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## **BASKETBALL SAFETY GUIDELINES**

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***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 contact sport. Basketball can be highly competitive, and is a fast action game that places great physical demands on the players. 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 basketball. Student athletes will abide by the following guidelines when participating in basketball (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.
2. Proper safety equipment including mouth guards must be worn and used according to instructions given by the coach.
3. Clothing and shoes should fit properly, be comfortable, allow maximum physical effort and allow dissipation of heat.
4. If you wear eyeglasses, shatterproof glasses or lenses are required. Glasses must be mounted in break-resistant frames and must be held in place by an elastic strap.
5. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for basketball.
6. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
7. Perform only those skills and techniques as instructed and/or supervised by your coach.
8. Notify the coach immediately if injured or ill.

### **GUIDELINES SPECIFIC TO PLAY**

1. Be aware of your surroundings both home and away, including but not limited to proximity of bleachers and courtside obstructions such as basket supports, lighting, and access to and from courts and court surfacing.
2. Be aware of throwing and/or flying basketballs from other parts of the gym.

3. Be especially aware of the danger of illegal actions such as undercutting another player or grasping/hanging on the rim.
4. 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.

**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 basketball 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>