

VOLLEYBALL RISK ACKNOWLEDGEMENT

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

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

The following recommendations have been designed specifically for the Oak Creek High School volleyball team. Athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

Pre-season Preparation

- ▶ Because of the intense demands and conditioning required 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.
- 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 Volleyball

1. Be alert to dehydration symptoms; i.e., dry mouth, inability to cool down, dizzy/light-headed. 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 and players should make use of each one.
3. Foot problems--refer to coach(es) or athletic trainer:
 - a. Blisters
 - b. Calluses
 - c. Ingrown toenails
 - d. Fungus infections or plantar warts
4. Other skin problems--refer to coach(es) or athletic trainer:
 - a. Boils
 - b. Rashes
 - c. Floor burns, cuts
5. Ankles and other orthopedic problems:
 - a. Sprains--new--ice, compression, elevate, rest
 - b. Sprains--old--taping, easy workouts, rehabilitative exercise.
6. Weight and strength training will have separate standards and progressions designed to enhance safety.
7. Respiratory diseases can be a major problem.
8. Check your weight and record it. 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 sore throat/swollen neck glands.
9. Do not hang on nets or official's stands.
10. Gather loose volleyballs and place them in storage racks. Do not follow a loose ball into an adjacent court until play is stopped in that court.
11. Never roll a ball under the net during play; the ball can roll under the feet.

- Never throw the ball over the net; ball can hit an unsuspecting player.

Cautions specific to Volleyball (cont.)

- Try to land on both feet while descending from a jump. This helps prevent falling, twisting, or unbalance.
- While executing a defensive roll, sprawl, or dive, player must begin as low as possible to the floor with the arms fully extended away from the body. Execution with bent elbows and little or no bending of the knees may cause fractures or other injuries.
- As in many team sports, the possibility of running into teammates or opponents is apparent. Jump vertically when spiking or blocking.
- Volleyball utilizes the hands in various techniques; i.e., setting, blocking, serving, attacking, and digging. Players should use proper technique in order to avoid breaks, fractures, and sprains.
- Muscle soreness and possible strains occur more frequently at the beginning of the season due to increased use of muscles and increased time spent exercising. Stretch before/after practice.
- Making contact with the nets, support poles, cables, referee's stand, floor, wall, bleachers, and other players during practice or competition could possibly result in serious bodily injury.
- Do not jump or vault over the net at anytime.

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 weather conditions – especially stormy weather. Check with the coach before practicing or playing if there are any safety questions. Use good judgment regarding unsafe weather if the coach is located at a different area than you are practicing/playing.
- 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.

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 volleyball, 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:

- Stop all practices, scrimmages, or drills. **DO NOT** move the victim!
- Call the coach to manage the situation if not already at the site.
- Sit or kneel in close proximity.
- Assist by:
 - Helping with the injured person
 - Directing athletic trainer to injured player
 - Calling for additional assistance
 - Bringing first aid equipment or supplies to the site
 - Keeping onlookers away
 - Directing the rescue squad to the accident site
- Fire or Fire Alarm
 - Evacuate or remain outside the building
 - Move and remain 150 feet away from the building
 - Be prepared to implement the emergency procedures outlined in #4

I understand that the risks of engaging in the sport of volleyball 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 Volleyball Team.

Athlete Signature

Date

Parent/Guardian Signature

Date