



VOLLEYBALL SAFETY GUIDELINES

***Prior to participating, both student and parent/guardian must read, sign and return this form.
Keep a copy for your reference and records.***

Valley School strives to protect each student from injury while engaging in interscholastic activities. The guidelines and/or practices described below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents or guardians should recognize that conditioning, nutrition, proper technique, safety procedures, and well-fitting equipment are important aspects to the safety and enjoyment of this sport.

When a person is involved in any athletic activity, an injury can occur, especially in a sport that may involve contact. Volleyball can be highly competitive, and is a game in which physical contact and collisions may occur. The information provided in these safety guidelines is to inform the participant of proper techniques and potential dangers involved when playing volleyball. Student athletes will abide by the following guidelines when participating in volleyball (practices, warm-ups, drills, games, exercises, competitions) and are expected to follow the directions and standards of the coach(es).

GENERAL GUIDELINES

1. Proper warm-up is essential before strenuous activity takes place. Be aware of the potentially serious injuries that may occur if you do not follow correct procedures in stretching and conditioning.
2. Wear proper-fitting safety equipment such as kneepads according to instructions given by the coach.
3. Wear comfortable garments that allow maximum physical effort and dissipation of heat. Wear properly fitting shoes appropriate for the court surface.
4. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, appropriate frames that are compatible with volleyball play. If you have bi- or tri-focal lens, contact your licensed eye care specialist to provide the best len(s) combination for playing a game requiring quick reaction to an object (ball) traveling at a very rapid speed.
5. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for football.
6. Practice only when the coach is present.
7. Perform only those skills and techniques as instructed and/or supervised by the coach.
8. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity of limiting conditions and participate only to the extent allowed by coach.
9. Notify the coach immediately if injured or ill.
10. Hydration is essential with frequently scheduled drink breaks during practice and drinks available during all games. Players should hydrate themselves frequently during practice and games and follow the coach's direction on hydration prior to and following practices and games.

11. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.

GUIDELINES SPECIFIC TO PLAY

1. Be aware of your surroundings both home and away, including but not limited to court surface conditions, obstructions in the proximity to the volleyball court including nets, cables, supports, officials' stands, out-of-play areas, and safe entrance/egress to and from the court.
2. Collect all loose volleyballs and return them to the proper container or locations so they do not create a trip and/or fall hazard.
3. Jumping vertically helps avoid collisions with teammates, opponents and nets.
4. Spike the ball with the correct techniques taught by the coach.

STUDENT/PARENT ACKNOWLEDGEMENT

I have read and understand the technique guidelines, safety rules and procedures provided herein. I also understand the necessity of using the proper techniques while participating in the volleyball program.

_____	_____	_____
<i>Student Name (printed)</i>	<i>Student Signature</i>	<i>Date</i>
_____	_____	_____
<i>Parent/Guardian Name (printed)</i>	<i>Parent/Guardian Signature</i>	<i>Date</i>