

VOLLEYBALL SAFETY/RISK WARNING

Volleyball is a reasonably safe and enjoyable activity as long as certain guidelines are considered. It can develop muscular coordination, strength and fitness. It places physical stress on you as it is a game of reaction and quick movement. You must obtain a doctors consent (a signed physical) to participate. Develop an awareness of your capabilities and play within those limits.

Injuries do occur in volleyball. Fingernail injuries, court burns, blisters, bruises, jammed fingers, shin splints, pulled strained muscles, joint sprains, broken bones, and permanent paralysis due to brain or spinal injuries are some of the risks involved in playing volleyball. Volleyball isn't normally a contact sport, but collisions do occur. Players are often struck by hard hit balls. Be alert and learn court presence. Know where you are in relation to the net, other apparatus and other players. Call loudly for balls you intend to play. Know where the ball is at all times, including during practice drills, scrimmages, games and when the ball is not in play. Return balls for service by rolling along the floor not by lobbing through the air. Due to the nature of the sport-quick vertical and horizontal movement - court shoes are a must. Running shoes will not be allowed. Knee pads are to be worn at all times including warm-up, drills, scrimmages, and games. Keep fingernails trimmed short. Illness such as flu, colds, sinus and respiratory infections can have dramatic effects on ones ability to perform safely while playing volleyball. If you should become sick, let the coach know.

If you have any questions see the coach or athletic director.

I have read the preceding and have been certified by a doctor that I am physically fit to participate in volleyball. I fully know, understand and appreciate the risks inherent in the sport of volleyball. I am voluntarily participating in this activity.

Student (Print Name)

Student Signature

Date _____

Parent/Guardian Signature

Date _____