

Emergency Action Plan  
For Seymour High School  
Athletics Program

## **Personnel Involved in Development**

The following individuals were involved with the creation of this Emergency Action Plan:

Superintendent of Schools: Dr. Susan Compton

School District Advising Physician: Dr. Douglas Curtiss

School District Director of Facilities: Tim Connors

School Principal: James Freund

Athletic Director: Ernie DiStasi

Assistant Athletic Director: Cathy Federowicz

School Nurse: Lindsey Grailich

Athletic Trainer: Anita Eisenhauer

Head Custodian: Victor Gonzalez

Coach Representative: Cathy Federowicz

Date of Latest Review: 09/16/21

## **Introduction**

Emergency situations may arise at any time during athletic events. Expedient action must be taken in order to provide the best possible care to the student athlete. The development and implementation of an emergency action plan will help ensure that the best care will be provided.

There are a variety of emergency situations that can surface during sports programming. As emergencies may occur at any time and during any activity, all school activities personnel must be prepared. Seymour High School has developed this emergency action plan that may be implemented immediately when necessary and provide appropriate standards of emergency care to all sports participants.

This preparation involves formulation of an emergency action plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in the area of emergency medicine and planning. Through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques and other safety avenues, some potential emergencies may be averted. However, accidents and injuries are inherent with sports participation, and proper preparation on the part of the sports medicine team should enable each emergency situation to be managed more appropriately and efficiently.

## **Updates:**

Mask mandates for all indoor facilities are in effect until further notice.

# Prior To An Emergency

The following steps will be taken prior to participation in sports for each season:

1. Parents and students will submit the following documents...
  - a. Permission form and waiver (Appendix A) – includes medical history and emergency contact information
  - b. CIAC Sudden Cardiac Arrest Education Form
  - c. CIAC Concussion Education Form
2. The Athletic Director will assure that all coaches have completed the legal and required training and have obtained all certifying documents from every coach, including volunteer coaches, prior to any of their athlete's participation. (A list of certifications required of Connecticut coaches is in the CIAC Medical Handbook or can be acquired from the CIAC.)
3. The coaches will receive emergency contact information and medical history (relevant to sports). The coaches will keep this information on hand during all instances where they are engaged with their student/athletes. The coach will also keep water, med kit and supplies on hand at all team practices, contests and events. (See the list of med kit supplies in the coaches' handbook.)
4. The school district will allocate a budget sufficient to purchase needed athletic medical supplies recommended by the athletic trainer and approved by the athletic director.
5. The school district will designate personnel to make repairs and maintain athletic facilities up to safety standards. The school district will establish a line of communication for making safety repairs in a timely fashion.
6. The athletic trainer will prepare medical kits for every team at every level (varsity, JV and freshmen) and distribute them to coaches. Coaches will keep the medical kit stocked. Coaches will keep medical kits on hand at all instances where they are engaged with their student athletes.
7. The athletic trainer will keep an inventory of medical supplies and inform the athletic director of supplies that should be ordered before any supplies become exhausted.
8. The Athletic Director will review the Emergency Action Plan with all coaches prior to the start of the first practice of the season. Coaches will receive maps of their playing area delineating emergency equipment and emergency rescue procedures. Coaches will sign a verification form (Appendix H) upon completion of this training.
9. Coaches will be responsible for posting the EAP at their different venues. Posting the EAP may include physically attaching the EAP to a structure (e.g., wall, fence) or it may be in the medical kit.
10. The Athletic Director will coordinate with the athletic trainer in inspecting all emergency equipment (defibrillators, cold water immersion tubs, spine boards etc.) and they will perform regular inspections of such equipment.
11. Coaches will regularly inspect their playing areas and team equipment. Coaches will inform the Athletic Director immediately if playing areas or equipment falls into disrepair.
12. Coaches will meet with their teams prior to the start of the first practice/try-out and go over the "General Guidelines for Students" as well as specific safety precautions for their sport and distribute the cautionary statement relevant to their sport.
13. The Athletic Director will follow the process in the CIAC Medical Handbook for "Medical Monthly To Do List" or revise the list to suit the specific situation in our school. The importance of a schedule of safety procedures is to have a systematic process for assuring that safety precautions are in place.
14. The Athletic Director will send maps to police, fire and EMT service at the start of each school year.

## General Guidelines for Students

All Coaches should meet with their teams prior to the first day of try-outs/practice and review safety guidelines specific to the sport. The coach should distribute the cautionary statement for their sport and go over it with their students and parents. Also, coaches should go over the following general procedures:

1. Do not start practicing or playing until the coach is present
2. No gum or food during practice.
3. No horseplay of any kind, at any time (bus, locker room etc.).
4. Wear proper clothing and footwear.
5. Dress appropriately for the weather.
6. Tie hair back or wear a cap, keep your hair out of your eyes.
7. Follow all directions from the instructor/coach. The coach will specify safety techniques for the sport. Athletes are expected to follow safety techniques.
8. Drink water frequently. You are always allowed to get water during breaks. Drink water during the day prior to practices/contests. If your facility does not have a water fountain nearby, bring water from home.
9. Keep off equipment unless instructed to go on.
10. Tell the coach if something is wrong. If you feel dizzy, light headed, faint, have chest pains, are over heated or don't feel well for any reason: tell your coach.
11. In the case of an emergency, notify your coach immediately.
12. If you think someone else is in distress, ask them if they are OK and tell your coach.
13. Follow the coaches' instructions during emergency situations.

## Emergency Equipment Locations

### ***Emergency Equipment:***

- Athletic Training Kit, Emergency Bag, Biohazard/First Aid Kit, portable defibrillator will be carried continuously by the athletic trainer.
  - First Aid Kit located with a coach for each team
  - Emergency first aid cabinet attached to the walls of the gyms, weight room and pool.
1. AED
    - a. Portable AED with the athletic trainer for all covered events
    - b. Portable AED with the coach of highest need, determined by athletic trainer, athletic director and coach prior to season
    - c. Additional AED located outside the pool area and in the school lobby area.
  2. Nearest phone
    - a. Athletic Trainer's personal cell phone when covering events
    - b. Coaches' personal cell phones
    - c. Phones are located in each of the coaches/PE offices; Dial 1 and then 9 then the number
  3. Ice Machines
    - a. 1<sup>st</sup> ice machine is located in the football locker room attached to the auxiliary gym
    - b. 2<sup>nd</sup> ice machine is located in the field house near the turf field
    - c. 3<sup>rd</sup> ice machine is located in the locker room connected to the main gym

4. Cold-water immersion tub located in the field house near the turf field. The athletic trainer is responsible for bringing the cold-water immersion tub on warm days to a location that is quickly accessed during an emergency.
5. Rescue Inhaler
  - a. Coaches are responsible for each student who brings an inhaler and is responsible for bringing the inhaler with them to all practices/games
  - b. Inhaler must be left with a coach (labeled with the student's name) during practices and games (not left in personal bag)
  - c. The athletic trainer may be given a backup inhaler by the parent or child to keep as a backup in the med kit.
  - d. The student and parent are responsible for bringing the inhaler and replacing it before the expiration date
6. Epipen
  - a. Coaches are responsible for each student who brings an epipen and is responsible for bringing their epipen with them to all practices/games
  - b. Epipens must be left with the coach (labeled with the student's name) during practices and games (not left in personal bag)
  - c. Athletic trainers may be given a backup Epipen by the parent or child to keep as a backup in the med kit.
  - d. The student and parent are responsible for bringing the epipen and replacing it before the expiration date
7. Splints
  - a. Splints are kept with the athletic trainer or in the athletic trainer's room.
8. Spine boards/Cervical Collar
  - a. Will be provided by EMS upon arrival
9. Bio-hazard Materials
  - a. Red bags – in each med kit and in the athletic trainer room.
  - b. Disposal Bin – in the athletic trainer room
10. Pool
  - a. Backboard, rescue tubes, rescue poles located on the walls in the pool

## **Definition Of An Athletic Emergency**

Emergency situations may arise at any time during athletic events. An athletic emergency is any case where the following may occur:

1. An unforeseen combination of circumstances and the resulting state that calls for immediate action. The athlete's life is in jeopardy or the athlete risks permanent impairment.
2. A player is injured or develops a condition during participation and they are removed from or cannot enter participation based on that condition.
3. Any individual at the scene who is injured or develops a condition that is life threatening, impairs their ability to function, or could lead to more serious medical development.
4. An environmental, mechanical or physical circumstance that threatens the safety or causes injury or a physical condition.
5. Instances where medical or health care is provided to an ill or injured person on a sudden, immediate, or unexpected basis.

### **Rehearsal Strategy**

The athletic trainer and the athletic director will be responsible for reviewing the EAP annually and rehearsing it prior to each sport season.

Coaches at Seymour High School will be educated on the EAP prior to their season of coaching. The meeting will be a requirement for all coaches, of all levels, of every sport.

The meeting will be directed by the athletic director and athletic trainer and will include a power point presentation for recent updates along with a hands-on portion. The hands-on portion will run through different scenarios to ensure the coaches understand the EAP. All coaches will be provided the opportunity to ask any and all questions. The athletic trainer will be responsible for ensuring a proper and adequate answer to all questions.

All coaches must sign in to prove their attendance, see Appendix G. The documentation of attendance will be stored with the athletic trainer.

### **Staff Education**

1. Each season, every coach will receive a copy of the Emergency Action Plan (EAP)
  - a. Each coach will provide their signature to confirm they have read the documents and asked any potential questions (Appendix G)
2. A copy of the relevant EAP will be in each medical kit which is to be kept with the coach at every practice/event
3. A copy of the EAP will be posted on the wall in the athletic training room.

## Emergency Telephone Numbers

This list is distributed prior to the start of the season.

### Seymour High School Emergency/ Medical Personnel Contact List

EMS- Seymour Ambulance (Non-Emergencies)	(203) 888 - 8843
Seymour Police Department (Non-Emergency)	(203) 881 - 7600

#### **Emergency Numbers**

From a school phone, Dial **9-9-1-1**

From a cell phone, Dial **9-1-1**

#### **Athletic Trainers:**

Anita Eisenhower	(203) 668-0305
Christine Schneider	(860) 287-7047

#### **High School Administration**

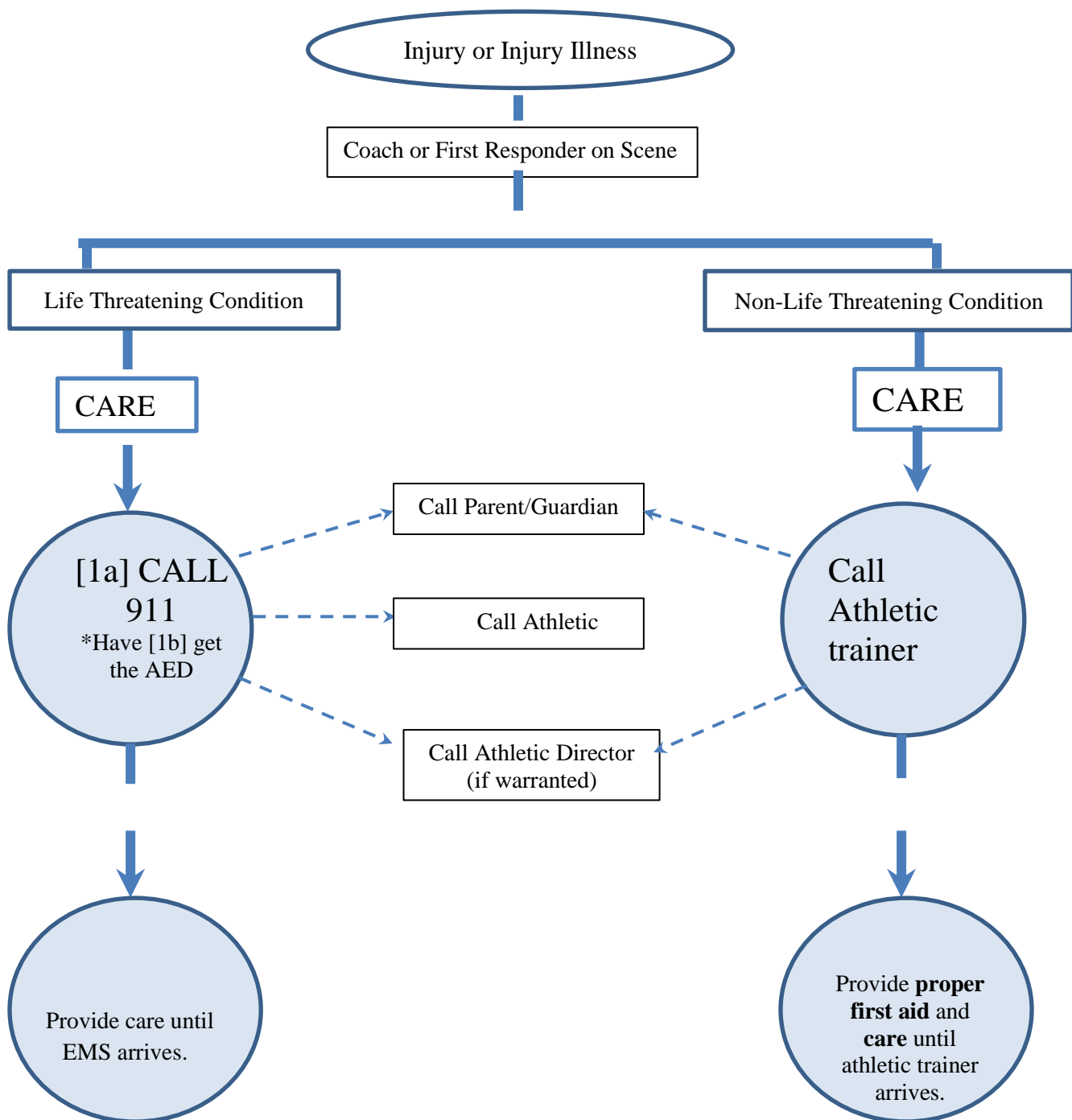
Principal- Jim Freund	(203) 313-0184
Athletic Director – Ernie DiStasi	(203) 231-5060
Assistant AD - Cathy Federowicz	(203) 906-4305
Director of Security – Rich Kearns	(203) 627-7820
School Health Office-Lindsey Grailich, BSN, RN	(203) 305-8107

#### **Medical Director**

Dr. Douglas Curtiss  
Pediatric/Adolescent Healthcare  
400 Main St  
Ansonia, CT 06401  
(203) 735-9536

## Emergency Situation Contact Tree

Athletic Trainer may at their discretion contact sports medicine physician for guidance



# During An Emergency

## Emergency Personnel

The first responder in an emergency situation during an athletic practice or competition is typically a member of the sports medicine staff, such as a certified athletic trainer. However, the first responder may also be a coach or another member of the school personnel.

Certification in cardiopulmonary resuscitation (CPR), first aid, automated external defibrillator (AED), emergency action plan review, and prevention of disease transmission, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instructions, and strength and conditioning [including: athletic director, school nurse, certified athletic trainer, all coaches, etc.].

The emergency team may consist of physicians, emergency medical technicians, certified athletic trainers, athletic training students, coaches, managers, and possibly even bystanders. Roles of these individuals will vary depending on different factors such as team size, athletic venue, personnel present, etc.

