

BASKETBALL

CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE THE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC BASKETBALL

Student Name (PRINTED): _____

Middle School: _____

Basketball is a highly competitive, fast-action game that places great physical demands on the players. For this reason, coaches will implement conditioning regimens that are based on scientific principles and designed to enhance the players' endurance, quickness and playing skills. While contact and rough play are prohibited by rule, a certain amount of inadvertent physical contact is predictable. To enhance stability and strength, certain weight room workouts may also be prescribed along with regular practice activity. In addition, the following considerations and cautions will enhance player enjoyment and safety.

PREPARATION FOR PRACTICE OR CONTRAST

1. Clothing and shoes should fit properly, be comfortable, and allow maximum physical effort.
2. Clothing should not prevent heat dissipation or restrict movement.
3. Feet should be covered with thin cotton socks followed by a pair of heavier wool socks. If blisters are a chronic problem or begin to appear, coaches should be consulted regarding appropriate responses or preventive measures.
4. Players whose vision requires correction must wear shatterproof glasses or lenses. Glasses must be mounted in break resistant frames and must be held in place by an elastic strap.
5. Players should ingest the equivalent of 4-6 glasses of water each day.
6. Players requiring preventive taping, padding, or bracing should arrive early enough to receive treatment and be able to participate in specialty work.
7. All jewelry, metal hair clips, and hats should be removed.
8. Rough-housing and horseplay are prohibited.
9. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or medically controlled allergies need a physician's approval to participate.
10. 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 surfaces of locker room, ramps, stairways or playing floors.
3. Be alert to the following:
 - a. Ball carts
 - b. Basketballs in flight, rolling, rebounding or bouncing
 - c. Wind sprints or fast break drills
 - d. Proximity of bleachers and walls to playing surface.
4. Stretch thoroughly and jog easy laps to warm up.

CAUTIONS SPECIFIC TO BASKETBALL

1. Be alert to dehydration symptoms: Dry mouth, inability to cool down, dizzy/light headedness. Ingest 4-6 glasses of water during the school day and an additional amount at practice.
2. Build frequent drink breaks into the practice plan. Players should make use of each one.
3. Foot problems, - refer to coach(es) or team physician
 - a. Blisters
 - b. Calluses
 - c. Ingrown toe nails
 - 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. Sprains, (new) ice compression, elevate, rest
 - b. Sprains, (old) 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. DO NOT hang on the rims or nets.
10. DO NOT engage in rough, thoughtless play.
11. DO NOT run under a player who is in the air to shoot or receive a pass.
12. DO NOT swing elbows excessively when clearing a rebound.
13. Taller players may need to be alert to their proximity to the lower surface of the backboard.

EMERGENCIES

Because of the nature of basketball, 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 _____ Middle School basketball program.

Athlete Signature/Date

Parent/Guardian Signature/Date