

# Tennis

## 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.

Most tennis courts are constructed with extremely hard surfaces. Athletes who fall during play risk potentially dangerous injury — especially to knees, elbows or head. Injury may include damage to joints, broken bones, or serious head and eye injury. The racquet and ball may be potentially dangerous for head or eye injury.

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

1. While swinging a racquet, make certain that the area around you is clear of others.
2. Travel to/from off-campus facilities should take place in school approved transportation vehicles only, unless a Parent/Guardian Driver Approval form (2320F4) is on file.
3. Familiarize yourself with court surface/obstacles on courts before beginning play.
4. In doubles play, always be conscious of your partner's position on the court.
5. All athletes shall 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 **tennis** 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