



Volleyball 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 volleyball:

1. Wear proper fitting shoes and socks at all times. Shoes that have been worn smooth should not be used.
2. Travel to/from off-campus facilities should take place in school approved vehicles only, unless a Parent/Guardian Driver Approval form (2320F4) is on file.
3. Knee pads should be properly positioned when worn.
4. Be aware at all times of court surroundings; i.e. obstacles, projections, bleachers, standards, etc.
5. Perform skills and techniques as instructed by your coach.
6. All athletes shall read printed literature regarding safety procedures as provided by the coach.
7. Participants are prohibited from wearing jewelry. Religious and medic-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. The medic-alert medal must be taped and may be visible.

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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 **volleyball** 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