**TENNIS**

**TENNIS CAUTIONARY STATEMENT:**

Tennis is a highly competitive, fast-action activity in which physical conditioning plays a major role. Because of the speed and finesse with which the game is played, squad members and their families must accept and share certain responsibilities with the coaching staff to enhance the safety and enjoyment of participants.

**PREPARATION FOR PRACTICE OR CONTESTS:**

1. Wear protective socks and well fitting footwear to practice and contests.
2. Wear outer and undergarments that are appropriate for humidity, temperature, bracing and support.
3. Participants should ingest the equivalent of 4-6 glasses of water each day.
4. Athletes with visual impairments must wear shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
6. Remove all jewelry and metal hair fasteners.
7. Athletes with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician’s approval prior to participation in any practice session.
8. No horseplay, roughhousing, hazing or initiations.

**IN THE LOCKER ROOM:**

1. Be alert to slippery floors and use caution.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. No horseplay, roughhousing, hazing or initiations.
7. Identify incidents of foot or other skin infections to coach(es) immediately.

**APPROACH TO THE PRACTICE/CONTEST SITE OR TRAVEL TO CONTEST/PRACTICE SITE:**

1. Be alert to steps, ramps, and changes in the texture of courts and sidewalks.
2. Be alert to bounding board activity.
3. Be alert to the location of warm-up drills involving practice swings.
4. Be alert to ongoing games as you enter the court area.
5. Be alert to debris and glass on the courts as you arrive.
6. Be alert to the location of nets and net posts.
7. No horseplay, rough-housing, hazing or initiations.

**HAZARD SPECIFIC TO TENNIS**

1. Throwing racquets and other horseplay is prohibited.
2. Doubles partners should face the net and be aware of each other’s court position at all times so as to avoid physical or racquet contact with each other.
3. Players must gather up loose tennis balls and call “BALL” if loose ball rolls onto another court.
4. Shatterproof glasses or lenses must be worn if needed for perception and judgment. Eye protection specifically designed for racquet sports is strongly suggested.
5. Be under control when playing near nets, net posts and fences.
6. Net jumping is prohibited.
7. Heat and humidity can be a serious problem. Ingest water during the day, and at practice or matches.
8. Players with sensitive skin are encouraged to use sun block or cover skin areas.

**EMERGENCIES**:

Because of nature of tennis, some injuries will occur. All injuries must be called to a coach’s or trainer’s attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all practices, scrimmages or drills. DO NOT move the victim.
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity. **Assist by:**
4. Helping with the injured person.
5. Telephoning for additional assistance.
6. Bringing first aid equipment or supplies to the site.
7. Keeping onlookers away.
8. Directing the rescue squad to the accident site.
9. **Fire or Fire Alarm**:
10. Evacuate or remain outside the building.
11. Move and remain 150 feet away from the building.
12. Be prepared to implement the emergency procedures outlined in #4 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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| Date: |  |
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| Signature of Witness | Signature of Parent/Guardian |
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| Printed Name of Witness | Printed Name of Parent/Guardian |
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| Signature of Witness | Signature of Parent/Guardian |
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| Printed Name of Witness | Printed Name of Parent/Guardian |
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| Address | Address |

**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.**