## Chain of Command During an Emergency

1. Any Medical Doctor on the scene
2. The Athletic Trainer
3. The EMT
4. School Nurse
5. Police officer or Firefighter
6. Lifeguards
7. The Coach
8. Custodial Staff
9. Other school staff and teachers trained in first aid or CPR
10. Other Persons trained in CPR or First Aid
11. Other bystanders (spectators, students, officials, bus drivers)

## General Plan of Action During An Emergency

1. The most medically qualified person, as identified in the “Chain of Command” will lead
2. Check the scene for safety. Establish if it is safe to help. If it is, begin immediate care.
3. Is the athlete breathing? Conscious? Pulse? Any loss of consciousness? Spine injury? Dislocation, open fracture, displaced closed fracture? Is there any uncertainty?
4. Activate Emergency Medical Services. This may be necessary in situations where emergency transportation is not already present at the sporting event. Time is the most critical factor and this may be done by anyone on the team.
5. If you need help, ask someone to call 911 – LOOK THE PERSON DIRECTLY IN EYES and make sure they make the call! Tell them to come back and inform you that the call has been placed.
6. Perform emergency CPR/First Aid
7. If severe bleeding – instruct a nearby individual to assist with bleeding control
8. Instruct coach, student or bystander to get the AED if needed.
9. Instruct a nearby individual to meet an ambulance to direct to the appropriate site. For example, send a reliable student out of the building to wait outside the entrance for the ambulance and direct the EMT where to go when they arrive.
10. Instruct a coach or officials to stop the practices or contest.
11. Get someone to open doors and/or gates to the facility
12. Instruct another coach or bystander to control crowd
13. Contact the Athletic Trainer if they are not on the scene
14. Contact parents
15. Contact Athletic Director
16. Contact Principal/Vice Principal
17. Only release an injured student to the EMT or their parents. Once a student is being transported, the coach should stay with the team until they are dismissed to go home and they all have left. If there is a second coach at the scene, they can stay with the team and, if the parents are not available, the coach may accompany the athlete to the hospital – either in an ambulance or follow by car.
18. Document the event according to the protocol outlined in this Emergency Action Plan

## Activating Emergency Medical Services

Call 9-1-1

Provide information

Name, address, telephone number of caller

Nature of the emergency (medical or non-medical)\*

Number of athletes

Condition of athlete(s)

First aid treatment initiated by first responder

Specific directions as needed to locate the

## **Emergency Communication**

Communication is key to a quick, efficient emergency response. There is a pre-established phone tree to ensure all relevant parties are notified. Access to a working telephone line or other device, either fixed or mobile, should be assured. There should also be back-up communication in effect in case there is a failure of the primary communication. At every athletic venue, home and away, it is important to know the location of a workable telephone. Please see the section for “Emergency Telephone Numbers”.

## **Medical Emergency Transportation**

Any emergency situation where there is loss of consciousness (LOC), or impairment of airway, breathing, or circulation (ABCs) or there is a neurovascular compromise should be considered a “load and go” situation and emphasis is placed on rapid evaluation, treatment, and proper transportation. Any emergency personnel who experiences doubt in their mind regarding the severity of the situation should consider a “load and go” situation and transport the individual.

## **Cool First, Transport Later**

In the case of heat related illness, the revised protocol is to cool the athlete first, then transport the individual later. Use the cold-water immersion tub filled with ice water to cool the athlete. If a cold-water immersion tub is not available use ice, water, wet towel or whatever is available to cool the athlete. When the EMT arrives they should make sure that the individual’s temperature has returned to normal prior to transporting them to the hospital.

## **Non-Medical Emergencies**

For the non-medical emergencies (fire, bomb threats, violent or criminal behavior, etc.) refer to the school emergency action plan and follow instructions.

## **After An Emergency:**

1. If it is not possible to contact the nurse’s office or an administrator during the emergency, the coach shall notify the nurse, the Athletic Director and a main office administrator as soon after the incident as possible.
2. The coach will contact the parents/guardians of the student involved to explain the circumstances.

3. In the event that the parents/guardians cannot be contacted, the coach should continually call, in a reasonably timely manner, until contact is made. Messages left on answering machines should only suggest the parent/guardian call the coach, athletic trainer or athletic director. No specifics regarding the illness or injury should be explained to an answering machine.

## Documentation

1. The Athletic Trainer (or other provider) and the coach must complete documentation immediately following activation of the EAP. Both an injury report (Appendix B) and accident report form (Appendix C) must be filled out. Submit both forms to the athletics office as soon as possible.
2. The athletic trainer should make a notation of the injury and keep it for their records.
3. The school nurse should note the injury and include it with the student's medical file.

## Debriefing

A team composed of the Athletic Trainer, AD and coaches must discuss serious injuries (injuries that require the victim to go to the hospital) within 2 school days. This team must evaluate the effectiveness of the EAP. A specific timeline for changes to EAP should be made for promptness.

## Conclusion

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete's survival may hinge on the training and preparation of healthcare providers. It is prudent to invest athletic department "ownership" in the emergency action plan by involving the athletic administration and sport coaches as well as sports medicine personnel. The emergency action plan should **be reviewed at least once a year** with all athletic personnel and local emergency response teams. Through development and implementation of the emergency plan Seymour High School helps to ensure that athletes will have the best care provided when an emergency situation does arise.

# Appendix

## Appendix A – Athletic Participation Form and Waiver

(On Familyid - parent and athlete signature required for approval to participate)

I/We give our permission for my son/daughter to participate in organized high school athletics, realizing that such activity involves the potential for injury which is inherent in all sports. I/We

acknowledge that even with the best coaching, use of appropriate equipment, and strict observance of rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in total disability or even death. I/We acknowledge that I/we have read and understand this warning.

The undersigned as a parent or guardian gives consent for the athlete identified herein to engage in athletics as a representative of Seymour High School and to accompany the team as a member on its many trips. I also give permission for my child's photography to be used by the newspaper and other media.

I, the undersigned, am the parent/legal guardian of the student named above.

I have read the warning and release and understand its terms. I understand that all sports can involve risks of injury, including, but not limited to, those risks outlined.

I also hereby acknowledge that I have read the student-athlete handbook which can be found on the Seymour High School website. I understand the athletic rules and regulations and will adhere to all aforementioned guidelines.

Appendix B – Athletic Trainer Emergency Report

(Paste Athletic Trainer Emergency Report Form Here)

## Appendix C – School Accident Report

Seymour Public Schools - Student Accident Form

Last Name:\_\_\_\_\_ First Name:\_\_\_\_\_ Date of Birth: \_\_\_\_\_

Male Female Telephone:\_\_\_\_\_

Home Address:\_\_\_\_\_

City/State/Zip Code:\_\_\_\_\_

Check activity in which student was involved when injured:

Interscholastic Sports \_\_\_\_\_ Coach/Teacher:\_\_\_\_\_

Physical Education Class To and From School Extra Curr. Activity ON Premises

Classroom or Hallway Group Travel Extra Curr. Activity OFF Premises

Playground (not PE) Non-School Activity Spectator

Was School in Session? Yes No Start Time\_\_\_\_\_ Dismissal Time\_\_\_\_\_

Date of Accident: \_\_\_\_\_ Time:\_\_\_\_\_ How Did Accident Occur: \_\_\_\_\_

Where Did Accident Occur? \_\_\_\_\_ Part of Body Injured:\_\_\_\_\_

Name, address, and phone number of witness (if none, indicate none): \_\_\_\_\_

\_\_\_\_\_

First aid rendered? Yes/No If so By Whom? \_\_\_\_\_

Did student receive immediate medical attention from physician or hospital? Yes No

Name of Doctor: \_\_\_\_\_ Name of Hospital:

\_\_\_\_\_

Person contacted: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

If no one contacted, why not? \_\_\_\_\_

Did the student remain in school until the end of the school day or activity? Yes No

If no, where was the student take? Home Doctor's Office Other

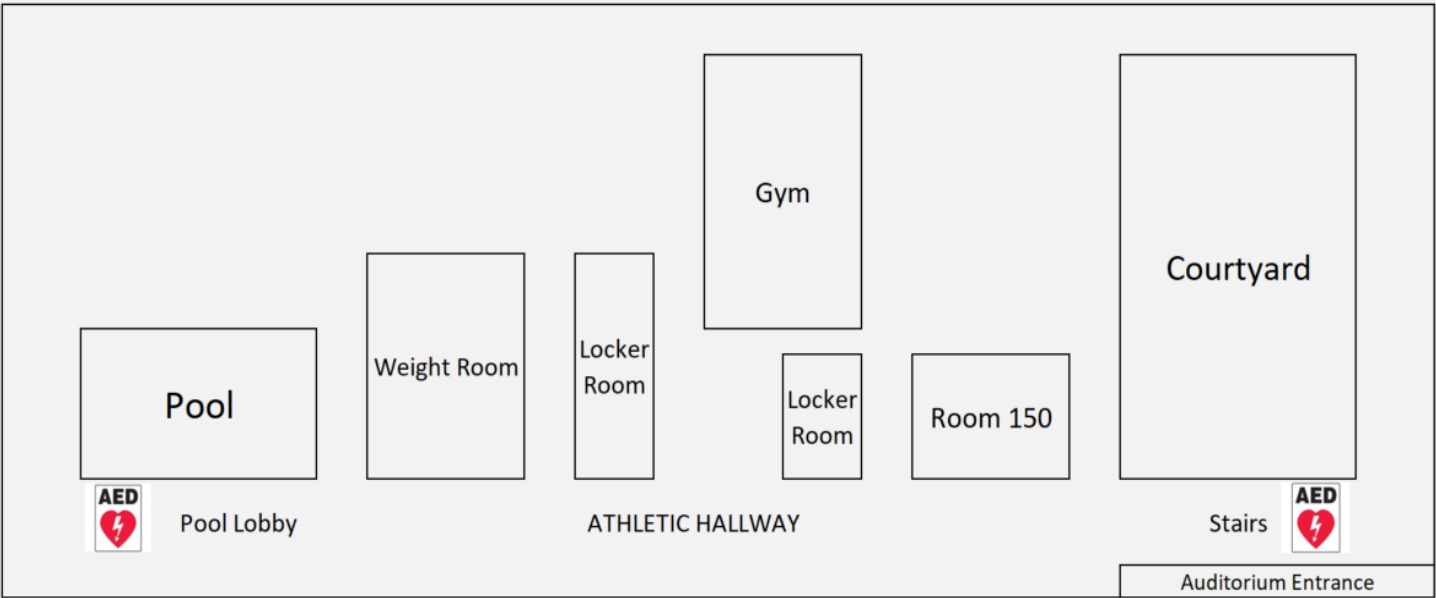
Name of individual filling out form: \_\_\_\_\_ Title:

\_\_\_\_\_

Time: \_\_\_\_\_ Date: \_\_\_\_\_

**SEYMOUR HIGH SCHOOL AED Location**

The main AED for inside Seymour High School is located at the top of the stairs above the auditorium. The second is located in the pool lobby. A portable AED is also carried by the Athletic Trainer, when on-site.



## Appendix E – Gymnasium Emergency Directions/Map

### Gymnasium

Address: 2 Botsford Rd., Seymour, CT 06483

Phone: For the main gymnasium there is a telephone in the girls' locker room office located just off the gym floor.

AED: The nearest AED is located outside the security office. Athletic Trainer will also carry a portable AED when on-site.

Ice: The nearest ice machine is in the girls' locker room located just off the gym floor.

Cold Water Immersion Tub: The nearest Cold Water Immersion Tub is located in the field house.

Water: Water fountains are in the gym and surrounding hallways. Showers and sinks are in the locker rooms.

Medical Kit: All coaches should keep their medical kit with them for all team practices, contests, events or any other gathering.

EMT Entrance: The best entrance for EMT service or Ambulance is to go to the rear of the building and enter through the pool entrance. Instruct someone nearby to wait at those doors and another bystander to wait to the entrance of the school driveway to point the way to the rear entrance of the gym.

Medical Emergency Personnel: In the case of a medical emergency the most medically qualified person, as identified in the "Chain of Command" will lead.

## ACTIVATING THE EMERGENCY ACTION PLAN

1. Check the scene for safety. Establish if it is safe to help. If it is, begin immediate care. How many victims are there? Can bystanders help?
2. Is the athlete breathing or having difficulty breathing? Conscious? Pulse? Any loss of consciousness? Spine injury? Dislocation, open fracture, displaced closed fracture? Is there any uncertainty?
3. Activate Emergency Medical Services.
4. Call 911. If you need help, ask someone to call 911 – LOOK THE PERSON DIRECTLY IN EYES and make sure they make the call! Tell them to come back and inform you that the call has been placed.
  - a. Provide Name, location of injured, address, phone number, number of people injured, type of injury, treatment given, GPS coordinates.
  - b. STAY ON THE PHONE. BE THE LAST TO HANG UP.
5. Perform emergency CPR/First Aid.
  - a. If severe bleeding – instruct a nearby individual to assist with bleeding control.
  - b. Instruct coach, student or bystander to get the AED if needed.
  - c. Check airway/breathing/circulation, level of consciousness, and severe.
  - d. Instruct a nearby individual to meet an ambulance to direct to the appropriate site. For example, send a reliable student out of the building to wait outside the entrance for the ambulance and direct the EMT where to go when they arrive.
6. Instruct a coach or officials to stop the practices or contest.
7. Instruct a coach or bystander to control the crowd.
8. Contact the Athletic Trainer if they are not on the scene.
9. Meet and direct the ambulance
  - a. Get someone to open doors and/or gates to the facility
  - b. Designate someone to flag down the ambulance
10. Contact parents.
11. Contact Athletic Director.
12. Contact Principal/Vice Principal.
13. Only release an injured student to the EMT or their parents. Once a student is being transported, the coach should stay with the team until they are dismissed to go home and they all have left. If there is a second coach at the scene, they can stay with the team and, if the parents are not available, the coach may accompany the athlete to the hospital – either in an ambulance or follow by car.
14. Document the event according to the protocol outlined in this Emergency Action Plan.

## **DeBarber Field (also for Gesek Field, Sponheimer Field, and Tennis Courts)**

Address: 2 Botsford Rd., Seymour, CT 06483

Phone: There is no phone at this facility.

AED: There is no AED near this field. A portable AED should be brought to field by coach or AT when on-site.

Ice: The nearest ice machine is in the field house.

Cold Water Immersion Tub: The nearest Cold Water Immersion Tub is located in the field house

Water: There are no water fountains near this field. The closest water fountain is in the hallway outside of the pool.

Medical Kit: All coaches should keep their medical kit with them for all team practices, contests, events or any other gathering.

EMT Entrance: The best entrance for EMT service or Ambulance is to go to the lower parking lot and enter through the gate. The gate requires a key. Instruct someone nearby to wait at the entrance to the driveway at the lower parking lot and direct them to the emergency.

Medical Emergency Personnel: In the case of a medical emergency the most medically qualified person, as identified in the "Chain of Command" will lead.

