

Glenrock High School Basketball Cautionary Statement

Basketball is a highly competitive, fast-action game that places demands on the individual player. For this reason, coaches will implement conditioning regimens that are designed to enhance player endurance, quickness, and playing skills. While contact and rough play are prohibited by rule, a certain amount of inadvertent physical contact is predictable. To enhance stability and strength, certain weight room workouts may also be prescribed along with the regular practice activity. In addition, the following considerations and cautions will enhance player enjoyment and safety.

Preparation for activity:

- *Clothing and shoes should fit properly, be comfortable, and allow for maximal physical efforts. Clothing should be kept clean and sanitary.
- *Clothing should not restrict movement.
- *Players should ingest the equivalent of 4-6 glasses of water each day.
- *Players who require corrected vision must wear shatterproof glasses or lenses. Glasses should be mounted in break resistant frames.
- *Players requiring preventive taping, padding, or bracing should arrive early enough to receive treatment and be able to participate in specialty work.
- *Remove all jewelry and hats.
- *No horseplay, rough-housing, hazing, hazing, or initiations.

- *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.
- *High top basketball shoes are suggested and they should be properly laced up.
- *All athletes must have a physical on file in the main office prior to participation in any practice session.

In the locker room:

- *Be alert to slippery floors.
- *Be alert to changes in floor texture and elevated thresholds between lockers and shower rooms.
- *Keep floors free of litter. Place all personal belongings in assigned lockers.
- ***Close and lock locker doors when you are not in the locker room.**
- *Keep soap and shampoo in the shower area.
- *Refrain from rapid movements, rough house, or horseplay in the locker/shower areas.
- *Identify incidents of foot or skin infection to your coach immediately.
- *No hazing or initiations.

Travel to contest/practice site:

- *Be alert to variations in surfaces of locker rooms, ramps, stairways, or playing floors.
- *Be alert to the following: ball carts; basketballs in flight, rolling, rebounding or bouncing; wind sprints or fast break drills; proximity of bleachers and walls to playing surface.
- *Stretch thoroughly before each practice or game.
- *Be alert for possible hazards when conditioning in the halls.
- *Be aware of and avoid contact with bleachers and any other miscellaneous peripheral equipment.
- *No horseplay, rough-housing, hazing, or initiations.

Hazards specific to basketball:

- *Be alert to dehydration symptoms. Dry mouth, inability to cool down, dizziness/light headed. Ingest 4-6 glasses of water during the school day and additional amounts at practice.
- *Frequent drink breaks will be built into the practice plan and players should make use of each one.
- *Foot problems - please talk to a coach immediately:
blisters, calluses, ingrown toe nails, and fungus infections or plantars warts.
- *Other skin problems - please talk to a coach immediately:
boils, rashes, floor burns, or cuts.
- *Ankle and other orthopedic problems - talk to a coach immediately:
sprains - new- RICE
sprains - old - taping, altered workouts, rehab exercises
- *Respiratory diseases and illnesses can be a major problem.
Fluids, regular rest, proper nutrition, and appropriate dress for the weather contribute to the maintenance of health.
- *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 throat/neck glands.
- ***DO NOT** hang on the rims or the nets.
- ***DO NOT** engage in rough thoughtless play.
- ***DO NOT** run under a player who is in the air to shoot or receive a pass.
- ***DO NOT** swing elbows excessively when clearing a rebound.
- ***DO NOT** make an intentional foul that might cause injury to an opponent.
- *When taking a charge or screening an opponent, assume a weight-balanced, protected position.
- *If a backboard shatters, notify the coach and keep people away from the broken glass.
- *Notify the coach of any injury immediately, no matter how slight it may seem.

EMERGENCIES:

Because of the nature of basketball, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

*Be alert to any injury that the coach may not see. The coach will manage the person in trouble. DO NOT move the victim.

Assist by:

Stop all practices, scrimmages,

After calling the coach to manage the situation, help where needed.

Telephone for additional assistance and obtain first aid supplies.

Keep onlookers away.

Sit or kneel in close proximity.

Direct rescue squad members to the site.

*Fire alarm - evacuate the building into the stadium area.

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations, and responsibilities required for participation on the Glenrock High School Basketball team.

Athlete's Name - printed

Parent's Name - printed

Athlete's signature/date

Parent's signature/date

Please sign, date, and detach this last sheet and return to the GHS office. This form must be on file before your athlete can participate in competition.