

Blanchet Catholic School

Basketball Cautionary Statement

Basketball 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, braces and supportive undergarments, to every practice or contest unless otherwise indicated by the daily practice plan.
2. Clothing and shoes should fit properly, be comfortable, and allow for maximal physical efforts. Clothing should prevent heat dissipation, or restrict movement.
3. Players should drink the equivalent of 4-6 glasses of water each day. All athletes should bring their own water bottles.
4. Feet should be covered with a thick cotton sock. If blisters are a chronic problem or begin to appear, coaches or trainers should be consulted for appropriate responses or preventative actions.
5. Players with visual impairment must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
6. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
7. Remove all jewelry and metal hair fasteners.
8. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
9. High top basketball shoes are suggested and they should be properly laced up.
10. The use of braces is recommended.
11. Mouth guards are highly recommended.
12. If feeling dizzy, lightheaded, nauseas, fever, chills and body aches notify the coach. Stop all activity and contact parents.

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 in the shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, horseplay, and rough-housing in the locker/shower areas
8. Identify incidents of foot or other skin infections to coach (es) immediately
9. No horseplay, rough-housing, hazing or initiations.
10. No foul language.

APPROACH TO COMPETITIVE/PRACTICE SITE OR TRAVEL TO CONTEST

1. Be alert to the following:
 - a. Variations in surfaces of the locker room, ramps, stairways, or playing floors
 - b. Ramps and/or steps leading to the practice/contest area.
 - c. Ball carts.
 - d. Basketballs in flight, rolling, rebounding, or bouncing.
 - e. Wind sprints or fast pace drills.
 - f. Proximity of bleachers and walls to the playing surface.
 - g. Fast action dribbling or passing drills.
2. Stretch thoroughly and jog easy laps to warm up.
3. Do not accept rides home from strangers.
4. Transportation will be provided to all away basketball games. Student-athletes must ride the bus with the team to the games. Parents may transport their child home by signing them out on the coach's transportation form. Student-athletes riding with someone else's parent must have a written note prior to the road trip.

CAUTIONS SPECIFIC TO BASKETBALL - Coaches will provide direction in all drills.

1. When involved with shooting drills, shoot in specific sequences and in designated areas and directions. Be sure teammates are ready for all shots or passes.
2. Intentional pushing and tripping are prohibited.
3. Dehydration can be dangerous. Athletes should ingest water frequently.
 - a. Frequent drink breaks will be built into the practice plan and players should make use of each one.
4. Foot Problems:
 - a. Blisters, calluses, ingrown toenails, fungus infections or plantar warts.
5. Other Skin Problems (refer to coaches)
 - a. Boils, rashes, floor bumps and cuts
6. Ankle and other orthopedic problems:
 - a. Sprains - New - Ice, Compression, Elevation and Rest.
 - b. Sprains - Old - Taping, Easy Workouts, Rehabilitative Exercise.
7. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
8. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health. Notify the coach about use and location of inhalants.
9. Check your weight. Sudden or large losses over a month should be brought to the coaches' attention, especially if you are feeling tired or ill, or if you demonstrate cold symptoms and swollen neck/throat glands.
10. DO NOT hang on the rims or nets.
11. DO NOT engage in rough, thoughtless play.
12. DO NOT run under a player who is in the air to shoot or receive a pass.
13. DO NOT swing elbows excessively when clearing a rebound.
14. DO NOT take an intentional foul that might cause an injury to an opponent.

- a. When taking a charge or screening an opponent, assume a weight-balanced, protected position.
- 15. If a backboard shatters, notify the coach and keep people away from the broken glass. **BROKEN BACKBOARDS ARE THE FINANCIAL RESPONSIBILITY OF THOSE WHO BREAK THEM.**
- 16. Taller players may need to be alert to their proximity to the lower surface of the backboard.
- 17. Notify a coach or trainer of any injury, no matter how slight it may seem.
- 18. **DO NOT** share water bottles, towels, or anything else that might transmit body fluids or pathogens.
- 19. Basketball players will follow all other posted or published team rules.

EMERGENCY ACTION PLAN

Because of the physical demands of basketball, 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.

In the event of an emergency:

- 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. Calling 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.

Fire or Fire Alarm

- a. Evacuate the building immediately.
- b. Move and remain 150 feet away from the building.
- c. Return to practice/game when advised and cleared to reenter the building.