

Volleyball Cautionary Statement

The following recommendations have been designed specifically for the Dakota Valley High School 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.

PREPARING FOR ACTIVITY:

1. Wear protective knee pads, braces and supportive equipment 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 movements.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Feet should be covered with a thick cotton sock. If blisters are a chronic problem or begin to appear, coaches should be consulted for appropriate responses or preventative 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 preventative 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 seizures, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval to the coach 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 only in the shower room.
6. Identify incidents of foot or other skin infections to coach(es) immediately.
7. Refrain from rapid movements, horseplay, rough-housing or initiations.

APPROACH TO THE COMPETITIVE/PRACTICE SITE OR TRAVEL TO CONTEST:

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.
 1. Ball carts
 2. Volleyballs in flight, rolling, rebounding or bouncing
 3. Spiking or serving drills
 4. Nets, support poles, cables, chairs, bleachers and official's stand
2. No horse-play, rough-housing, hazing or initiations.

EMERGENCIES:

Because of the nature of volleyball, some injuries will occur. All injuries must be called to coach's or 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. 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.
- 4) 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 #3 above.