### **Non-Medical Emergencies**

In the event of severe weather, the athletic director will direct spectators to the appropriate safe locations. All athletes are to leave the fields and go to the locker rooms immediately at outdoor home events. At away events, the athletes will be directed to appropriate structures by the host team or to the team bus if no appropriate structure is available.

For any other non-medical emergencies such as fire, bomb threats, violent or criminal behavior, the appropriate school personnel or the Seymour Police Department is in charge of scene safety. They will communicate with the school administration as to the actions required.

### **IN CASE OF LIGHTNING/ SEVERE WEATHER:**

In the event that lightning is forecasted, the ATC/Coach will use the flash-to-bang theory, if lightning detector is not available.

- a) When lightning is seen, begin counting the seconds.
  - b) Terminate the count once the thunder is heard.
  - c) If the count is less than 60 seconds, the event will be terminated immediately.
- Teams will then go into the closest lightning safe building:
- d) Seymour High School gymnasium and surrounding hallways
  - e) Buses are also suitable but not preferred

It is safe to return to play when 30 minutes has passed since the last sighting of lightning.

### ACTIVATING THE EMERGENCY ACTION PLAN

1. Check the scene for safety. Establish if it is safe to help. If it is, begin immediate care. How many victims are there? Can bystanders help?
2. Is the athlete breathing or having difficulty breathing? Conscious? Pulse? Any loss of consciousness? Spine injury? Dislocation, open fracture, displaced closed fracture? Is there any uncertainty?
3. Activate Emergency Medical Services.
4. Call 911. If you need help, ask someone to call 911 – **LOOK THE PERSON DIRECTLY IN EYES** and make sure they make the call! Tell them to come back and inform you that the call has been placed.
  - a. Provide Name, location of injured, address, phone number, number of people injured, type of injury, treatment given, GPS coordinates.
  - b. **STAY ON THE PHONE. BE THE LAST TO HANG UP.**
5. Perform emergency CPR/First Aid.
  - a. If severe bleeding – instruct a nearby individual to assist with bleeding control.
  - b. Instruct coach, student or bystander to get the AED if needed.
  - c. Check airway/breathing/circulation, level of consciousness, and severe.
  - d. Instruct a nearby individual to meet an ambulance to direct to the appropriate site. For example, send a reliable student out of the building to wait outside the entrance for the ambulance and direct the EMT where to go when they arrive.
6. Instruct a coach or officials to stop the practices or contest.
7. Instruct a coach or bystander to control the crowd.
8. Contact the Athletic Trainer if they are not on the scene.
9. Meet and direct the ambulance
  - a. Get someone to open doors and/or gates to the facility
  - b. Designate someone to flag down the ambulance
10. Contact parents.
11. Contact Athletic Director.
12. Contact Principal/Vice Principal.
13. Only release an injured student to the EMT or their parents. Once a student is being transported, the coach should stay with the team until they are dismissed to go home and they all have left. If there is a second coach at the scene, they can stay with the team and, if the parents are not available, the coach may accompany the athlete to the hospital – either in an ambulance or follow by car.
14. Document the event according to the protocol outlined in this Emergency Action Plan.

## French Park

Address: 73 Spruce St., Seymour, CT 06483

Phone: There is no phone at this facility.

AED: Athletic Trainer will also carry a portable AED when on-site.

Ice: There is no ice machine at this facility.

Cold Water Immersion Tub: There is no cold water immersion tub at this facility.

Water: There are no water fountains at this facility.

Medical Kit: All coaches should keep their medical kit with them for all team practices, contests, events or any other gathering.

EMT Entrance: The best entrance for EMT service or Ambulance is to go up the main driveway.

Medical Emergency Personnel: In the case of a medical emergency the most medically qualified person, as identified in the "Chain of Command" will lead.

### IN CASE OF LIGHTNING/ SEVERE WEATHER:

In the event that lightning is forecasted, the ATC/Coach will use the flash-to-bang theory, if lightning detector is not available.

- f) When lightning is seen, begin counting the seconds.
- g) Terminate the count once the thunder is heard.
- h) If the count is less than 60 seconds, the event will be terminated immediately.
- i) Teams will then go to their respective buses.

It is safe to return to play when 30 minutes has passed since the last sighting of lightning.

## ACTIVATING THE EMERGENCY ACTION PLAN

1. Check the scene for safety. Establish if it is safe to help. If it is, begin immediate care. How many victims are there? Can bystanders help?
2. Is the athlete breathing or having difficulty breathing? Conscious? Pulse? Any loss of consciousness? Spine injury? Dislocation, open fracture, displaced closed fracture? Is there any uncertainty?
3. Activate Emergency Medical Services.
4. Call 911. If you need help, ask someone to call 911 – LOOK THE PERSON DIRECTLY IN EYES and make sure they make the call! Tell them to come back and inform you that the call has been placed.
  - a. Provide Name, location of injured, address, phone number, number of people injured, type of injury, treatment given, GPS coordinates.
  - b. STAY ON THE PHONE. BE THE LAST TO HANG UP.
5. Perform emergency CPR/First Aid.
  - a. If severe bleeding – instruct a nearby individual to assist with bleeding control.
  - b. Instruct coach, student or bystander to get the AED if needed.
  - c. Check airway/breathing/circulation, level of consciousness, and severe.
  - d. Instruct a nearby individual to meet an ambulance to direct to the appropriate site. For example, send a reliable student out of the building to wait outside the entrance for the ambulance and direct the EMT where to go when they arrive.
6. Instruct a coach or officials to stop the practices or contest.
7. Instruct a coach or bystander to control the crowd.
8. Contact the Athletic Trainer if they are not on the scene.
9. Meet and direct the ambulance
  - a. Get someone to open doors and/or gates to the facility
  - b. Designate someone to flag down the ambulance
10. Contact parents.
11. Contact Athletic Director.
12. Contact Principal/Vice Principal.
13. Only release an injured student to the EMT or their parents. Once a student is being transported, the coach should stay with the team until they are dismissed to go home and they all have left. If there is a second coach at the scene, they can stay with the team and, if the parents are not available, the coach may accompany the athlete to the hospital – either in an ambulance or follow by car.
14. Document the event according to the protocol outlined in this Emergency Action Plan.

According to pages 16-19 of the CIAC Medical Handbook, the following guidelines must be followed in the event of heat related illness:

## Heat Related Illnesses

(Resource: Korey Stringer Institute)

### Exercising and Athletic Participation in Hot Weather

The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by a balanced diet including whole foods, fruits and vegetables. Athletes that appear to have heat stroke or heat exhaustion should be cooled by ice water immersion.

### Dehydration

- Dehydration can affect an athlete's performance in less than an hour of exercise. Sooner if the athlete begins the session dehydrated.
- Dehydration of just one to two percent of body weight (only 1.5-3 lbs., for a 150-pound athlete) can negatively influence performance.
- Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).
- High body fat athletes can have a harder time with exercise and can become dehydrated faster than lower body fat athletes working out under the same environmental conditions.
- Poor acclimatization to heat or lower fitness levels can greatly contribute to an athlete's dehydration problems. This is important with the first practices of year, especially in the summer.
- Certain medications or fevers can greatly affect an athlete's hydration status.
- Environmental temperature and humidity both contribute to dehydration and heat illnesses.
- Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
- Wet bulb globe temperature measurements should be taken 10-15 minutes before practice, and the results should be used with a heat index to determine if practices or contests should be started, modified or stopped.

### Recommendations For Hydration To Prevent Heat-Related Illness

- Beverages containing caffeine will affect hydration since urine production will increase compared to non-caffeinated beverages.
- Carbonated beverages are found to cause decreased voluntary fluid intake.
- Alcoholic beverages are inappropriate for high school athletes.
- Drink according to a schedule based on individual fluid needs. Drink before, during and after practices and games. Drink 17-20 ounces of water, two to three hours before exercise. Drink 7-10 ounces of water 10 to 20 minutes before exercise.
- Drink early – By the time you're thirsty, you're already dehydrated. In general, every 10-20 minutes drink at least 7-10 ounces of water or to maintain hydration, and remember to drink beyond your thirst. Drink fluids based on the amount of sweat and urine loss. Within two hours, drink enough to replace any weight loss from exercise.
- If exercise lasts more than 50 minutes, water should be provided during the session.

## Heat Stroke

1. **THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL. ACTIVATE YOUR EMERGENCY ACTION PLAN BY CALLING – 911.**
2. A RECTAL TEMPERATURE (only taken by a qualified healthcare professional; athletic trainer, nurse, EMT, physician; not the coach) NOT ORAL, AURAL, OR TEMPORAL IS DIAGNOSTIC OF HEATSTROKE. Other methods of temperature have given false core body temperatures and caused delay in care. If you are unable to obtain a rectal temperature it is safer to cool the athlete than delay cooling pursuant to waiting for a medical professional to take a rectal temperature. Immediately cool the athlete while waiting for transfer to a hospital. Remove equipment and immerse body in ice-cold water and keep cooling athlete.
3. Despite the many ways athletes can be cooled, immersion therapy has the best cooling rates. Ice water immersion should be your choice of cooling. A plastic kiddie pool or large plastic tub filled with water and with ice on standby should be available at all practices and games. Continue cooling efforts until EMS arrives. Recommendation is to continue cooling the athlete until core temperature is <100 degrees Fahrenheit.

## Heat Exhaustion

1. Contact licensed health care provider.
2. Cool body as you would for heat stroke while waiting for medical personnel. Activate your emergency action plan.

## Heat Stress And Athletic Participation

Sports practices and contests are conducted in very hot and humid weather in many parts of the United States. This can lead to heat-related illnesses. Most of the heat-related problems have been associated with football, due to the special equipment and uniforms needed. From 1995 through the 2005 football season there have been 19 high school heat stroke deaths in football. This is not acceptable. Heatstroke deaths are fully preventable in high school sports if the proper precautions are taken.

## ACTIVATING THE EMERGENCY ACTION PLAN

1. Check the scene for safety. Establish if it is safe to help. If it is, begin immediate care. How many victims are there? Can bystanders help?
2. Is the athlete breathing or having difficulty breathing? Conscious? Pulse? Any loss of consciousness? Spine injury? Dislocation, open fracture, displaced closed fracture? Is there any uncertainty?
3. Activate Emergency Medical Services.
4. Call 911. If you need help, ask someone to call 911 – LOOK THE PERSON DIRECTLY IN EYES and make sure they make the call! Tell them to come back and inform you that the call has been placed.
  - a. Provide Name, location of injured, address, phone number, number of people injured, type of injury, treatment given, GPS coordinates.
  - b. STAY ON THE PHONE. BE THE LAST TO HANG UP.
5. Perform emergency CPR/First Aid.
  - a. If severe bleeding – instruct a nearby individual to assist with bleeding control.
  - b. Instruct coach, student or bystander to get the AED if needed.
  - c. Check airway/breathing/circulation, level of consciousness, and severe.
  - d. Instruct a nearby individual to meet an ambulance to direct to the appropriate site. For example, send a reliable student out of the building to wait outside the entrance for the ambulance and direct the EMT where to go when they arrive.
6. Instruct a coach or officials to stop the practices or contest.
7. Instruct a coach or bystander to control the crowd.
8. Contact the Athletic Trainer if they are not on the scene.

9. Meet and direct the ambulance
  - a. Get someone to open doors and/or gates to the facility
  - b. Designate someone to flag down the ambulance
10. Contact parents.
11. Contact Athletic Director.
12. Contact Principal/Vice Principal.
13. Only release an injured student to the EMT or their parents. Once a student is being transported, the coach should stay with the team until they are dismissed to go home and they all have left. If there is a second coach at the scene, they can stay with the team and, if the parents are not available, the coach may accompany the athlete to the hospital – either in an ambulance or follow by car.
14. Document the event according to the protocol outlined in this Emergency Action Plan.

## Pool

Address: 2 Botsford Rd., Seymour, CT 06483

Phone: There is a phone located on the wall outside the coaches' office.

AED: The nearest AED is located in the pool lobby. Athletic Trainer will also carry a portable AED when on-site.

Ice: The nearest ice machine is in the girls' locker room located off of the gym.

Cold Water Immersion Tub: The nearest Cold Water Immersion Tub is located in the field house.

Water: Water fountains are in the pool area and surrounding hallways. Showers and sinks are in the locker rooms.

**Medical Kit:** All coaches should keep their medical kit with them for all team practices, contests, events or any other gathering.

**EMT Entrance:** The best entrance for EMT service or Ambulance is to go to the rear of the building and enter through the pool lobby entrance. Instruct someone nearby to wait at those doors and another bystander to wait to the entrance of the school driveway to point the way to the rear entrance of the gym.

**Medical Emergency Personnel:** In the case of a medical emergency the most medically qualified person, as identified in the “Chain of Command” will lead.

#### GENERAL SAFETY FOR STUDENTS

1. The students will be able to articulate and consistently follow the pool rules for safety:
  - Do not enter the water without permission
  - No diving in the shallow end.
  - No running on the pool deck.
  - No gum.
  - No splashing, dunking, horseplay.
  - Tie hair back or wear a cap.
  - Follow all directions from the instructor/coach.
  - Don't drink the pool water.
  - Do not jump in pool over other swimmers.
  - Keep off the starting block unless instructed to go on.
  - Swim in your own space
  - Do not push someone into the pool.
2. In the case of an emergency, notify the coach immediately.
3. Follow the coaches' instructions for emergency situations.

#### GENERAL SAFETY FOR INSTRUCTORS

1. Instructors must go over the process for emergency situations with their class prior to the unit in the pool.
2. The instructors will wear swimwear when they are instructing or coaching.
3. The instructor will identify the blue line on bottom of pool that indicates the start of the deep end.
4. The instructors will be in possession of rescue tubes (have them on their person) throughout the lessons/practices.
5. The instructors will recognize poor swimmers and make appropriate modifications.
6. The instructors will keep all doors to the pool deck closed at all times (during the class and at all times throughout the day).
7. The instructors should check and make sure the first aid kit is properly supplied.
8. The instructors should check and make sure the pool and the deck are vacant at the end of each class prior to leaving.
9. Students should be given the option of using the shallow end of the pool. The instructor should move poor swimmers to the shallow end. The blue line in the pool identifies the shallow end.
10. The instructor should check that the phone on the pool deck is operating properly.
11. The instructor will schedule lifeguards to be present at each practice and contest

#### CERTIFICATION

1. Instructors must hold current CPR Certification.
2. Instructors should hold current Lifeguard Certification.
3. If the instructor does not hold a current Lifeguard Certification then there must be two lifeguards on duty during the class.
4. If the instructor holds a current Lifeguard Certification and the team is greater than 25, an additional lifeguard must be on duty during all practices and contests.

#### REMINDER to Instructors

1. Your primary role is to ensure the safety of the students.
2. You must be alert and attentive at all times.
3. Make sure you always have a clear view of the whole pool.
4. Scan above and below the surface repeatedly.
5. Do not get distracted by students or activities when kids are in the water.

#### Pre-incident Planning

Coaches shall receive up-to-date notification from the school nurses of physical restrictions that may impede the student's participation or that may be useful information in case of an emergency.

