



## Athletics Cautionary Statement

Please circle each sport of participation:

Cross Country  
Basketball

Soccer  
Baseball

Volleyball  
Softball

Golf  
Tennis

Each sport will include a variety of high-speed components each with its own inherent risks. It is important to observe and practice a number of procedures to enhance the safety and enjoyment for your player.

DCS has purchased protective equipment that is certified by the National Operating Commission for Safety of Athletic Equipment (NOCSAE). This certification indicates that research has been conducted to verify the protectiveness and shock absorption capabilities of the helmet. Each player will receive a demonstration on the proper wearing of all equipment. Proper wearing of equipment is the responsibility of the player after the orientation has been completed.

### **Preparation for practice or game:**

1. Wear all protective equipment, pads, protective cup, braces and supportive undergarments to every practice or game unless otherwise indicated by the daily practice plan.
2. Wear garments/shoes that are appropriate for sport specific activities.
3. Players with visual impairments must wear protective, shatterproof glasses or contact lenses if the impairment affects judgment and safety of the player.
4. Remove all jewelry or any other exterior item, which may cause harm to self or other players.
5. 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.
6. Any injury problem or concern should be discussed with the coach before taking part in practice or competitions.

### **Approach to the competitive/practice site or travel to a game/practice site:**

1. Be alert to:
  - a. Different surfaces (concrete, matting, grass)
  - b. Steps, ramps, dugout locations
  - c. Locations of bulk equipment
  - d. Balls/equipment in play
2. No horseplay with equipment, roughhousing, hazing or initiations.
3. If lightning is in the area, practice or games/meets will be suspended until the storm passes. (30 minutes without lightning)
4. Be alert to:
  - a. Dismissal Times for each practice/game
  - b. Location of emergency gear and equipment.
  - c. Staying hydrated throughout the day.
5. DCS will provide transportation to all games and practices when available.
  - a. Parents may transport team members to practices or games/meets.
  - b. Transportation provided in private vehicles must be indemnified by the personal accident and injury insurance of the owner or the driver.
  - c. Discovery Charter School is not liable for injury, loss, or damage incurred by drivers or passengers in private vehicles.

**Hazards specific to Cross Country:**

1. Athletes should be alert to activity going on around them to prevent collisions and the sudden stopping of others.
2. Athletes should be alert to rocks, roots or fallen tree limbs on all courses. Every effort will be made to keep the Middle School Cross Country Course free of debris. Due to wind and other natural causes the course may have new hazards, which occur during practice or competitions.
3. Dehydration can be dangerous. Water will be available at practices and competitions. Athletes should drink water frequently.
4. Ticks are a common concern among runners and coach's.
  - a. The course will be treated with tick repellent on a regular basis however with the broad spectrum and size of the course, it will never be tick free.
  - b. Runners should apply tick repellent before every practice or competitions.
  - c. Runners are encouraged to stay on the course as designed by staying out of tall grass or wooded areas not assigned as a course path.

Parent Initial: \_\_\_\_ Date: \_\_\_\_\_

**Hazards Specific to Soccer:**

1. Play the ball when on defense. DO NOT attack the offensive opponent with illegal contact.
2. When involved in shooting drills, shoot in specified sequences and in designated areas and directions. Be sure the goalkeeper is ready for all shots.
3. High kicks are prohibited.
4. Intentional pushing and tripping is prohibited.
5. Charging or contacting the goalkeeper is prohibited.
6. Slide tackles must be approved by a coach.
7. Shin pads must be worn by all players.
8. Water will be available at practices and games.

Parent Initial: \_\_\_\_ Date: \_\_\_\_\_

**Hazards specific to Volleyball:**

1. Be alert to dehydration symptoms; i.e., dry mouth, inability to cool down, dizzy/light-headed. Drink 4-6 glasses of water during the school day and additional amounts at practice.
2. Frequent drink breaks will be built into the practice plan and players should make use of each one. Player's should use these to their advantage.
3. Foot problems or skin problems should be referred to the coach.
4. Ankles and other orthopedic problems:
  - a. New sprains ice, compression, elevation, rest
  - b. Old sprains taping, easy workouts with very little cutting involved and rehab exercises.
5. Do not hang on rims or nets.
6. Gather loose volleyballs and place them in storage racks.
7. Jump vertically when spiking or blocking to avoid the possibility of running into teammates or opponents.
8. Players should use proper technique in order to avoid breaks, fractures, and sprains while setting, blocking, serving, attacking, and digging.
9. Stretch before/after practice to avoid muscle soreness and possible strains
10. 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.

Parent Initial: \_\_\_\_ Date: \_\_\_\_\_

**Hazards specific to Basketball:**

1. Be alert to dehydration symptoms. Dry mouth, inability to cool down, dizziness/light-headedness. Drink 4-6 glasses of water during the school day and additional amounts at practice.
2. Frequent breaks will be built into the practice plan to allow for a cool down and water break. Player's should use these to their advantage.
3. Foot or skin problems should be referred to the coach.
4. Ankle and other orthopedic problems
  - a. New sprains ice, compression, elevation, rest
  - b. Old sprains taping, easy workouts with very little cutting involved and rehab exercises.
5. Do not engage in rough or thoughtless play.
6. Do not run under a player who is in the air.
7. Notify the coach of any injury, no matter how small it may seem.

