

**KEAAU HIGH SCHOOL CAUTIONARY STATEMENT**  
**Volleyball**

The Following recommendations have been designed specifically for the Keaau High School volleyball teams. Because of the intense demands and conditioning required, student-athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

Preparation for activity:

1. Wear all protective equipment, pads, braces and supportive undergarments to all practices and contests/competitions.
2. Clothing and shoes should be sport specific, fit properly, be comfortable, and allow for maximal physical efforts. Clothing should be kept clean and sanitary.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
5. Athletes should ingest the equivalent of 4-6 glasses of water each day.
6. Athletes with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception. Glasses should be mounted in break resistant frames, and be held in place by an elastic strap.
7. Athletes needing protective tape, padding, or bracing, should arrive early to receive treatment and be able to participate in specialty work.
8. Remove all jewelry and metal hair fasteners.
9. Athletes with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physicians approval prior to participation in any practice session.
10. Athletes who are ill, dizzy, or lightheaded should inform coach and not practice.
11. No horseplay, rough-housing, hazing or initiations.
12. Proper warm-up and warm-down is very important before and after competition.

Locker Room:

1. Be alert to slippery floors and use caution.
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 the shower.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, horseplay, and rough-house in the locker/shower areas.
8. Identify incidents of foot or other skin infections to Athletic Trainers immediately.
9. No hazing or initiations.

Travel to contest/practice site:

1. Be alert to ramps leading to practice/contest area.
2. Be alert to variations in surfaces of locker room, ramps, stairways, or playing floors.
3. Be alert to the following:
  - a. Ball carts
  - b. Balls in flight, rolling, bouncing, etc.
  - c. Wind sprints, drills, infield practice, etc.
  - d. Proximity of bleachers and walls to playing surface.
4. Stretch thoroughly and jog easy laps to warm up.
5. Do not accept rides home from strangers.
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.

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; ie, 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 Athletic Trainer (ATC):
  - a. Blisters
  - b. Calluses
  - c. Ingrown toe nails
  - d. Fungus infections or plantar warts
4. Other skin problems – refer to ATC:
  - 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. A vitamin supplement, 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 ATC 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 rims or 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 loss of balance.
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. Jump vertically when spiking or blocking.
16. Volleyball utilizes the hands in various techniques; ie 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 demands of volleyball, some injuries will occur. All injuries must be called to a coach and 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. You may be asked to 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 ft 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 on the Keaau High School Volleyball team.

Print Student-Athlete Name: \_\_\_\_\_ Date: \_\_\_\_\_

Student-Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_