There is a telephone on the wall of the pool deck. Demonstrate to students how to call 911 from the pool deck, if the instructor directs them to during an emergency

- Teachers/coaches will review safety precautions as listed above with their classes prior to beginning a unit in the pool. Designate an area on the pool deck that students should go to in case of an emergency situation (the benches on the pool wall).

### ACTIVATE THE EMERGENCY ACTION PLAN

#### Incident Planning in Case of Emergency

Get everyone out of the water.

\* If a student is in distress in the pool the instructor's primary responsibility is to rescue the victim according to the Red Cross Lifeguard rescue procedures.

Once the victim is rescued from the water, in case of an emergency, the coach/lifeguard will determine if it is possibly a life-threatening injury. Head, neck, spine, internal organ injuries, or discontinued breathing, or profuse bleeding, or loss of consciousness, or disorientation can be considered life-threatening.

If the emergency is life-threatening, or the coach is uncertain about the seriousness of the injury, the coach (or other nearby responsible individual) shall call 911 directly and immediately, and enact first aid or CPR as required.

The caller should give their identification, location, and nature of the injury to the emergency dispatcher. It is important to stay on the line, until all the information is given to the dispatcher.

Stop activity and clear all students to an area away from the injured individual.

The coach shall not move the injured student.

The coach will remain with the injured or ill student at all times. Do not leave the injured student. The injured student can only be released to the nurse, their parents, or medical emergency personnel.

The coach shall send available, reliable students (or other bystanders) to areas to direct emergency personnel to the injured person. If others are available to help they should be sent to the nearest parking lot or driveway entrance. If the injured student is in the building a bystander, if there is one, should be sent to the outside doorway nearest the injured student.

If possible, the coach should send someone or direct someone to contact the nurse's office. The nurse's office can be contacted from the phone on the pool deck. Their number is x1001. If no one is available in the nurse's office the coach shall have a student go to or contact the main office to give the location and nature of the injury.

#### Protocol After Evacuation of Injured/Ill Person

If it is not possible to contact the nurse's office or an administrator during the emergency, the coach shall notify the nurse, the Athletic Director and a main office administrator as soon after the incident as possible.

The nurse will contact the parents/guardians of the student involved to explain the circumstances.

In the event the parents/guardians cannot be contacted, the school should continually call, in a reasonably timely manner, until contact is made. Messages left on answering machines should only suggest the parent/guardian call the school. No specifics regarding the illness or injury should be explained to an answering machine.

In the event of any serious incident the coach shall inform the Athletic Director.

The nurse/coach or athletic trainer will complete an accident form with the assistance of the coach if necessary, in a timely manner.

### **Davis-Pereiras Softball Field**

Address: 2 Botsford Rd., Seymour, CT 06483

Phone: There is no phone available at this location.

AED: A portable AED should be carried by coaches, otherwise Athletic Trainer will also carry when on-site.

Ice: The nearest ice machine is in the girls' locker room located off of the gym.

Cold Water Immersion Tub: The nearest Cold Water Immersion Tub is located in the field house.

Water: There are no water fountains at this facility. Showers and sinks are in the locker rooms.

Medical Kit: All coaches should keep their medical kit with them for all team practices, contests, events or any other gathering.

EMT Entrance: The best entrance for EMT service or Ambulance is to pull into the main driveway. The field is adjacent to the driveway. Instruct someone nearby to wait at those doors and another bystander to wait to the entrance of the school driveway to point the way to the rear entrance of the gym.

Medical Emergency Personnel: In the case of a medical emergency the most medically qualified person, as identified in the “Chain of Command” will lead.

**According to pages 16-19 of the CIAC Medical Handbook, the following guidelines must be followed in the event of heat related illness:**

## Heat Related Illnesses

(Resource: Korey Stringer Institute)

### Exercising and Athletic Participation in Hot Weather

The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by a balanced diet including whole foods, fruits and vegetables. Athletes that appear to have heat stroke or heat exhaustion should be cooled by ice water immersion.

### Dehydration

- Dehydration can affect an athlete's performance in less than an hour of exercise. Sooner if the athlete begins the session dehydrated.
- Dehydration of just one to two percent of body weight (only 1.5-3 lbs., for a 150-pound athlete) can negatively influence performance.
- Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).
- High body fat athletes can have a harder time with exercise and can become dehydrated faster than lower body fat athletes working out under the same environmental conditions.
- Poor acclimatization to heat or lower fitness levels can greatly contribute to an athlete's dehydration problems. This is important with the first practices of year, especially in the summer.
- Certain medications or fevers can greatly affect an athlete's hydration status.
  - Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
  - Wet bulb globe temperature measurements should be taken 10-15 minutes before practice, and the results should be used with a heat index to determine if practices or contests should be started, modified or stopped.

### Recommendations For Hydration To Prevent Heat-Related Illness

- Beverages containing caffeine will affect hydration since urine production will increase compared to non-caffeinated beverages.
- Carbonated beverages are found to cause decreased voluntary fluid intake.
- Alcoholic beverages are inappropriate for high school athletes.
- Drink according to a schedule based on individual fluid needs. Drink before, during and after practices and games. Drink 17-20 ounces of water, two to three hours before exercise. Drink 7-10 ounces of water 10 to 20 minutes before exercise.
- Drink early – By the time you're thirsty, you're already dehydrated. In general, every 10-20 minutes drink at least 7-10 ounces of water or to maintain hydration, and remember to drink beyond your thirst. Drink fluids based on the amount of sweat and urine loss. Within two hours, drink enough to replace any weight loss from exercise.
- If exercise lasts more than 50 minutes, water should be provided during the session.

## Heat Stroke

1. **THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL. ACTIVATE YOUR EMERGENCY ACTION PLAN BY CALLING – 911.**
2. A RECTAL TEMPERATURE (only taken by a qualified healthcare professional; athletic trainer, nurse, EMT, physician; not the coach) NOT ORAL, AURAL, OR TEMPORAL IS DIAGNOSTIC OF HEATSTROKE. Other methods of temperature have given false core body temperatures and caused delay in care. If you are unable to obtain a rectal temperature it is safer to cool the athlete than delay cooling pursuant to waiting for a medical professional to take a rectal temperature. Immediately cool the athlete while waiting for transfer to a hospital. Remove equipment and immerse body in ice-cold water and keep cooling athlete.
3. Despite the many ways athletes can be cooled, immersion therapy has the best cooling rates. Ice water immersion should be your choice of cooling. A plastic kiddie pool or large plastic tub filled with water and with ice on standby should be available at all practices and games. Continue cooling efforts until EMS arrives. Recommendation is to continue cooling the athlete until core temperature is <100 degrees Fahrenheit.

## Heat Exhaustion

1. Contact licensed health care provider.
2. Cool body as you would for heat stroke while waiting for medical personnel. Activate your emergency action plan.

## Heat Stress And Athletic Participation

Sports practices and contests are conducted in very hot and humid weather in many parts of the United States. This can lead to heat-related illnesses. Most of the heat-related problems have been associated with football, due to the special equipment and uniforms needed. From 1995 through the 2005 football season there have been 19 high school heat stroke deaths in football. This is not acceptable. Heatstroke deaths are fully preventable in high school sports if the proper precautions are taken.

## ACTIVATING THE EMERGENCY ACTION PLAN

1. Check the scene for safety. Establish if it is safe to help. If it is, begin immediate care. How many victims are there? Can bystanders help?
2. Is the athlete breathing or having difficulty breathing? Conscious? Pulse? Any loss of consciousness? Spine injury? Dislocation, open fracture, displaced closed fracture? Is there any uncertainty?
3. Activate Emergency Medical Services.
4. Call 911. If you need help, ask someone to call 911 – LOOK THE PERSON DIRECTLY IN EYES and make sure they make the call! Tell them to come back and inform you that the call has been placed.
  - a. Provide Name, location of injured, address, phone number, number of people injured, type of injury, treatment given, GPS coordinates.
  - b. STAY ON THE PHONE. BE THE LAST TO HANG UP.
5. Perform emergency CPR/First Aid.
  - a. If severe bleeding – instruct a nearby individual to assist with bleeding control.
  - b. Instruct coach, student or bystander to get the AED if needed.
  - c. Check airway/breathing/circulation, level of consciousness, and severe.
  - d. Instruct a nearby individual to meet an ambulance to direct to the appropriate site. For example, send a reliable student out of the building to wait outside the entrance for the ambulance and direct the EMT where to go when they arrive.
6. Instruct a coach or officials to stop the practices or contest.
7. Instruct a coach or bystander to control the crowd.
8. Contact the Athletic Trainer if they are not on the scene.
9. Meet and direct the ambulance
  - a. Get someone to open doors and/or gates to the facility
  - b. Designate someone to flag down the ambulance
10. Contact parents.
11. Contact Athletic Director.
12. Contact Principal/Vice Principal.
13. Only release an injured student to the EMT or their parents. Once a student is being transported, the coach should stay with the team until they are dismissed to go home and they all have left. If there is a second coach at the scene, they can stay with the team and, if the parents are not available, the coach may accompany the athlete to the hospital – either in an ambulance or follow by car.
14. Document the event according to the protocol outlined in this Emergency Action Plan.

## Non-Medical Emergencies

In the event of severe weather, the athletic director will direct spectators to the appropriate safe locations. All athletes are to leave the fields and go to the locker rooms immediately at outdoor home events. At away events, the athletes will be directed to appropriate structures by the host team or to the team bus if no appropriate structure is available.

For any other non-medical emergencies such as fire, bomb threats, violent or criminal behavior, the appropriate school personnel or the Seymour Police Department is in charge of scene safety. They will communicate with the school administration as to the actions required.

### IN CASE OF LIGHTNING/ SEVERE WEATHER:

In the event that lightning is forecasted, the ATC/Coach will use the flash-to-bang theory, if lightning detector is not available.

- j) When lightning is seen, begin counting the seconds.
- k) Terminate the count once the thunder is heard.

l) If the count is less than 60 seconds, the event will be terminated immediately.

Teams will then go into the closest lightning safe building:

m) Seymour High School gymnasium and surrounding hallways

n) Buses are also suitable but not preferred

It is safe to return to play when 30 minutes has passed since the last sighting of lightning.

Appendix G -Documentation of Seasonal Coaches EAP Educational Meeting

Sign in Sheet

*This is an example for schools to utilize for an attendance sheet. Revise or delete as you wish.*

Coach Name (printed)	Sport	HS	MS	Signature

Notes:

## Appendix H – Coach Verification Form

(School Name) Coaches Emergency Action Plan Verification Form

*\*The below form is an example form for coaches to fill out during the EAP Rehearsal meeting. Revise this form as you see fit for your school, have each coach fill out the form and store this form with the Coach Attendance log from the previous page. Delete this statement prior to use.*

I \_\_\_\_\_ (print coach name) have read and understand the Emergency Action Plan for (School Name) Athletics. I understand my roles and responsibility should an emergency occur in my presence. I have also rehearsed this Emergency Action Plan and understand my role in an emergency situation with an athletic trainer present and without. I have been given the opportunity to ask all questions and have received the proper answers to my questions.

I also understand that I must keep all certifications up to date according to the State of Connecticut and CIAC regulations and that it is my responsibility to ensure a lapse does not occur.

Coach Name (print) \_\_\_\_\_

Sport \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

# Approval and Verification Page:

This document has been read and revised and approved by the undersigned.

School Physician: \_\_\_\_\_ Date:\_\_\_\_\_

Superintendent: \_\_\_\_\_ Date: \_\_\_\_\_

Business Director: \_\_\_\_\_ Date: \_\_\_\_\_

School Principal : \_\_\_\_\_ Date: \_\_\_\_\_

School Nurse: \_\_\_\_\_ Date: \_\_\_\_\_

Athletic Trainer: \_\_\_\_\_ Date: \_\_\_\_\_

Athletic Director: \_\_\_\_\_ Date:\_\_\_\_\_

Assistant AD: \_\_\_\_\_ Date:\_\_\_\_\_

# Part 3 – 14 Legal Duties

## Fourteen Legal Duties

Several obligations or duties have been identified as absolute requirements for coaches and athletic administrators. Almost all of these have to do with the medical safety of students.

These standards have evolved as a result of various case law proceedings and legal judgments against individuals and school districts. It is important that all coaches, including assistants and volunteers, know and understand the following duties. This summary is not all-inclusive but is generally accepted as the “Legal Duties of Coaches” by the NFHS (National Federation of High Schools) and NIAAA (National Interscholastic Athletic Administrator Association).

The CIAC has compiled this guide to assist athletic departments in meeting each of their obligations.

Steps to assure that your athletic department meets the 14 Legal Duties:

1. Include a list and description of the “14 Legal Duties of A Coach” in your coaches’ handbook.
  2. Review the “14 Legal Duties of A Coach” at each coaches preseason meeting.
  3. Review the “14 Legal Duties of A Coach” at the orientation meeting with each newly hired coach.
  4. Require all teams to have a preseason parent/athlete meeting. Review rules, documents and cautionary statements.
- 
1. **Duty to Plan** – A coach must demonstrate awareness of the maturity, physical development and readiness of athletes with appropriate plans for instruction, conditioning and supervision.
    - a. Coaches should have written plans for every practice
    - b. Keep a file of all practice plans
    - c. Plans should demonstrate a progression of skills and conditioning over the course of days and weeks.
  2. **Duty to Supervise** – A coach must be physically present, provide competent instruction, structure practices that are appropriate for the age and maturity of players, prevent foreseeable injuries and respond to injury or trauma in an approved manner. This duty requires supervisors to make sure facilities are locked and that students are denied access when a competent staff member cannot be physically present to supervise. This duty may also require coaches to control reckless player behaviors. Supervision responsibility also pertains to athletic administrators who are expected to be able to supervise coaches competently.
    - a. The team should have a designated “pick-up” area where parents meet their kids after practice.
    - b. If students are not going home, and are remaining on campus, they should let their coach know where they are going.
    - c. When introducing new or dangerous skills, coaches should be in close proximity to the athlete and be ready to support or spot the athlete for safety.
  3. **Duty to Assess Athletes Readiness for Practice and Competition** – Athletics administrators and coaches are required to assess the health and physical or maturational readiness skills and physical condition of athletes. A progression of skill development and conditioning improvement should be apparent from practice plans. Athletes must also be medically screened in accordance with state association regulations before participating in practice or competition.
    - a. NEVER assume a student is in good physical condition at the start of the first practice. The coach *warning* kids that they need to be in shape at the start of the season is not sufficient. Assume that no one is in shape and build conditioning slowly.
  4. **Duty to Maintain Safe Playing Conditions** – Coaches are considered trained professionals who possess a higher level of knowledge and skill that permits them to identify foreseeable causes of injury inherent in defective indoor and outdoor facilities or hazardous environments.
    - a. Do not continue play if there is an unsafe condition. Check the field for holes. Check the mats for gaps. Check the gym floor for slippery spots.
    - b. Let the Athletic Director and/or the custodial staff for unsafe playing conditions.
  5. **Duty to Provide Safe Equipment** – Courts have held athletic supervisors responsible to improve unsafe environments. Repair or remove defective equipment or disallow athlete access.
    - a. Have a system for systematically checking protective equipment by a professional service.
    - b. Keep an inventory with purchase dates and repair records of supplies and equipment.

