CENTRAL VALLEY
SCHOOL DISTRICT #356

Soccer Safety Guidelines

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. One should be aware that the information presented in these rules and procedures is to inform the athlete of proper techniques or the inherent dangers involved with this particular activity. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper fitting equipment are important to the safety and the enjoyment of the sport.

An athlete is required to report any and all injuries that occur during practice or contests immediately to his/her coach. If a doctor is seen following an injury, the athlete must provide the coach with written instructions from the attending physician detailing restrictions and when it will be safe to return to practice/contests. Proper warm-up exercises are essential prior to participation in any strenuous activity including practices/contests.

The following guidelines should be followed when engaging in the sport of soccer.

1. Be aware of your surroundings; familiarize yourself with field conditions which may be potentially dangerous such as holes, sprinkler heads, etc.
2. Travel to/from off-campus facilities for practice/contests should take place in school approved transportation vehicles only, unless a Parent/Guardian Driver Approval form (2320F4) is on file.
3. Shin guards should ***always*** be worn.
4. Studs on footwear must not violate FIFA or WIAA rules.
5. Rings, earrings, and other jewelry pose a potential danger and should ***not*** be worn.
6. It is a violation of soccer rules and a potential danger to commit the following violations:
   a. Kicking or attempting to kick an opponent.
   b. Tripping an opponent.
   c. Jumping at an opponent.
   d. Charging an opponent from behind.
   e. Charging violently at an opponent.
   f. Striking or attempting to strike an opponent.
   g. Holding an opponent.
   h. Pushing an opponent.
   i. Playing in a manner considered by the referee to be dangerous, such as kicking at a shoulder-high ball when an opponent is trying to head it.
7. Perform only those skills and techniques as instructed and/or supervised by your coach.
8. All athletes will read printed literature regarding safety procedures as provided by the coach.

Athlete: The above information has been explained to me and I understand the list of **rules and procedures.** I also understand the necessity of using the proper techniques while participating in the **soccer** program.

X _____ _____
Athlete's Signature **Date**

_____ _____
Print Name **Grade**

Parent/Guardian/Custodian: I have read the above safety guidelines.

X _____ _____
Parent/Guardian/Custodian Signature **Date**

White: School Copy
Yellow: Parent/Guardian/Custodian Copy