

Blanchet Catholic School

Volleyball Cautionary Statement

The following recommendations have been designed specifically for the Blanchet Catholic School volleyball team. Because of the intense demands and conditioning required, 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 PRACTICE OR CONTESTS

1. Wear protective knee pads, braces and supportive equipment or garments to all practices and games.
2. Clothing and shoes should fit properly, be comfortable and allow for maximal physical efforts.
3. Clothing should not prevent heat dissipation or restrict movement.
4. Players should ingest the equivalent of 4-6 glasses of water each day. All athletes should bring
5. their own water bottles.
6. Proper shoes should be worn along with cotton socks to help prevent blisters and injuries.
7. Players requiring preventive taping, padding, or bracing should arrive early to receive necessary treatment.
8. Remove all jewelry and metal hair fasteners.
9. Players with visual impairment must wear corrective, shatterproof glasses or contact lenses if the
10. impairment affects judgment or perception.
11. 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.

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

APPROACH TO COMPETITIVE/PRACTICE SITE OR TRAVEL TO CONTEST

1. Be alert to ramps/steps leading to the practice/contest area.
2. Be alert to the following:
 - a. ball carts
 - b. volleyballs in flight, rolling, rebounding, or bouncing
 - c. spiking or serving drills
 - d. nets, support poles, cables, chairs, bleachers, and official's stand
 - e. No horseplay, rough-housing, hazing or initiations.

- f. No foul language
- 3. Transportation will be provided to all volleyball away games. Student-athletes must ride the bus with the team to the game. 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 VOLLEYBALL - Coaches will instruct proper techniques.

- 1. Be alert to dehydration symptoms; i.e., dry mouth, inability to cool down, dizzy/lightheaded and nausea. Drink 4-6 glasses of water during the school day and additional amounts at practice /games.
- 2. Frequent drink breaks will be built into the practice and players should bring their own water bottle.
- 3. Refer all injuries, illnesses, or health problems to coaches immediately.
- 4. Weight and strength training will have separate standards and progressions designed to enhance safety.
- 5. If you are feeling fever, chills, tired, body aches, notify coaches and parents immediately.
- 6. Do not hang on the nets or sit on volleyballs.
- 7. Gather loose volleyballs and place them in storage racks.
 - a. Do not follow a loose ball into an adjacent court until play is stopped in that court.
- 8. Never roll a ball under the net during play; the ball can roll under the feet.
- 9. Never throw the ball over the net; the ball can hit an unsuspecting player.
- 10. Try to land on both feet while descending from a jump. This helps prevent falling, twisting, or unbalance.
- 11. While executing a defensive roll, sprawl, or dive, the player must begin as low as possible to the floor with the arms fully extended away from the body.
 - a. Execution with bent elbows and little or no bending of the knees may cause fractures or other injuries.
- 12. As in many team sports, the possibility of running into teammates or opponents is apparent.
 - a. Jump vertically when spiking or blocking.
- 13. Volleyball utilizes the hands in various techniques; i.e., setting, blocking, serving, attacking, and digging. Players should use proper technique in order to avoid breaks, fractures, and sprains.
- 14. 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.
- 15. Stretch before/after practice.
- 16. 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.
- 17. No practicing of any kind should take place until a coach is present in the gym.

EMERGENCY ACTION PLAN

Because of the physical demands of volleyball, 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. 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.