- c. Make sure all helmets are NOECSE certified.
6. **Duty to Instruct Properly** – Athletic practices must be characterized by instruction that accounts for a logical sequence of fundamentals that lead to an enhanced progression of player knowledge, skill, and capability.
- a. Coaches should model the skills they want athletes to emulate.
  - b. Coaches should give teaching cues.
  - c. Coaches should continually provide constructive feedback to players on their execution of form and skills.
  - d. Read the CIAC Tournament Packet
  - e. Coaches should maintain membership in the Connecticut High School Coaches Association
  - f. Coaches should attend coaches' clinics, read professional journals and books, watch instructional videos.
  - g. In general, maintain professional development for your sport.
7. **Duty to Match Athletes** – Athletes should be matched with consideration for maturity skill, age, size and speed. To the degree possible, mismatches should be avoided in all categories.
- a. Never match an experienced athlete with a student who is new to the team/sport, particularly when there is the prospect of physical contact.
8. **Duty to Condition Properly** – Practices must account for a progression of cardiovascular and musculoskeletal conditioning regimens that prepare athletes sequentially for more challenging practices and competitive activities.
9. **Duty to Warn** – Coaches are required to warn parents and athletes of unsafe practices specific to a sport and the potential for injury or death. This warning should be issued in writing and both athletes and parents should be required to provide written certification of their comprehension.
- a. Examples of Cautionary Statements are included in the Appendix for this section.
10. **Duty to Ensure Athletes are Covered by Injury Insurance** – School districts must ensure that family and/or school insurance provides basic level of medical coverage. Districts must provide supplemental insurance for students whose families do not carry insurance. Athletes should not be allowed to participate without injury insurance.
11. **Duty to Provide Emergency Care** – Coaches are expected to be able to administer standard emergency care (first aid, CPR) in response to a range of traumatic injuries. In addition, there are several other certifications and trainings that coaches must complete in order to coach in Connecticut. A list of coaching certifications and requirements is available from the CIAC.
12. **Duty to Design a Proper Emergency Response Plan** – School districts must design plans to ensure an expedited response by EMS and an effective transition to the care and supervision of emergency medical personnel.
- a. See the section in the CIAC Medical Handbook for an example Emergency Action Plan
13. **Duty to Provide Proper Transportation** – In general, bonded, commercial carriers should be used for out of town transportation. If the school district allows, self or family transportation for local competition may be permitted if parents have adequate insurance coverage for team members other than their family members.
- a. Allow transportation to events and practices only with a written note from the parent and permission from the athletic director and coach
14. **Duty to Select, Train, and Supervise Coaches** – Administrators have responsibility to ensure that appropriate skill and knowledge levels exist among members of the coaching staff to ensure appropriate levels of safety and well being among athletes.
- a. Maintain a well-articulated "Coaches Handbook"
  - b. Observe coaches frequently in practices, contests and team meetings
  - c. Have a system for insuring that all coaches maintain and are up-to-date on all required certifications
  - d. Have an orientation program for newly hired coaches
  - e. Provide frequent feedback to coaches
  - f. Conduct pre-season coaches' meetings for each season
  - g. Have a system for formal evaluations

## **Appendix of Cautionary Statements**

### **Example Cautionary Statements**

Athletic departments and coaches have a duty to warn parents and participants in high school sports to the inherent dangers and physical risks of playing sports. To that end, the CIAC has prepared this set of cautionary statements. A cautionary statement is a set of warnings and guidelines specific to each sport. The school may want to use these as the basis for warning parents and students to the dangers of playing each sport.

Schools should plan a system for delivering these to parents and students. This could take place through the registration process or could be distributed and reviewed in preseason parent/athlete meetings.

These statements should be combined with safety regulations detailed in the rulebook for each sport and the CIAC tournament packet.

These statements are a starting point. Schools should modify these as needed.

## BASEBALL AND SOFTBALL CAUTIONARY STATEMENT

Because of the power, and the high-speed components of the game, it is important to observe and practice a number of procedures designed to enhance the safety and enjoyment of all participants.

All protective helmets must be certified by the National Operating Commission for Safety of Athletic Equipment (NOCSAE). This certification indicates that research has been conducted to verify the protectiveness and shock absorption capabilities of the helmet. Each player will receive a demonstration on the proper wearing of a batting helmet. Proper wearing of these helmets is the responsibility of the player after the orientation has been completed.

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted

### General Directions

1. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
2. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
3. No hazing or initiations, EVER.
4. There is no such thing as a "Tradition" that embarrasses a student. If you think there is such a "tradition" ask the coach if it is OK.

### Preparation for practice or contest:

1. Wear all protective equipment, pads, braces and supportive undergarments to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Players should evaluate their hydration status daily (via urine color, thirst), and strive to consume enough water each day to ensure hydration"
5. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
6. Players needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
7. Remove all jewelry and metal hair fasteners.
8. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or other severe medical conditions must present a physician's approval prior to participation in any practice session.

### In the locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
3. Keep floors free of litter. Place all belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in a container.
6. Refrain from rapid movements, horseplay, and rough-house in the locker/shower areas.
7. Be especially careful not to injure a teammate with cleated shoes and do not wear cleated shoes in the building or locker room at any time.

### Hazards specific to baseball/softball

1. Be alert to the following:
  - a. Variable surface textures (concrete, matting, turf)
  - b. Steps, ramps, dugout locations
  - c. Locations of bulk equipment or specific drills
  - d. Hitting and pitching practice

2. All protective equipment required by rule, must be worn at practices and competition during those situations that require it.
  - a. Helmets are to be worn by batters, base runners, catchers and base coaches.
3. No horseplay or rough-housing
4. "On deck" hitters are to take practice swings in a designated circle but with complete attention directed to the pitcher and batter. If no circle is designated, stand behind the backstop. Keep hands off the backstop.
5. Swing only one (1) bat when taking practice swings. Use a bat ring that will not slide off the thick end of the bat.
6. Batting practice, infield drills, outfield drills, and pitching practice is to be done in designated areas and at designated times. DO NOT begin practices without direction of the coach.
7. Sliding technique is to be performed as a progression and approved by the coach before it is tried. Lower extremity injuries may still occur when players are experienced in sliding techniques.
8. Players involved in sliding or other close plays must recognize the possibility of being hit by a thrown ball, being accidentally bumped, or of injury due to friction burn, being stepped on, or skeletal injury. Be alert to the location of the ball and opponents. Assume a protected position. Do not leave limbs extended when on the ground.
9. Burns, sprains, strains and contusions must be reported to coaches.
10. An athlete who has had medical treatment can not participate until a doctors release is presented to the coach, athletic and school nurse.
11. Dugout and team bench - Players in the dugout or team bench area must be alert to foul balls, over throws, or defensive players moving towards the area at high speed.
12. Indoors - always look before taking practice swings during drills. If you are chasing balls into a hitter's area, get his/her attention before going near him/her.
13. Pitchers in batting cages will always wear protective helmets.
14. Never catch without protective equipment.

### Emergencies

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

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.
4. Assist by:
  - a. Helping with the injured person
  - b. Calling for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4.
6. Severe weather - go to the main gym, sit on the floor in the middle of the gym.

### ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## BASKETBALL CAUTIONARY STATEMENT

Basketball is a highly competitive, fast-action game that places great physical demands on the individual player. For this reason, coaches will implement conditioning regimens that are based on scientific principles, and designed to enhance player 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 a regular practice activity. In addition, the following considerations and cautions will enhance player enjoyment and safety.

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted

### General Directions

5. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
6. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
7. No hazing or initiations, EVER.
8. There is no such thing as a "Tradition" that embarrasses a student. If you think there is such a "tradition" ask the coach if it is OK.

### Preparation for activity:

1. Wear all pads, braces and supportive undergarments to all practices and competitions.
2. Clothing and shoes should fit properly, be comfortable, and allow for maximal physical efforts. Clothing should be kept clean and sanitary.
3. Clothing should not prevent heat dissipation, or restrict movement.
4. Players should evaluate their hydration status daily (via urine color, thirst), and strive to consume enough water each day to ensure hydration"
5. Feet should be covered with a thin sock followed by a heavier athletic sock. If blisters are a chronic problem or begin to appear, coaches or athletic trainer's should be consulted for appropriate responses or preventive actions.
6. Players who require corrected vision must wear shatterproof glasses or lenses. Glasses must be mounted in break resistant frames, and be held in place by an elastic strap.
7. Players requiring preventive taping, padding, or bracing should arrive early enough to receive treatment and be able to participate in specialty work.
8. Remove all jewelry, metal hair clips and hats.
9. No horseplay, rough-housing, hazing or initiations.
10. Players 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.
11. High top basketball shoes are suggested and they should be properly laced up.
12. The use of braces is recommended.
13. Mouth guards are highly recommended.

### Locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
3. Keep floors free of litter. Place all belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in a container.
6. Refrain from rapid movements, horseplay, and rough-house in the locker/shower areas.
7. Be especially careful not to injure a teammate with cleated shoes and do not wear cleated shoes in the building or locker room at any time.

### Hazards specific to basketball:

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.
6. Be alert for possible hazards when conditioning in the halls.
7. Be aware of and avoid contact with bleachers, curtains, and any other miscellaneous peripheral equipment.
8. No horseplay, rough-housing, hazing or initiations.
9. Be alert to dehydration symptoms. Dry mouth, inability to cool down, dizziness/light-headedness. Ingest 4-6 glasses of water during the school day and additional amounts at practice.
10. Notify the coach or athletic trainer of any injury, no matter how slight it may seem.
11. Frequent drink breaks will be built into the practice plan and players should make use of each one.
12. Weight training regimens will have separate standards and progressions designed to enhance safety and physical conditioning.
13. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health. Notify coach about use and location of inhalants.
14. Check your weight. 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.
15. DO NOT hang on the rims or nets.
16. DO NOT engage in rough, thoughtless play.
17. DO NOT run under a player who is in the air to shoot or receive a pass.
18. DO NOT swing elbows excessively when clearing a rebound.
19. Taller players may need to be alert to their proximity to the lower surface of the backboard.
20. DO NOT make an intentional foul in a way that might cause an injury to an opponent.
21. When taking a charge or screening an opponent, assume a weight-balanced, protected position.
22. If a backboard shatters, notify the coach and keep people away from the broken glass. **BROKEN BACKBOARDS ARE THE FINANCIAL RESPONSIBILITY OF THOSE WHO BREAK THEM!**

### Emergencies

Because of the nature of basketball, some injuries will occur. All injuries must be called to a coach'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. Be alert to any injury that the coach may not see. He/she will manage the person in trouble. DO NOT move the victim!
2. Stop all practices, scrimmages.
3. After calling the coach to manage the situation, help with the injured person; telephone for additional assistance (phone numbers and information are posted on the telephone); obtain first aid supplies or equipment.
4. Keep onlookers away.
5. Sit or kneel in close proximity.
6. Direct rescue squad members to the site.
7. Fire or fire alarm:
  - a. evacuate and remain 150 feet from the building
  - b. be prepared to implement emergency procedures
8. Bomb Threat: evacuate building and remain 200 yards from building
9. Severe weather - go to basketball team room, sit on floor next to and facing lockers.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## CHEERLEADING CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the Varsity and Junior Varsity Cheerleading squads. Because of the physical demands required, squad members and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the activity.

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted

### General Directions

1. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
2. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
3. No hazing or initiations, EVER.
4. There is no such thing as a "Tradition" that embarrasses a student. If you think there is such a "tradition" ask the coach if it is OK.

### Preparing for practice:

1. Choose an outfit which fits comfortably and allows free movement.
2. A Mouth Guard may be worn for it is not uncommon in cheerleading for people to get knocked in the mouth.
3. You should bring plenty of water to be fully hydrated during practice.
4. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or other severe medical conditions must present a physician's approval prior to participation in any practice session.
5. Inhalers or breathing devices must be at practice at all times and you will need to notify the coach if you have one of these things.

### Preparing to workout:

Do all stretching exercises before practice. Take time to stretch leg, neck, ankle, arm, and back muscles before each practice and performance.

### Workout expectations:

1. Think safety first.
2. Always be aware of the proximity of others when executing large motor movements.
3. Stunts and routines should be practiced in a progression from simple to complex.
4. Advanced stunts or routines will be executed; attention at all times is a must.
5. When executing partner stunts and pyramids, remember the conference rule against being more than two bodies high.
6. Always use proper spotting techniques when learning tumbling and balancing maneuvers.

### Extent of Injuries:

1. Sprained Ankles
2. Broken Bones (especially Noses)
3. Pulled or strained ligaments/muscles
4. Stitches
5. Cuts/Scrapes/Bruises

This sport is just as dangerous if not more so than Football.

### Emergencies

Because of the physical nature of cheerleading, some injuries will occur. All injuries must be called to an advisor'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. DO NOT move the victim!
2. Be alert. Look around. Get the attention of other people as they may need to help.
3. The advisor will manage the person in trouble. You may be asked to assist in one of several ways:

- a. helping with the injured person
  - b. telephoning for additional assistance
  - c. obtaining first aid supplies or equipment
  - d. directing the rescue squad to the accident site
  - e. keeping onlookers back
4. Fires or fire drills may require immediate evacuation from the building
- a. sometimes there may be time to grab a coat and exit
  - b. if the situation requires quicker action, participants will evacuate through any exit
  - c. move and remain 150 feet away from the building
  - d. be prepared to use the procedures described in #2 above.

#### ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## CROSS COUNTRY CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the cross country teams. 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.

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted.

### General Directions

1. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
2. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
3. No hazing or initiations, EVER.
4. There is no such thing as a "Tradition" that embarrasses a student. If you think there is such a "tradition" ask the coach if it is OK.

### Preparation for practice or contests:

1. Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly.
2. Proper warm-up and warm-down is very important before and after competition and practices.
3. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
4. Athletes who are ill, dizzy, or lightheaded should contact their coach. Do not practice.
5. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or other severe medical conditions must present a physician's approval prior to participation in any practice session.
6. Players should evaluate their hydration status daily (via urine color, thirst), and strive to consume enough water each day to ensure hydration."
7. Athletes needing preventive taping or bracing should arrive early to receive treatment. Any injury problem or concern should be discussed with the coach or athletic trainer. Wear all pads, braces and supportive undergarments to all practices and competitions.
8. Athletes with visual impairments must wear shatterproof glasses or lenses where judgment or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.
9. No horseplay, rough-housing, hazing or initiations.

### In the locker room:

1. Be alert to slippery floors and use caution.
2. Keep floors free of litter. Place all personal belongings in assigned locker.
3. Close and lock locker door when away from your assigned locker.
4. No horseplay, rough-housing, hazing or initiations.

### Movement to the practice/contest site or travel to contest/practice site:

1. Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial surfaces.
2. Stretch thoroughly and start your workout with easy running.
3. No horseplay, rough-housing, hazing or initiations.

### Hazards specific to cross country:

1. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
2. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Do not wear head phones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.
3. Never cut across neighborhood lawns or through private property.
4. Avoid sudden stops on hard surfaces while sprinting. A gradual slow down will help prevent unnecessary leg stress.
5. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
6. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.

