

CEDAR CREEK 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 will also be prescribed along with a regular practice activity. In addition, the following considerations and cautions will enhance player enjoyment and safety. It is also important that parents know and understand that injuries could happen in the game of basketball.

PREPARATION FOR PRACTICE OR CONTEST

1. Wear all pads, braces and supportive undergarments to all practices and competitions.
2. Clothing and shoes should fit properly, be comfortable, and allow for maximal physical efforts. Clothing should be kept clean and sanitary.
3. Players should replace fluids lost in games and practices by drinking at least 6-8 glasses of water or electrolyte solution daily.
4. Feet should be covered with proper fitting socks. If blisters are a chronic problem or begin to appear, coaches or trainers should be consulted for appropriate responses or preventive actions.
5. Players who require corrected vision must wear shatterproof glasses or lenses. Glasses must be mounted in break resistant frames, and be held in place by an elastic strap.
6. Players requiring preventative taping, padding or bracing should arrive early enough to receive treatment and be able to participate in specialty work.
7. Remove all jewelry and metal hair clips.
8. No horseplay, rough-housing, hazing or initiations.
9. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, **must** present a physician's approval prior to participation in any practice session.
10. High top or mid top basketball shoes are suggested and they should be properly laced up.
11. Keep fingernails cut short.

IN THE LOCKER ROOM

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between lockers and shower rooms.
3. Keep floors free of litter.
4. Keep soap and shampoo in the shower area.
5. No horseplay, rough-housing, hazing or initiations.
6. Identify incidents of foot or skin infection to coach(es) immediately.

TRAVEL TO CONTEST/PRACTICE SITE

1. Be alert to ramps leading to practice/contest area.
2. Be alert to variations in surfaces of locker room, ramps, stairways, or playing floors.
3. Be alert to the following:
 - A. Ball carts.
 - B. Basketballs in flight, rolling, rebounding or bouncing.
 - C. Proximity of bleachers and walls to playing surface.
4. Do not accept rides home from strangers.
5. No horseplay, rough-housing, hazing or initiations.

HAZARDS SPECIFIC TO BASKETBALL

1. 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.
2. Frequent drink breaks will be built into the practice plan and players should make use of each one.
3. Foot problems - Refer to coach(es) or athletic trainer
 - A. Blisters
 - B. Calluses
 - C. Ingrown toe nails
 - D. Fungus infections or plantar warts
4. Other skin problems - Refer to coach(es)
 - A. Boils
 - B. Rashes
 - C. Floor burns, cuts
5. Ankle and other orthopedic problems
 - A. Sprains - new- ice, compression, elevation, rest.
 - B. Sprains - old- taping easy workouts, rehabilitative exercise.
6. Weight training regimens will have separate standards and progressions designed to enhance safety and physical conditioning
7. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health. Notify coach about use and location of inhalants.
8. 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.
9. **DO NOT** hang on rims or nets.
10. **DO NOT** engage in rough, thoughtless play.
11. **DO NOT** run under a player who is in the air to shoot or receive a pass.
12. **DO NOT** swing elbows excessively when clearing a rebound.
13. **DO NOT** commit intentional foul that might cause an injury to an opponent.
14. When taking a charge or screening an opponent, assume a weight-balanced, protected position.
15. If a backboard shatter, notify the coach and keep people away from the broken glass.

16. Notify the coach or trainer of any injury, no matter how slight it may seem.
17. **DO NOT** share water bottles.

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. Parents will always be notified in case of serious injury.

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations, and responsibilities required for participation on the Cedar Creek School Basketball Team.

_____/_____
Athlete's Signature Date

_____/_____
Parent/Guardian Signature Date