

## **VOLLEYBALL**

### **CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE THE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC VOLLEYBALL**

#### **KAMIAKIN JUNIOR HIGH**

Volleyball is a highly competitive, fast-action game that places great physical demands on the individual player. For this reason, coaches will implement conditioning regiments that are based on scientific principles, and designed to enhance quickness and strength, certain weight room workouts may also be prescribed along with regular practice activity. In addition, the following consideration and cautions will enhance player enjoyment and safety.

#### **PREPARATION FOR PRACTICE OR CONTRAST**

1. Wear all protective knee and elbow pads to all practices and games.
2. Clothing and shoes should fit properly, be comfortable and allow for maximum physical efforts.
3. Clothing should not prevent heat dissipation or restrict movement.
4. Feet should be covered with a thick cotton sock followed by a heavier wool sock. If blisters are a chronic problem or beginning to appear, coaches should be consulted for appropriate responses or preventive actions.
5. Players with visual impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
6. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption 30 minutes prior to competition.
7. Players needing protective taping, padding or bracing should arrive early to receive necessary treatment.
8. Remove all jewelry, metal hair clips and hats.
9. No rough-housing or horseplay.
10. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases or medically controlled allergies need physician's approval to participate.
11. If ill or dizzy, notify your coach. Do not practice.

#### **LOCKER ROOM**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and 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 door when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach (es) immediately.

### **MOVEMENT TO CONTEST/PRACTICE SITE**

1. Be alert to ramps leading to practice/contest area.
2. Be alert to variations in the surfaces of ramps, locker rooms, cinder or artificial tracks.
3. Be alert to the following:
  - a. Ball carts
  - b. Volleyballs in flight, rolling, rebounding or bouncing
  - c. Spiking or serving drills
  - d. Nets, support poles and cables
4. Stretch thoroughly and jog easy laps to warm up.

### **CAUTIONS SPECIFIC TO VOLLEYBALL**

1. Be alert to dehydration symptoms (dry mouth, inability to cool down, dizzy/light headed).
2. Frequent drink breaks will be built into the practice plan. Players should make use of each one.
3. Foot problems – refer to coach(es)
  - a. Blisters
  - b. Calluses
  - c. Ingrown toenails
  - d. Fungus infections or plantar warts
4. Other skin problems – refer to coach(es)
  - a. Boils
  - b. Rashes
  - c. Floor burns, cuts
5. Ankles and other orthopedic problems.
  - a. New sprains - ice compression, elevate, rest
  - b. Old sprains – taping, easy workouts, rehabilitative exercise
6. Weight training regimens 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 on the squad room chart each week. Sudden or large losses over a month should be brought to the coaches' attention, especially if you are feeling tired or ill, or if you demonstrate cold symptoms and swollen throat/neck glands.
9. Gather loose volleyball and place them in storage racks. Do not follow a loose ball into an adjacent court until play is stopped in that court.
10. Use body sprawls when digging a hard driven ball. Do not fall on the elbow or straight arm.
11. Jump vertically to avoid collisions with opponents or nest.
12. When spiking, strike with a fully extended arm.
13. Gum chewing is prohibited.

### **EMERGENCIES**

Because of the nature of volleyball, some injuries may occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. 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.
2. Call the coach to manage the situation if he is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Call for additional assistance
  - b. Bring first aid equipment or supplies to the site
  - c. Keeping onlookers away
  - d. Directing rescue team members to the site
5. Fire or fire alarm:
  - a. Evacuate or remain outside the building
  - b. Move 100 yards from the building
  - c. Be prepared to implement the emergency procedures outlined in #4

### **ACKNOWLEDGEMENT**

We certify that we have read and understand the cautions, considerations and responsibilities required for participation on the           KAMIAKIN JUNIOR           High School volleyball program.

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Athlete Signature/Date

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Parent/Guardian Signature/Date