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**Hazards specific to Baseball:**

1. All protective equipment required by rule must be worn at practices and competition during those situations that require it.
2. Helmets are to be worn by batters, base runners, and catchers.
3. "On deck" hitters are to take practice swings in a designated circle but with complete attention directed to the pitcher and batter. If no circle is designated, stand behind the backstop. Keep hands off the backstop.
4. Swing only one bat at a time when taking practice swings. Use the proper bat ring so it will not slide off the barrel of the bat.
5. Batting practice, infield drills, outfield drills and pitching practice are to be done in designated areas and at designated times. **DO NOT** begin these practices without direction from a coach.
6. Sliding technique is to be performed as a progression and approved by the coach before it is tried. Lower extremity injuries may still occur when players are experienced in sliding techniques.
7. Offensive and defensive players involved in sliding or other close plays must recognize the possibility of being hit by a thrown ball, being accidentally bumped, or of injury due to friction burn, being stepped on, or skeletal injury. Be alert to the location of the ball and opponents. Assume a protected position. Do not leave limbs extended when on the ground.
8. Please make coaches aware of all burns, sprains, strains and contusions.
9. Players in the dugout or team bench must be alert to foul balls, over throws, or defensive players moving towards the area at high speeds.
10. If taking batting practice indoors always look before taking swings or chasing a ball into a hitting area. Get a player's attention before entering into a hitting area.
11. On a pitched ball that appears headed towards a hitter, all hitters will be instructed to turn their front shoulder towards the catcher and tuck their chin to avoid being hit in the facial area.
12. Never catch without protective equipment.
13. Never slide head first into a catcher at home plate.

Parent Initial: \_\_\_\_ Date: \_\_\_\_\_

**Hazards specific to Softball:**

1. All protective equipment required by rule must be worn at practices and competition during those situations that require it.
2. Helmets are to be worn by batters, base runners, and catchers.
3. "On deck" hitters are to take practice swings in a designated circle but with complete attention directed to the pitcher and batter. If no circle is designated, stand behind the backstop. Keep hands off the backstop.
4. Swing only one bat at a time when taking practice swings. Use the proper bat ring so it will not slide off the barrel of the bat.
5. Batting practice, infield drills, outfield drills and pitching practice are to be done in designated areas and at designated times. DO NOT begin these practices without direction from a coach.
6. Sliding technique is to be performed as a progression and approved by the coach before it is tried. Lower extremity injuries may still occur when players are experienced in sliding techniques.
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**Hazards specific to Golf:**

1. When involved in club control/club swing drills LOOK in all directions BEFORE taking your first practice swing. Be sure there is room for the club to be swung safely.
2. No horseplay with clubs or equipment. No club throwing.
3. Be alert to players on adjacent tees or fairways.
4. Be alert to players in front and behind you. On short holes, signal players behind when it is safe to hit their tee shots. Do not hit tee or fairway shots if close to players ahead.
5. Call "FORE" if any shot moves into an adjacent fairway, or near any other players.
6. Drink water frequently on the course. If uncomfortable, stop in a shady area or sun shelter and consume water. Call for assistance if dizzy, ill or light headed.
7. If severe weather occurs while on the course:
  - a. Remove spikes, get away from clubs
  - b. Avoid isolated trees, shelters, hilltops, open spaces, or metal objects.
  - c. Move to a wood building, low, protected area, or heavily wooded area.

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**Hazards specific to Tennis:**

1. When involved in racket control/racket swing drills LOOK in all directions BEFORE taking your first practice swing. Be sure there is room for the racket to be swung safely.
2. No horseplay with rackets or equipment. No racket throwing.
3. Be alert to players on adjacent courts.
4. Be alert to players in front and behind you.
5. Drink water frequently on the court. If uncomfortable, stop in a shady area or sun shelter and consume water. Call for assistance if dizzy, ill or light headed.
6. If severe weather occurs while on an out-door court:
  - a. Go inside to shelter immediately.

Parent Initial: \_\_\_\_ Date: \_\_\_\_

**Emergencies:**

Because of the nature of athletics, some injuries will occur. All injuries must be called to the coach's attention. Most will be minor and can be managed with basic first aid. However, some may need more intense care and may also require team members to:

1. Stop all practices, scrimmages, or drills. Never move a player unless told by coach or medical personnel.
2. Call the coach to manage the situation if not already on the scene.
3. Assist by helping with the injured person, calling for assistance, bringing first aid or supplies to the site.
4. Directing the rescue squad to the site. (See Emergency Action Plan)

We certify that we have read, understand, and agree to adhere to the precautions, considerations and responsibilities required for participation as a member of Discovery Charter School

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_