7. All runners leaving campus will wear a fluorescent vest / shirt Runners will stay on campus if a vest/shirt is not brought to practice.

### Emergencies

Because of the physical demands of cross country, some injuries will occur. All injuries must be called to a coach's or athletic trainer's attention. Most will be minor and can be managed through basic first aid techniques. However, some injuries may need more intense management, and may also require squad members to:

1. Stop all activities, practice, or competition. **DO NOT** move the victim!
2. Call a coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Helping with the injured person
  - b. Calling for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers back
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4

### ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## FIELD HOCKEY CAUTIONARY STATEMENT

Field hockey is a game that requires speed, strength and endurance. Often, players approach each other from opposite directions resulting in collisions. Players are frequently hit with sticks.

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted

### General Directions

1. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
2. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
3. No hazing or initiations, EVER.
4. There is no such thing as a “Tradition” that embarrasses a student. If you think there is such a “tradition” ask the coach if it is OK.

### **Environmental measures to prevent injury**

- Players should choose footwear carefully, preferably with professional advice.
- Dress appropriately for all weather conditions (pay attention to especially extreme weather conditions).
- Coaches should have a well-stocked first aid kit, a telephone and emergency contact phone numbers on display.
- Players with a history of recurring joint injury (eg. Ankle sprain) should seek professional advice about preventive bracing of the joint.
- Players should evaluate their hydration status daily (via urine color, thirst), and strive to consume enough water each day to ensure hydration

### **Types of injuries**

- Most serious hockey injuries result from being struck by the stick or the ball.
- The most common injuries presenting to hospitals are open wounds, fractures, sprains and strains and bruising and lacerations.
- Injuries presenting to hospital are predominantly to the upper limb (mostly injuries to the hand and forearm), face and lower limb (mostly ankle, foot and knee injuries).
- Injuries to the head and eyes (mostly struck by stick or ball) are infrequent, but tend to be comparatively severe, with a higher than average rate of admission to hospital.
- Dental injuries are also infrequent, although the damage may be severe and is mostly irreversible.
- Overuse injuries to the ankles and lower back are also commonly reported.

### **Good preparation is important**

- Coaches should have players undergo simple fitness testing prior to participation to ensure their readiness to play.
- Players should routinely warm-up and cool down, including adequate stretching, before and after play.
- Particular attention should be given to thoroughly warming-up and stretching the ankles, hips and lower back.

### **Wear appropriate protective equipment**

- Goalkeepers should wear a helmet and face guard during training and competition.
- All players should wear shock absorbent shin guards during training, informal play and competition.
- All players should wear properly fitted mouth guards to prevent dental injury.
- All players should wear their protective goggles to prevent eye injuries.
- Research should be conducted to determine the effectiveness of protective eyewear and gloves in preventing eye and hand injuries in hockey players.

### **Good technique and practices will help prevent injury**

- Coaches will be available to advise and monitor the skill development of players at all levels of play.
- Coaches and players should pay attention to good player nutrition and adequate hydration.
- Players are responsible for adhering to the coach’s instruction focused on improving ball handling skills and safe use of the hockey stick.

### ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## GOLF CAUTIONARY STATEMENT

Golf is a great sport. It is one of the enjoyable of the lifetime. Enjoyment, paying attention and adhering to the following considerations and procedures can ensure improved play and competition safety.

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted.

### General Directions

1. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
2. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
3. No hazing or initiations, EVER.
4. There is no such thing as a "Tradition" that embarrasses a student. If you think there is such a "tradition" ask the coach if it is OK.

### Preparing for practice:

1. During all practice or competitive sessions and while preparing for practice or preparing to depart the golf course, participants are expected to observe and follow all policies contained in this document, all USGA playing rules, the rules specific to the golf course and display proper golf etiquette. Any practice or competitive golf rounds played without school district authorization or supervision will be at the player's own expense and own personal liability for damage, loss or injury.
2. Choose clothing or footwear that fits properly, and doesn't restrict movement. Wear all protective and supportive undergarments to practices and competition.
3. Select clothing appropriate for precipitation, humidity and temperature.
4. Players should evaluate their hydration status daily (via urine color, thirst), and strive to consume enough water each day to ensure hydration.
5. Players needing protective tape, first aid, or rehabilitative treatments should arrive early to receive necessary treatment.
6. Avoid horseplay with clubs and equipment.
7. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or other severe medical conditions must present a physician's approval prior to participation in any practice session.
8. If ill or dizzy, notify the coach or athletic trainer. Do not practice.
9. Check clubs regularly for metal stress or other signs of deterioration.
10. Replace or repair damaged clubs.

### Movement to practice site or travel to contest/practice site:

1. The school is not liable for injury, loss, or damage incurred by drivers or passengers in private vehicles.
2. Exercise caution in driving to courses or practice areas.
3. Be cautious in parking lots when unloading clubs and/or carts or when changing shoes.
4. Be alert to ramps, stairs, artificial turf surfaces, carpets, concrete surfaces, and other changes in footing textures.
5. Be alert to locations of driving, practice swing, chipping, and sand trap areas.
6. Be alert to cart pathways, golf carts, and traffic patterns.
7. Be alert to weather conditions - especially stormy weather. Check with the coach before playing if there are any safety questions.
8. Adjust for temperature and humidity. A cap, sunglasses and sun block can be helpful in avoiding discomfort or overheating. Players with sensitive skin should avoid prolonged sun exposure. Wear sunscreen.

### Cautions specific to golf:

1. When involved in club control/club swing drills LOOK in all directions BEFORE taking your first practice swing. Be sure there is room for the club to be swung safely.
2. No horseplay with clubs or equipment. No club throwing.
3. Be alert to players on adjacent tees or fairways.
4. Be alert to players in front and behind you. On short holes, signal players behind when it is safe to hit their tee shots. Do not hit tee or fairway shots if close to players ahead.

5. Call "FORE" if any shot moves into an adjacent fairway, or near any other players.
6. Drink water frequently on the course. If uncomfortable, stop in a shady area or sun shelter and consume water. Call for assistance if dizzy, ill or light headed.
7. If severe weather occurs while on the course:
  - a. Get away from clubs
  - b. Avoid isolated trees, shelters, hilltops, open spaces, or metal objects.
  - c. Move to a wood building, low, protected area, or heavily wooded area.

#### Emergencies

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

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.
4. Assist by:
  - . Helping with the injured person
  - b. Calling for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4 above.

#### ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## FOOTBALL CAUTIONARY STATEMENT

Football is a contact sport and injuries will occur. Fundamentals related to playing football will continually and repeatedly be emphasized on and off the field. The information contained within this list of rules and procedures is to inform the students in our football program of the proper techniques to practice for maximum safety in the contact phase of the game.

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted.

### General Directions

1. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
2. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
3. No hazing or initiations, EVER.
4. There is no such thing as a "Tradition" that embarrasses a student. If you think there is such a "tradition" ask the coach if it is OK.

### Pre-season Preparation:

Because football is a contact sport, athletes must condition to prepare themselves for the season. This includes both strength training as well as aerobic training. It is also important that athletes continue to strength train during their season to help prevent injuries.

### Tackling, Blocking, and Running the Ball:

By rule, the helmet is not to be used as a "ram." Initial contact is not to be made with the helmet. It is NOT possible to play the game safely or correctly without making contact with the helmet when properly blocking and tackling an opponent. Therefore, technique is most important to prevention of injuries.

Tackling and blocking techniques are basically the same. Contact is to be made above the waist, but not initially with the helmet. The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, head up, assume a striking position or near to the opponent as possible with the main contact being made with the shoulder.

Blocking and tackling by not putting the helmet as close to the body as possible could result in shoulder injury such as a separation or a pinched nerve in the neck area. The dangers of not following the proper techniques can be from minor to disabling to even death. The reason for following the safety rules in making contact with the upper body and helmet is that improper body alignment can put the spinal column in a vulnerable position for injury.

If the head is bent downward, the cervical (neck) vertebrae are vulnerable and contact on the TOP OF THE HELMET could result in a dislocation, nerve damage, paralysis or death. If the back is not straight, the thoracic (mid-back) and lumbar vertebrae are also vulnerable to serious injury if contact is again made to the TOP OF THE HELMET.

The daily workout includes isometric type exercises; the development of strength in the neck muscles is one of the best methods of preventing head injury and enabling an individual to hold his head up even after getting tired during a workout or contest.

### Basic Hitting (Contact) Position and Fundamental Technique:

If the knees are not bent, the chance of knee injury is greatly increased. Fundamentally a player should be in the proper hitting position at all times during live ball play and this point will be repeated continually during practice. The danger is anything from strained muscles, to ankle injuries, to serious knee injuries requiring surgery. The rules have made blocking below the waist (outside a two-yard by four-yard area next to the football) illegal. A runner with the ball, however, may be tackled around the legs.

The length of cleats has been restricted to no more than 1/2 inch to further help in preventing knee injuries.

In tackling, the rules prohibit initial contact with the helmet or grabbing the facemask or edge of the helmet. These restrictions were implemented because of serious injuries resulting from grasping the facemask. Initial helmet contact could result in a bruise, dislocation, broken bone, head injury, internal injury such as kidneys, spleen, bladder, etc. Grabbing the facemask or helmet edge

could result in a neck injury which could range from a muscle strain to a dislocation, nerve injury, or spinal column damage causing paralysis or death.

Illegal and dangerous play by participating athletes will not be tolerated and all players are repeatedly reminded of the dangers of these acts.

#### Fitting and Use of Equipment:

Shoulder pads, helmets, hip pads, pants including thigh pads and knee pads should be properly fitted and worn. Wear all protective pads, braces and supportive undergarments to all practices and competitions. Shoulder pads that are too small will leave the shoulder joint vulnerable to bruises or separations and could also be too tight in the neck area resulting in a possible pinched nerve. Shoulder pads which are too large will leave the neck area poorly protected and will slide on the shoulders making them vulnerable to bruises or separations.

Helmets must fit snugly at the contact points: Front, back, and top of head. The helmet must be "NOCSAE" branded; the chinstraps must be fastened, and the cheek pads must be of the proper thickness. On contact, a helmet that is too tight could result in a headache. Too loose a fit could result in headaches, a concussion, a face injury such as a broken nose or cheek bone, and a blow to the back of the neck could cause a neck injury, possibly quite serious such as paralysis or even death. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted

#### Preparation for practice or contest:

1. Wear all protective and supportive equipment including mouth guards to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Players should evaluate their hydration status daily (via urine color, thirst), and strive to consume enough water each day to ensure hydration.
5. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
6. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
7. Remove all jewelry and metal hair fasteners.
8. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or other severe medical conditions must present a physician's approval prior to participation in any practice session.

#### In the locker room:

1. Be alert to slippery floors.
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 lockers.
4. Close and lock locker doors when away from your assigned locker.
5. No horseplay, rough-housing, hazing or initiations.
6. Do not wear football shoes in the building or locker room at any time.

#### Movement to the practice/contest site or travel to contest/practice site:

1. Be alert to:
  - a. Goal posts
  - b. Blocking sleds
  - c. Kicking/Kick return drills
  - d. Passer/Receiver drills
  - e. Agility, sprinting, or other fast action drills
  - f. No horseplay, rough-housing, hazing or initiations

#### Cautions specific to football:

1. The Head and Helmet
  - a. Tackle or block or break tackles with the shoulder pad or use the hands as specified by NFHS rules. **NEVER USE THE HELMET TO STRIKE THE OPPONENT.**
  - b. Keep the chin and eyes up when blocking, tackling, or running with the ball. Lowering the head/helmet jeopardizes the neck and spinal cord.

- c. Lowering the head/helmet jeopardizes the neck and spinal cord.
- d. Players should inspect the helmet before or after practice. Coaches or trained professionals should check helmets.

2. Blocking and Defensive Contact

- a. The forearm striking surface should be accelerated as a unit with the shoulder and extension of the trunk. DO NOT "wind up" to accelerate the forearm separately.
- b. Block from the front or the side and above the waist.
- c. When pursuing an opposing ball carrier, do not "pile on" when the opponent is down.
- d. Never grab an opponent's facemask.

3. General

- a. GET UP! When on the ground you are vulnerable to being stepped on or receiving a leg, shoulder or knee injury.
- b. When falling - TUCK - Leave no extremity extended either to absorb the fall, or while on the ground.
- c. Participate fully in all neck strengthening exercises.

4. Water

Frequent drink breaks will be scheduled during practices, and players should hydrate themselves frequently before and during practice and games.

5. Weight Room

Maintenance strength training procedures will be utilized. Observe all weight room policies for progressions, spotting, and general safety.

Emergencies

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

- 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.
- 4. Assist by:
  - a. Helping with the injured person
  - b. Calling for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site
- 5. Fire or Fire Alarm
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building
  - c. Be prepared to implement the emergency procedures

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## GOLF CAUTIONARY STATEMENT

Golf is a great sport. It is one of the enjoyable of the lifetime. Enjoyment, paying attention and adhering to the following considerations and procedures can ensure improved play and competition safety.

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted.

### General Directions

1. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
2. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
3. No hazing or initiations, EVER.
4. There is no such thing as a "Tradition" that embarrasses a student. If you think there is such a "tradition" ask the coach if it is OK.

### Preparing for practice:

1. During all practice or competitive sessions and while preparing for practice or preparing to depart the golf course, participants are expected to observe and follow all policies contained in this document, all USGA playing rules, the rules specific to the golf course and display proper golf etiquette. Any practice or competitive golf rounds played without school district authorization or supervision will be at the player's own expense and own personal liability for damage, loss or injury.
2. Choose clothing or footwear that fits properly, and doesn't restrict movement. Wear all protective and supportive undergarments to practices and competition.
3. Select clothing appropriate for precipitation, humidity and temperature.
4. Players should evaluate their hydration status daily (via urine color, thirst), and strive to consume enough water each day to ensure hydration.
5. Players needing protective tape, first aid, or rehabilitative treatments should arrive early to receive necessary treatment.
6. Avoid horseplay with clubs and equipment.
7. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or other severe medical conditions must present a physician's approval prior to participation in any practice session.
8. If ill or dizzy, notify the coach or athletic trainer. Do not practice.
9. Check clubs regularly for metal stress or other signs of deterioration.
10. Replace or repair damaged clubs.

### Movement to practice site or travel to contest/practice site:

1. The school is not liable for injury, loss, or damage incurred by drivers or passengers in private vehicles.
2. Exercise caution in driving to courses or practice areas.
3. Be cautious in parking lots when unloading clubs and/or carts or when changing shoes.
4. Be alert to ramps, stairs, artificial turf surfaces, carpets, concrete surfaces, and other changes in footing textures.
5. Be alert to locations of driving, practice swing, chipping, and sand trap areas.
6. Be alert to cart pathways, golf carts, and traffic patterns.
7. Be alert to weather conditions - especially stormy weather. Check with the coach before playing if there are any safety questions.
8. Adjust for temperature and humidity. A cap, sunglasses and sun block can be helpful in avoiding discomfort or overheating. Players with sensitive skin should avoid prolonged sun exposure. Wear sunscreen.

