

Blanchet Catholic School

Soccer Cautionary Statement

Soccer 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, pads, braces and supportive undergarments, including shin guards to every practice or contest unless otherwise indicated by the daily practice plan.
2. Soccer is played and practiced in all types of weather. Players should have proper clothing and footwear. Wear outer and under garments that are appropriate for humidity and temperature.
3. Players should ingest the equivalent of 4-6 glasses of water each day. All athletes should bring
4. their own water bottles.
5. Players with visual impairment must wear corrective, shatterproof glasses or contact lenses if the
6. impairment affects judgment or perception.
7. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
8. Remove all jewelry and metal hair fasteners.
9. Players with seizures, 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.
10. Goalkeepers must wear proper pads and gloves (Mouth guard is suggested).
11. 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 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 room.
6. Refrain from rapid movements, horseplay, and rough-housing in the locker/shower areas.
7. No horseplay, rough-housing, hazing or initiations.
8. No foul language
9. Do not wear soccer cleats anywhere in the school building or locker room. Must remove cleats inside the building.

APPROACH TO COMPETITIVE/PRACTICE SITE OR TRAVEL TO CONTEST

1. Be alert to ramps, stairs, and changes in the texture and levels of concrete, fields, and sidewalks.
2. Be alert to the location of the goal mouth, goal posts, and shooting drills.
3. Be alert to fast action dribbling or passing drills.

4. Do not hang on the goal posts at any time.
5. No horseplay, rough-housing, hazing, or initiations.
6. No foul language
7. Transportation will be provided to all away soccer 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 SOCCER - Coaches will provide direction in all drills

1. When involved with shooting drills, shoot in specific sequences and in designated areas and directions.
 - a. Be sure the goalkeeper and teammate is ready for all shots or passes.
2. Intentional pushing and tripping are prohibited.
3. Charging or contacting the goalkeeper is prohibited
4. Players must brace the neck and keep their mouth closed while striking the ball with the front portion of the forehead when heading the ball.
5. Out of control runs, jumps, or high kicks are prohibited.
6. Shin guards must be worn along with soccer socks over shin guards by all players..
7. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
8. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.
9. Soccer players will follow all other posted or published team rules.

EMERGENCY ACTION PLAN

Because of the physical demands of soccer, 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.
4. 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.

Thunder and Lightning

- a. When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes, vacate the field and take cover indoors immediately.