

Blanchet Catholic School

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.

PREPARATION FOR PRACTICE OR CONTESTS

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 ingest the equivalent of 4-6 glasses of water each day. All athletes should bring their own water bottles.
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. No horseplay, rough-housing, hazing or initiations.

IN THE LOCKER ROOM:

9. 1. Be alert to slippery floors.
10. 2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
11. 3. Keep floors free of litter. Place all personal belongings in assigned lockers.
12. 4. Close and lock locker doors when away from your assigned locker.
13. 5. Keep soap and shampoo in the shower room.
14. 6. No horseplay, rough-housing, hazing or initiations.
15. 7. Identify incidents of foot or other skin infections to coach immediately.

APPROACH TO COMPETITIVE/PRACTICE SITE OR TRAVEL TO CONTEST

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 and glass on the courts as you arrive.
6. Be alert to the location of nets and net posts.
7. No horseplay, rough-housing, hazing or initiations.
8. No foul language.

HAZARDS 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 a loose ball rolls onto another court.
4. Shatterproof glasses or lenses must be worn if needed for perception and judgment. 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.

EMERGENCY ACTION PLAN

Because of the physical demands of tennis, some injuries may occur. All injuries must be called to a coach's or trainer's attention. Most will be minor and can be managed with basic first aid. However, on occasion the situation may require more intense management.

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. Assist by:
 - a. Call 911 emergency care
 - b. Bringing first aid equipment or supplies to the site.
 - c. Keeping any onlookers away.
 - d. Directing the EMTs to the scene.

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations, and responsibilities required for participation on the Blanchet Catholic School tennis teams.

_____/_____.
Athlete Signature Date

_____/_____.
Parent/Guardian Signature Date