**JUNIOR GIRLS VOLLEYBALL**

**CAUTIONARY STATEMENT**

The following recommendations have been designed specifically for the Gulf Islands Secondary School Junior Girls Volleyball Team. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

**Preparing For Activity:**

1. Wear protective knee pads, braces and supportive equipment garments to all practices and games.
2. Clothing and shoes should fit properly, be comfortable and allow for maximal physical efforts.
3. Clothing should not prevent heat dissipation or restrict movement.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Feet should be covered with a thick cotton sock. If blisters are a chronic problem or begin to appear, coaches should be consulted for appropriate responses or preventive actions.
6. Players who require corrected vision must wear shatterproof glasses or contact lenses. Glasses must be mounted in break resistant frames, and be held in place by an elastic strap.
7. Players requiring preventative taping, padding, or bracing should arrive early to receive necessary treatment.
8. Remove all jewelry and metal hair fasteners.
9. No horseplay, rough-housing, hazing or initiations.
10. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present physician’s approval to the coach prior to participation in any practice session.

**In The Locker Room:**

1. Locker room floors are often slippery.
2. Open locker doors can have sharp edges. Close and lock your locker when away from it.
3. Secure all personal items in your assigned locker.
4. Use soap and shampoo only in the shower area.
5. Be alert to raised thresholds at shower rooms.
6. No horseplay, rough-housing, hazing or initiations.

**Entry to Contest/Practice Site or Travel to Contest/Practice Site:**

1. Be alert to ramps/steps leading to practice/contest area.
2. Be alert to variations in surfaces (if locker rooms, ramps, stairways or playing floors.
3. Be alert to the following:
   1. Ball carts
   2. Volleyballs in flight, rolling, rebounding, or bouncing
   3. Spiking or serving drills
   4. Nets, support poles, cables, chairs, bleachers, and official’s stand
4. No horseplay, rough-housing, hazing or initiations.

**Preparing to Play:**

Do all stretching exercises as directed by the coaches. Jog easy laps to warm up. When stretching or playing, keep body in proper alignment to prevent undue stress on joints, ligaments, and muscles.

**Hazards Specific To Volleyball:**

1. Be alert to dehydration symptoms; i.e. dry mouth, inability to cool down, dizzy/light-headed. Ingest 4-6 glasses of water during the school day and additional amounts at practice.
2. Frequent drink breaks will be built into the practice and players should make use of each one.
3. Foot problems-refer to coach(es) or athletic trainer:
   1. Blisters
   2. Calluses
   3. Ingrown toe nails
   4. Fungus infections or plantar warts
4. Other skin problems – refer to coach(es) or trainer:
   1. Boils
   2. Rashes
   3. Floor burns, cuts
5. Ankles and other orthopedic problems:
   1. Sprains – new – ice, compression, elevate, rest
   2. Sprain – old – taping, easy workouts, rehabilitative exercise.
6. Weight and strength training will have separate standards and progressions designed to enhance safety.
7. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health.
8. Check your weight and record it. Sudden or large losses over a month should be brought to the coach’s attention, especially if you are feeling tired or ill, or if you demonstrate cold symptoms and sore throat/swollen neck glands.
9. Do not hang on rims or nets.
10. Gather loose volleyballs and place them in storage racks. Do not follow a loose ball into an adjacent court until play is stopped in that court.
11. Never roll a ball under the net during play; the ball can roll under the feet.
12. Never throw the ball over the net; ball can hit an unsuspecting player.
13. Try to land on both feet while descending from a jump. This helps prevent falling, twisting, or unbalance.
14. While executing a defensive roll, sprawl, or dive, player must begin as low as possible to the floor with the arms fully extended away from the body. Execution with bent elbows and little or no bending of the knees may cause fractures or other injuries.
15. As in many team sports the possibility of running into teammates or opponents is apparent. Jump vertically when spiking or blocking.
16. Volleyball utilizes the hands in various techniques; i.e., setting blocking, serving, attacking, and digging. Players should use proper technique in order to avoid breaks, fractures, and sprains.
17. Muscle soreness and possible straining occur more frequently at beginning of the season due to increased use of muscles and increased time spent exercising. Stretch before/after practice.
18. Making contact with nets, support poles, cables, referee’s stand, floor, wall, bleachers, and other players during practice or competition could possibly result in serious bodily injury.

**Emergencies:**

Because of the physical nature of volleyball, some injuries will occur. All injuries must be called to a coach’s or trainer’s attention. Most can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Be alert, look around. Get the attention of other people as they may need to help. DO Not move the victim!
2. The coach will manage the person in trouble. You may be asked to assist in one of several ways. Assist by:
   1. Helping with the injured person
   2. Telephone for additional assistance
   3. Obtaining first aid supplies or equipment
   4. Directing the rescue squad to the accident site
   5. Keeping onlookers back
3. Fire or Fire Alarm:
   1. Evacuate or remain outside the building
   2. Move and remain 150 feet away from the building
   3. Be prepared to use the procedures described in #2 above.

**PARENT ACKNOWLEDGEMENT**

I will supply suitable equipment and clothing for my child’s participation in all activities associated with these field trips. I am aware that I should contact the school for further information if I am unaware what clothing and equipment is required for the activities or possible weather conditions of this field trip. My child and I understand that it is our responsibility to ensure my child has all necessary equipment and clothing.

My child and I have read over and understand information set out in this statement.

My child and I understand that the school’s Code of Conduct applies during this field trip. I will be responsible for any costs caused by my child’s failure to abide by the Code of Conduct, including any costs to send my child home.

Accidents can be the result of the nature of the activity and can occur with or without any fault on either part of the student, or the School Board or its employees or agents, or the facility where the activity is taking place. By allowing my son to participate in this activity, I am accepting the risk of an accident occurring, and agree that this activity, as described above, is suitable for my child.

In signing this consent and Waiver, I am not relying on any oral or written representation or statements made by the Board of Education and its servants, agents, employees, or authorized volunteers, or the Ministry of Education, to induce me to permit my child to take the trip, other than those set out in this Consent and Waiver.

I am 19 years of age or more and have read and understand the terms of this Consent and Waiver and understand that it is binding upon me, my heirs, executors and administrators. executors and administrators.

I give \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (name of student) permission to participate in the field trips set out above. I understand that my child may be exposed to certain risks while participating in this activity. Accidents and injuries may occur.

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**NOTE: This Consent Form must be signed by a custodial parent or legal guardian of a child who is under the age of 19 years.**