

BASKETBALL SAFETY GUIDELINES

(Prior to participating, both student and parent must read carefully and sign)

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. Basketball is a highly competitive, fast-action game that places great physical demands on the players. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with this particular activity. There is a chance of broken bones, severe concussions, and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper-fitting equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place.
2. Clothing and shoes should fit properly, be comfortable and allow maximum physical effort and allow dissipation of heat.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
5. Be aware of throwing basketball from other parts of the gym.
6. Be aware of your surroundings both home and away including but not limited to proximity of bleachers and courtside obstructions such as basket supports, lighting, access to and from courts, and court surfacing.
7. Be especially aware of the danger of illegal actions such as undercutting another player or grasping/hanging on the rim.
8. Players whose vision requires correction must wear shatterproof glasses or lenses. Glasses must be mounted in break resistant frames and must be held in place by an elastic strap.
9. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for basketball.
10. Make sure you drink adequate water to prevent dehydration; ask you coach for consumption guidelines based on the day's activity.
11. Notify the coach immediately if injured.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the basketball program

_____ Date

_____ Athlete's Signature

_____ Date

_____ Signature of Parent/Legal Guardian