### Cautions specific to golf:

1. When involved in club control/club swing drills LOOK in all directions BEFORE taking your first practice swing. Be sure there is room for the club to be swung safely.
2. No horseplay with clubs or equipment. No club throwing.
3. Be alert to players on adjacent tees or fairways.
4. Be alert to players in front and behind you. On short holes, signal players behind when it is safe to hit their tee shots. Do not hit tee or fairway shots if close to players ahead.
5. Call "FORE" if any shot moves into an adjacent fairway, or near any other players.
6. Drink water frequently on the course. If uncomfortable, stop in a shady area or sun shelter and consume water. Call for assistance if dizzy, ill or light headed.
7. If severe weather occurs while on the course:
  - a. Get away from clubs
  - b. Avoid isolated trees, shelters, hilltops, open spaces, or metal objects.
  - c. Move to a wood building, low, protected area, or heavily wooded area.

### Emergencies

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

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.
4. Assist by:
  - a. Helping with the injured person
  - b. Calling for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4 above.

### ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## GYMNASTICS CAUTIONARY STATEMENT

Gymnastics is a highly specialized form of competition in which stamina, strength, agility and finesse are important factors. To develop each of these attributes, gymnasts must observe and practice rules, procedures and progressions intended to enhance their safety, learning, overall success and enjoyment of the sport. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand the following cautions and responsibilities.

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted.

### General Directions

1. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
2. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
3. No hazing or initiations, EVER.
4. There is no such thing as a "Tradition" that embarrasses a student. If you think there is such a "tradition" ask the coach if it is OK.

### Preparing for practice:

1. Choose practice or competitive clothing that fits properly, does not catch on apparatus, or restrict the gymnast's movement. Wear all protective and supportive undergarments to all practices and competitions.
2. Protective grips may be helpful to prevent palm blisters for bar events.
3. Students with vision impairments must wear corrective lenses or glasses to ensure safe judgment. Eyeglasses must be made of shatterproof materials, be mounted in break resistant frames, and be held in place with an elastic strap.
4. Students who need preventive or rehabilitative tape, padding or bracing must arrive early to receive necessary treatment.
5. No horseplay, rough-housing, hazing or initiations.
6. Remove jewelry, metal hair clips and head coverings.
7. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or other severe medical conditions must present a physician's approval prior to participation in any practice session.
8. If ill or dizzy, notify your coach or athletic trainer. Do not practice.
9. Gymnasts should evaluate their hydration status daily (via urine color, thirst), and strive to consume enough water each day to ensure hydration.

### In the gymnastics area:

1. Be alert to variations in floor, ramp, or mat levels and textures.
2. Be alert to location of bulk equipment and support cables.
3. Be alert to vault runway locations and activities.
4. Be alert to floor exercise areas and apparatus dismount areas.
5. Be alert to other gymnasts performing high-speed running, vaulting, aerial activities or dismounts.

### Cautions specific to gymnastics:

1. Properly stretch and warm up before practice or competition.
2. Do not attempt new or complex floor or apparatus movements until your progression has been approved by the coach, and arrangements made for proper spotting.
3. Check all apparatus for height-width adjustments, security of safety fasteners and floor cleats.

4. Check with coach to be sure appropriate types and thicknesses of landing pads are utilized, and are properly secured.
5. Chalk hands thoroughly before using rings, bars, or pommels.
6. If you experience muscular fatigue or decreased alertness, do not attempt elevated, weight bearing, or somersaulting activities. Rest or wait until the next day.
7. Check for separation of mats for the floor exercise event. Call the coach's attention to the need for fastening tape.
8. Not more than ONE gymnast is to use an apparatus piece at any time.
9. Uneven bar competitors must pay special attention to body mechanics involved in controlling one's swing velocity, completion of rotations, and general control while inverted in weight support positions. A spotter is required for all such activity.
10. Somersaulting activities must be practiced in proper progressions, from appropriate heights, and with appropriate matting. Where multiple somersaults are involved, competitors should add these activities slowly so as to avoid disorientation. Somersaulting and/or twisting dismounts must be learned in proper progression and with a spotter.
11. If a raised training pit is available, the use of caution on ladders, raised platforms, and at take-off points is mandatory. Be alert.
12. Vaulting Board approaches and distances from apparatus must be developed in conjunction with the coach and checked by the gymnast before practicing or competing.
13. Always use spotters that are experienced with the activity you are practicing.
14. No horseplay, rough-housing, hazing or initiations.

### **Emergencies**

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

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.
4. Assist by:
  - a. Helping with the injured person
  - b. Calling for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4

### **ACKNOWLEDGMENT**

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## ICE HOCKEY CAUTIONARY STATEMENT

Hockey is a highly competitive, fast-action game in which physical conditioning and contact play major roles. Because of the speed and agility with which the game is played, as well as the intense demands and conditioning required, squad members, their families, and the coaching staff must accept and share certain responsibilities designed to enhance the safety and enjoyment of the sport.

Each player involved in the Hockey program, whether on a varsity or prep team, is required to have the proper protective equipment prior to taking the ice for any activity whether practice or game. All helmets must meet the necessary certifications as outlined by the state-governing body, and all helmets and masks must be in the correct team color. In addition, high quality padding with careful attention to fitting and proper wearing methods must be reviewed with all players by the coaching staff. Proper wearing and use of all protective equipment is the exclusive responsibility of the player after being reviewed with the coaching staff.

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted.

### General Directions

1. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
2. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
3. No hazing or initiations, EVER.
4. There is no such thing as a "Tradition" that embarrasses a student. If you think there is such a "tradition" ask the coach if it is OK.

Other responsibilities include:

### Preparing for Practice:

1. Wear all protective and supportive equipment, pads or braces - including mouth guards - to every practice or game unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Players should evaluate their hydration status daily (via urine color, thirst), and strive to consume enough water each day to ensure hydration.
5. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
6. Players needing protective tape, padding or bracing should arrive early to the Gilmour Academy Sports Medicine staff to receive necessary treatment.
7. Remove all jewelry, including earrings and metal hair fasteners.
8. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or other severe medical conditions must present a physician's approval prior to participation in any practice session.
9. No horseplay, rough-housing, hazing or initiations.

### In the Locker Room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker room floors.
3. Keep floors free of litter. Place all belongings in equipment bags when at a rink in the designated locker room or in the designated area when at school.
4. Close and lock locker doors when away from your locker. Provide your own lock.
5. Refrain from horseplay and rough-housing in the locker/shower areas.
6. Identify incidents of foot or other skin infections to coach(es) and the Gilmour Academy Sports Medicine staff immediately.

8. Be cautious not to injure other players with your skates while dressing.
9. No horseplay, rough-housing, hazing or initiations.

Movement to Practice/Contest Site or Travel to Contest/Practice Site:

1. Be alert to:
  - a. Ramps and steps leading to contest or practice area
  - b. Raised thresholds, gates and metal hardware at rink entry points.
  - c. Changes in texture (ice, mats, concrete, wood)
2. Location and activity in proximity to:
  - a. Goal cages and shooting drills
  - b. Passing drills
  - c. Agility and sprinting drills
3. Horseplay with sticks is prohibited.
4. Absorb contact and shots with padded surfaces.
5. Avoid straight arm contact with the boards.
6. No broken or cracked sticks may be used.
7. Throwing sticks is prohibited.
8. Tripping, kneeling, high-sticking, slashing, buttending, butting, or spearing with the helmet or face mask and grasping the opponent's face mask are prohibited.
9. Frequent drink breaks will be scheduled during practice and players should hydrate themselves frequently during practice or games.
10. No horseplay, rough-housing, hazing or initiations.

Hazards Specific to Hockey:

1. Shooting practice is to be conducted only in designated areas, at specified times, and in specified sequences. Be certain the goalkeeper is looking at you and ready for practice shots.
2. Do not high stick.
3. Do not slash with the stick.
4. Do not butt end with the stick.
5. Do not throw a stick regardless of its condition.
6. Do not spear or butt with the helmet or facemask.
7. Do not make punitive attempts to elbow or knee opponents.
8. Do not shoot at other players.
9. Do not charge or contact the goalkeeper.
10. Do not alter stick curvature or shape.
11. Do not grasp the facemask of another player.
12. Contact should be absorbed with padded surfaces.
13. Absorb or make contact in a low, balanced position.

Emergencies:

Because of the nature of hockey, some injuries will occur. All injuries must be called to a coach's attention immediately, as well as the attention of the Gilmour Academy Sports Medicine staff. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

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.
4. Assist by:
  - a) Helping with the injured person
  - b) Calling for additional assistance
  - c) Bringing first aid equipment or supplies to the site
  - d) Keeping onlookers away
  - e) Directing the rescue squad to the accident site
2. In case of a fire or a fire alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building

c. Be prepared to implement the emergency procedures outlined in #4 above

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## TRACK AND FIELD CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the Indoor Track and Field Teams. 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 track and field.

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted.

### General Directions

1. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
2. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
3. No hazing or initiations, EVER.
4. There is no such thing as a "Tradition" that embarrasses a student. If you think there is such a "tradition" ask the coach if it is OK.

### Preparation for practice or contests:

1. Select the appropriate clothing to be worn in warm or cold weather. Most running during indoor track is done on the roads outside. Hats and gloves as well as layered clothing are necessary throughout the cold winter season. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly. Wear ace bracing and supportive undergarments to practices and competitions.
2. Players should evaluate their hydration status daily (via urine color, thirst), and strive to consume enough water each day to ensure hydration.
3. Proper warm-up and warm-down is very important before and after competition and practices.
4. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
5. Athletes who are ill, dizzy, or light headed should contact their coach and should not practice.
6. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or other severe medical conditions must present a physician's approval prior to participation in any practice session.
7. Athletes needing preventive taping or bracing should arrive early to receive treatment. Any injury problem or concern should be discussed with a coach or athletic trainer.
8. Athletes with visual impairments must wear shatterproof glasses or lenses where judgement or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.
9. No horseplay, rough-housing, hazing or initiations.

### In the locker room:

1. Be alert to slippery floors and use caution.
2. Keep floors free of litter. Place all personal belongings in assigned locker.
3. Close and lock locker doors when away from your assigned locker.
4. No horseplay, rough-housing, hazing or initiations.
5. If spiked shoes are worn, they are to be put on and taken off outside the building.

### Movement to the practice/contest site or travel to contest/practice site:

1. Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial tracks.
2. In approaching the track, be alert to location of:
  - a. Sprint/hurdle straightaways
  - b. Relay/exchange areas
  - c. Jump/Vault runways and landing pits
  - d. Shot throwing and landing areas
3. When jogging for warm-up/warm-down, or during practice, run in the outer lanes.

4. Stretch thoroughly and start your workout with easy running.
5. No horseplay, rough-housing, hazing or initiations.

#### Hazards specific to track and field:

1. Jumpers, throwers, and hurdlers must check equipment to see that it is safe and in proper condition before using. Athletes must notify the event coach in case of any equipment failure.
2. Shot thrower(s) must check the throwing sector and the immediate areas alongside the circle or runway for people in the area. They must also refrain from horseplay with the shot and discus.
3. Hurdlers must be sure hurdles are facing a direction that allows the hurdle to tip if struck by the hurdler.
4. Distance runners and relay teams engaged in speed work and time trials should run the inside lanes unless passing a runner. Slower work should be done in the outer lanes.
5. When passing other runners during practice, always call "track."
6. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
7. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. All runners must wear a reflective vest to go off campus. Do not wear head phones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.
8. Never cut across neighborhood lawns or through private property.
9. Avoid sudden stops on hard surfaces while sprinting. A gradual slow down will help prevent unnecessary leg stress.
10. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
11. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.

#### Emergencies

Because of the physical demands of track and field, some injuries will occur. All injuries must be called to a coach's or athletic 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 activities, practice, or competition. **DO NOT** move the victim!
2. Call a coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Helping with the injured person
  - b. Telephoning for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4

#### ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## LACROSSE CAUTIONARY STATEMENT

Lacrosse is enjoyed by large numbers of interscholastic and recreational players annually. Because of the high-speed components of the game, it is important to observe and practice a number of procedures designed to enhance the safety and enjoyment of all participants.

The girls are to wear lacrosse goggles as well as a mouth guard. The goalie is required to wear a helmet; mouth guard, throat guard, and chest protector. It is highly recommended that the goalie also wear goalie gloves, and padded goalie pants. Players will be required to wear their protective items in every practice and game they participate in.

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted.

### General Directions

1. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
2. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
3. No hazing or initiations, EVER.
4. There is no such thing as a "Tradition" that embarrasses a student. If you think there is such a "tradition" ask the coach if it is OK.

### Preparation for practice or contest:

1. Wear all protective equipment, pads, braces and supportive undergarments to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Players should evaluate their hydration status daily (via urine color, thirst), and strive to consume enough water each day to ensure hydration.
5. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgement or perception.
6. Players needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
7. Remove all jewelry and metal hair fasteners.
8. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or other severe medical conditions must present a physician's approval prior to participation in any practice session.
9. No hazing or initiations.

### In the locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
3. Keep floors free of litter. Place all belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Refrain from rapid movements, horseplay, and rough-house in the locker/shower areas.
6. Identify incidents of foot or other skin infections to coach(es) immediately.

7. Be especially careful not to injure a teammate with cleated shoes and do not wear-cleated shoes in the building or locker room at any time.

Approach to the competitive/practice site or travel to contest/practice site:

1. Be alert to:
  - a. Variable surface textures (concrete, turf)
  - b. Steps, ramps, bench locations
  - c. Locations of bulk equipment or specific drills
2. Hazards specific to lacrosse:
  - a. All protective equipment required by rule must be worn at practices and competition during those situations that require it.
  - b. When jogging for warm-up / warm down, or during practice, run around the outside of the field.
  - c. Stretch thoroughly and start your workout with easy running
  - d. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
  - e. Dehydration can be dangerous. Bring water to all practices and contests. Athletes should ingest water frequently.
  - f. No horseplay, roughhousing, hazing or initiations.
  - g. Do not start practice until a coach arrives.
  - h. Players on the sidelines should be alert at all times and only be in the designated players box.
  - i. When warming up never run behind the goal.
  - j. Throwing is to be done in designated areas and at designated times. DO NOT begin these practices without direction of the coach.
  - k. Offensive and defensive players must recognize the possibility of being hit by a thrown ball, being accidentally bumped, or of injury due to falling on the grass that could leave a friction burn, being stepped on, or skeletal injury. Be alert to the location of the ball and opponents. Assume a protected position. Do not leave limbs extended when on the ground.
  - l. Burns, sprains, strains and contusions must be reported to coaches.
  - m. Team bench - Players on the team bench area must be alert to over thrown balls or defensive/offensive players moving towards the area at high speed.
  - n. Indoors - always look before throwing. Make sure you have eye contact with the person you are throwing too. If you are chasing balls into a drill, make the other players aware of the ball by saying, "Ball on court".

Emergencies

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

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.
4. Assist by:
  - a. Helping with the injured person
  - b. Calling for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4.

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **SOCCKER CAUTIONARY STATEMENT**

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

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted.

### General Directions

1. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
2. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
3. No hazing or initiations, EVER.
4. There is no such thing as a "Tradition" that embarrasses a student. If you think there is such a "tradition" ask the coach if it is OK.

