

## **SOCCER 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.

### **Preparation for practice or contests:**

1. Wear all protective equipment, 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 ingest the equivalent of 4-6 glasses of water each day.
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, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
8. Goalkeeper must wear proper pads (mouth guard is suggested).
9. Field players may also choose to wear a mouth guard.

### **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 roughhouse 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.

### **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 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. (15 minutes without lightning)
8. 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 drill, 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 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 50 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4 above

### **ACKNOWLEDGEMENT**

**We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for membership on the Dakota Valley High School Cross Country Team.**