no time will a coach approve a request for a student-athlete to transport with another member of the team in non-school vehicles. Parent permission does not supercede this rule.
- Be alert to weather conditions-especially stormy weather if traveling in non-school vehicles.

### Emergencies

Because of the nature of gymnastics, some injuries will occur. All injuries must be called to a coach and 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.
4. Assist by:
  - a. Helping with the injured person
  - b. Directing athletic trainer to injured player
  - c. Calling for additional assistance
  - d. Bringing first aid equipment or supplies to the site
  - e. Keeping onlookers away
  - f. Directing the rescue squad to the accident site
5. Fire or Fire Alarm
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4

**I understand that the risks of engaging in the sport of gymnastics include, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular-skeletal system and serious injury or impairment to other aspects of the body, health and well-being and may impair future abilities.**

### ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations, and responsibilities required for participation on the Oak Creek High School Gymnastics Team.

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Athlete Signature

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Date

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Parent/Guardian Signature

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Date