### Preparation for practice or contests:

1. Wear all protective equipment, pad, braces and supportive undergarments including shin guards, to every practice or contest unless otherwise indicated by the daily practice plan.
2. Wear outer and under garments that are appropriate for humidity and temperature.
3. Players should evaluate their hydration status daily (via urine color, thirst), and strive to consume enough water each day to ensure hydration.
4. Players with visual impairment(s) must wear corrective, 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. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or other severe medical conditions must present a physician's approval prior to participation in any practice session.
8. Goalkeeper must wear proper pads (a mouthguard is suggested).
9. Field players may also choose to wear a mouthguard.
10. No horseplay, rough-housing, hazing or initiations.

### In the locker room:

1. Be alert to slippery floors.
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 lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Refrain from rapid movements, horseplay, and rough house in the locker/shower areas.

6. Do not wear soccer shoes in the building or locker room at any time.
7. Remove mud outside and away from the building.
8. No horseplay, rough-housing, hazing or initiations.

#### Approach to the practice or contest site:

1. Be alert to ramps, stairs, and changes in the texture and levels of concrete, fields, and sidewalks.
2. Be alert to the location of the goal mouth, goal posts, and shooting drills.
3. Be alert to fast action dribbling or passing drills.
4. If ill or dizzy, notify the coach. Do not practice.
5. Do not hang on soccer goal posts at any time.
6. Soccer is played and practiced in all types of weather. Players should have proper clothing and footwear.
7. If lightning is in the area, the practice or game will be suspended until the storm passes. (20 minutes without lightning)
9. Soccer players will follow all other posted or published team rules.

#### Cautions Specific to Soccer:

1. Play the ball when on defense. DO NOT attack the offensive opponent with illegal contact.
2. When involved in shooting drills, shoot in specified sequences and in designated areas and directions. Be sure the goalkeeper is ready for all shots.
3. High kicks are prohibited.
4. Intentional pushing and tripping is prohibited.
5. Charging or contacting the goalkeeper is prohibited.
6. Players must brace the neck and keep the mouth closed while striking the ball with the upper portion of the forehead when heading the ball.
7. Out of control runs, jumps, or high kicks are prohibited.
8. Slide tackles must be approved by a coach.
9. Shin pads must be worn by all players.
10. Water will be available at practices and contests.

### **EMERGENCIES**

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

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.
4. Assist by:
  - a. Helping with the injured person
  - b. Calling for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4 above

### **ACKNOWLEDGMENT**

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## SWIMMING CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the swimming and diving 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.

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted.

### General Directions

1. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
2. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
3. No hazing or initiations, EVER.
4. There is no such thing as a "Tradition" that embarrasses a student. If you think there is such a "tradition" ask the coach if it is OK.

### Preparing for practice:

1. Choose a suit which fits comfortably and dries easily. Wear supportive undergarments to practices and competitions.
2. Goggles are highly recommended. They prevent eye irritation and may protect the eyes from "flying arms" or other swimmers during practice.
3. Earplugs are helpful in avoiding ear infections. Soft wax earplugs can be molded to fit into the ear to keep water out.
4. A swim cap can help keep hair out of the eyes and keep you warmer during practice by preventing body heat from being lost.
5. Wear warm clothing after showering will to help maintain body heat.
6. Players should evaluate their hydration status daily (via urine color, thirst), and strive to consume enough water each day to ensure hydration.
7. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or other severe medical conditions must present a physician's approval prior to participation in any practice session.
8. No horseplay, rough-housing, hazing or initiations.

### In the locker room or en route to competition or practice site:

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. Be alert to raised thresholds at shower rooms.
5. No horseplay, rough-housing, hazing or initiations.

Entry into the pool area for practice or competition at home or away:

1. Look around the facility; notice -
  - a. pool rules posted on the wall
  - b. deep and shallow pool depths
  - c. location of ladders
  - d. location of safety equipment
  - e. equipment stored on the deck for use by swimmers - kickboards, pull buoys, hand paddles (use equipment as needed and return appropriately)
  - f. other equipment in the area (tables, chairs, timing equipment, lane lines, lane storage reel, physical education equipment)
  - g. stay off the lifeguard stand at all times
  - h. no horseplay, rough-housing, hazing or initiations.
2. NEVER do a pike/scoop/whip or deep dive in the shallow end of the pool -- flat shallow racing dives only.
3. Never attempt to dive or jump over the backstroke flags
4. Check the water beneath the diving board if entering from the board.

Preparing to Swim:

Do all stretching exercises on the deck as directed by the coach(es). Take time to stretch before each swimming practice.

Entry into and expectations while in the water:

1. Look before you enter.
2. No diving into the shallow end other than supervised racing dives during practice or pre-meet warm-ups.
3. Lanes will be designated for various strokes and conditioning routines. Swim to the right of any designated lane unless the workout calls for alternating opposite circles.
4. Stay off the lane lines at all times.
5. Making contact with the diving board or lane lines, pool walls, gutters, or bottom during practice or competition could possibly result in serious bodily injury.
6. Never hyperventilate during practice or for any race over 50 yards.

Emergencies

Because of the nature of swimming, some injuries will occur. All injuries must be called to a coach's or athletic 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. Be alert. Look around. Get the attention of other people as they may need to help or get out of the water. 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:
  - a. helping with the injured person
  - b. telephoning for additional assistance--phone numbers and information are posted on the telephone
  - c. obtaining first aid supplies or equipment
  - d. directing the rescue squad to the accident site
  - e. keeping onlookers back
3. Fires or fire drills may require immediate evacuation from the pool.
  - a. sometimes there may be time to grab a coat and exit from the locker room
  - b. if the situation requires quicker action, athletes will evacuate the pool deck through any exit
  - c. move and remain 150 feet away from the building
  - d. be prepared to use the procedures described in #2 above

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## 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.

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted.

### General Directions

1. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
2. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
3. No hazing or initiations, EVER.
4. There is no such thing as a "Tradition" that embarrasses a student. If you think there is such a "tradition" ask the coach if it is OK.

### Preparation for practice or contest:

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. Players should evaluate their hydration status daily (via urine color, thirst), and strive to consume enough water each day to ensure hydration.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgement 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. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or other severe medical conditions must present a physician's approval prior to participation in any practice session.
8. No horseplay, rough-housing, hazing or initiations.

### In the locker room:

1. Be alert to slippery floors.
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 lockers.
4. Close and lock locker doors when away from your assigned locker.
5. No horseplay, rough-housing, hazing or initiations.
6. Identify incidents of foot or other skin infections to coach(es) immediately.

### Approach to the practice or 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, water, leaves, dirt 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 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 judgement. 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 the nature of tennis, some injuries will occur. All injuries must be called to a coach'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. Call the coach to manage the situation if not already at the site.
4. Assist the coach by:
  - a. Telephoning for additional assistance
  - b. Bringing first aid equipment or supplies to the site
  - c. Keeping onlookers away
  - d. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4

### ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## TRACK AND FIELD CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the Track and Field Teams. 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 track and field.

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted.

### General Directions

1. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
2. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
3. No hazing or initiations, EVER.
4. There is no such thing as a "Tradition" that embarrasses a student. If you think there is such a "tradition" ask the coach if it is OK.

### Preparation for practice or contests:

1. Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly. Wear ace bracing and supportive undergarments to practices and competitions.
2. Players should evaluate their hydration status daily (via urine color, thirst), and strive to consume enough water each day to ensure hydration.
3. Proper warm-up and warm-down is very important before and after competition and practices.
4. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
5. Athletes who are ill, dizzy, or light headed should contact their coach and should not practice.
6. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or other severe medical conditions must present a physician's approval prior to participation in any practice session.
7. Athletes needing preventive taping or bracing should arrive early to receive treatment. Any injury problem or concern should be discussed with a coach or athletic trainer.
8. Athletes with visual impairments must wear shatterproof glasses or lenses where judgement or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.
9. No horseplay, rough-housing, hazing or initiations.
10. Proper care must be taken when transporting all throwing equipment to the throwing areas.

### In the locker room:

1. Be alert to slippery floors and use caution.
2. Keep floors free of litter. Place all personal belongings in assigned locker.
3. Close and lock locker doors when away from your assigned locker.
4. No horseplay, rough-housing, hazing or initiations.
5. If spiked shoes are worn, they are to be put on and taken off outside the building.

### Movement to the practice/contest site or travel to contest/practice site:

1. Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial tracks.
2. In approaching the track, be alert to location of:
  - a. Sprint/hurdle straight-aways
  - b. Relay/exchange areas
  - c. Jump/Vault runways and landing pits
  - d. Shot, javelin, and discus throwing and landing areas
3. When jogging for warm-up/warm-down, or during practice, run in the outer lanes.
4. Stretch thoroughly and start your workout with easy running.
5. No horseplay, rough-housing, hazing or initiations.

### Cautions specific to track and field:

1. Jumpers, throwers, and hurdlers must check equipment to see that it is safe and in proper condition before using. Athletes must notify the event coach in case of any equipment failure.
2. Shot/javelin/discus thrower(s) must check the throwing sector and the immediate areas alongside the circle or runway for people in the area. They must also refrain from horseplay with the shot, javelin, and discus.
3. When throwing sectors are contained within the infield of the track, all athletes must take special care to make themselves aware of their position on the infield. All athletes should remain a safe distance outside the throwing areas.
3. Hurdlers must be sure hurdles are facing a direction that allows the hurdle to tip if struck by the hurdler.
4. Distance runners and relay teams engaged in speed work and time trials should run the inside lanes unless passing a runner. Slower work should be done in the outer lanes.
5. When passing other runners during practice, always call "track."
6. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
7. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Do not wear head phones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.
8. Never cut across neighborhood lawns or through private property.
9. Avoid sudden stops on hard surfaces while sprinting. A gradual slow down will help prevent unnecessary leg stress.
10. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
11. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently **and are encouraged to bring a water bottle to practices and meets.**

### Emergencies

Because of the physical demands of track and field, some injuries will occur. All injuries must be called to a coach's or athletic 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 activities, practice, or competition. **DO NOT** move the victim!
2. Call a coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Helping with the injured person
  - b. Telephoning for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4

### ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## VOLLEYBALL CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the 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.

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted.

### General Directions

9. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
10. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
11. No hazing or initiations, EVER.
12. There is no such thing as a "Tradition" that embarrasses a student. If you think there is such a "tradition" ask the coach if it is OK.

### Preparing for Activity:

1. Wear protective knee pads, braces and supportive equipment or 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 evaluate their hydration status daily (via urine color, thirst), and strive to consume enough water each day to ensure hydration.
5. Feet should be covered with a quality athletic 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 preventive 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 seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or other severe medical conditions must present a physician's approval 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. Be alert to raised thresholds at shower rooms.
5. No horseplay, rough-housing, hazing or initiations.

### Entry to contest or 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 of locker rooms, ramps, stairways or playing floors.
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, 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:
  - a. Blisters
  - b. Calluses
  - c. Ingrown toe nails
  - d. Fungus infections or plantar warts
4. Other skin problems--refer to coach(es) or athletic trainer:
  - 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 and strength training will have separate standards and progressions designed to enhance safety.
7. Respiratory diseases can be a major problem. 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 coaches' 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 the 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.
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 strains occur more frequently at the beginning of the season due to increased use of muscles and increased time spent exercising. Stretch before/after practice.
18. Making contact with the 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 athletic trainer's attention. Most will be minor and 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:
  - a. Helping with the injured person
  - b. Telephoning for additional assistance
  - c. Obtaining first aid supplies or equipment

- d. Directing the rescue squad to the accident site
- e. Keeping onlookers back.
- 3. In case of fire or a fire alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building
  - c. Be prepared to use the procedures described in #2 above.

### ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## WRESTLING CAUTIONARY STATEMENT

Wrestling is a highly competitive, fast-action activity in which physical strength, endurance, and contact plays a major role. Because of the speed and intense physical demands by which the sport is conducted, squad members and their families must accept and share certain responsibilities with the coaching staff to enhance the safety and enjoyment of the sport.

Important: These guidelines here are not all encompassing. There will be many instructional techniques that will be taught by coaches and it is incumbent upon the athlete to follow those instructions. Parents must support the coaches by encouraging athletes to follow their instructions for safety. Even when players follow directions to the best of their ability injuries will occur. Serious and sometimes life-threatening injuries to the head, neck, internal organs and other vital body areas can and will occur. As with all group and team activities there is the possibility that germs, bacteria, and virus will be shared and diseases can be contracted.

### General Directions

1. Students must pay attention to instruction and follow techniques that are being taught by the coaches and do their best to perform skills as instructed.
2. Do not start play or practice, including warm-ups, until a coach is present and instructs you to begin.
3. No hazing or initiations, EVER.
4. There is no such thing as a "Tradition" that embarrasses a student. If you think there is such a "tradition" ask the coach if it is OK.

### Preparation for practice or contest:

1. Wear all protective equipment, pads, braces, including ear protectors and supportive undergarments to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all equipment is properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Players should evaluate their hydration status daily (via urine color, thirst), and strive to consume enough water each day to ensure hydration.
5. Wrestlers with visual impairment(s) **MUST REMOVE GLASSES.**
6. Wrestlers needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
7. Remove all jewelry and metal hair fasteners.
8. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, or other severe medical conditions must present a physician's approval prior to participation in any practice session.
9. Weight control or reduction must be conducted very carefully, with attention to balanced meals, and in compliance with the State Athletic Association guidelines.
10. All cuts, abrasions, boils, rashes, and skin irritations should be seen by a coach, athletic trainer, or physician.
11. No horseplay, rough-housing, hazing or initiations.

### In the locker room:

1. Be alert to slippery floors.
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 lockers.
4. Close and lock locker doors when away from your assigned locker.
5. No horseplay, rough-housing, hazing or initiations.
6. Identify incidents of foot or other skin infections to coach(es) immediately.

### Practice or contest site or travel to contest/practice site:

1. Be alert to stairs and ramps or changes in the texture of various surfaces, mats, or flooring.
2. Be alert to other large equipment items in the general area (e.g.: gymnastics apparatus).
3. Be alert to the location of bubblers, fire extinguishers, and other building equipment, and the proximity of walls to mats.
4. Be alert to ongoing drills or wrestle-offs.
5. If ill or light headed, notify coach. Do not practice.
6. No horseplay, rough-housing, hazing or initiations.

#### Hazards specific to wrestling:

1. Do not drive an opponent into the mat with unnecessary force on takedown.
2. When you lift a fellow competitor off the mat, you are responsible for his safe return. Be careful.
3. Do not bend a joint more than its normal range of motion.
4. The following are prohibited holds or tactics:
  - a. Double arm bar, full nelson
  - b. Some freestyle takedowns, e.g., straight-back suplay or salto
  - c. Trips where the opponent is forcibly thrown
5. Weight control or weight reduction programs should not be undertaken without the approval of the coach.

#### Emergencies

Because of the nature of wrestling, some injuries will occur and the potential for skin problems/infections/diseases is increased. All injuries must be called to a coach'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.
4. Assist by:
  - a. Helping with the injured person
  - b. Telephoning for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Keeping onlookers away
  - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4

#### ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_