

TENNIS

CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC TENNIS

Redmond High School

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

PREPARING FOR PRACTICE OR CONTEST

1. Wear protective socks and well-fitted footwear to practice and contests.
2. Wear outer and undergarments that are appropriate for humidity and temperature.
3. Players with usual impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
4. 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.
5. Players needing protective taping, padding or bracing should arrive early to receive necessary treatment.
6. Remove all jewelry and metal hair fasteners.
7. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases or medically controlled allergies need physician's approval to participate.
8. 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 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 on-going 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.

CAUTIONS SPECIFIC TO TENNIS

1. Throwing racquets and other horseplay is prohibited.
2. Doubles partners must face the net at all times.
3. Players must gather up loose tennis balls and to 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 prohibited.

7. Heat and humidity can be a serious problem. Drink 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 the nature of tennis, 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, some may need more intense management and may also require squad members to:

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. Calling for additional assistance
 - b. Bringing first aid equipment or supplies to the site
 - c. Keeping onlookers away
 - d. Directing the rescue team to the accident 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 Redmond High School Tennis Program.

Athlete Signature

Date

Parent/Guardian Signature

Date