

## **Sport-Specific Cautionary Statements**

### **BASEBALL AND SOFTBALL CAUTIONARY STATEMENT**

Baseball and softball are sports enjoyed by large numbers of interscholastic and recreational players annually. Because of their popularity, and the high-speed components of the game, it is important to observe and practice a number of procedures designed to enhance the safety and enjoyment of all participants. The school has purchased protective helmets that are 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 a batting helmet. Proper wearing of these helmets is the responsibility of the player after the orientation has been completed.

#### **Preparation for practice or contest:**

1. Wear all protective equipment, pads, braces and supportive undergarments to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
6. Players needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
7. Remove all jewelry and metal hair fasteners.
8. 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.
9. No hazing or initiations.

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

1. Be alert to:
  - a. Variable surface textures (concrete, matting, turf)
  - b. Steps, ramps, dugout locations
  - c. Locations of bulk equipment or specific drills
2. Hazards specific to baseball/softball:
  - a. All protective equipment required by rule must be worn at practices and competition during those situations that require it.
  - b. Helmets are to be worn by batters, base runners and catchers

- c. "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.
- d. Swing only one (1) bat when taking practice swings.
- e. 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 of the coach.
- f. 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.
- g. 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.
- h. Burns, sprains, strains and contusions must be reported to coaches.
- i. Dugout and team bench - Players in the dugout or team bench area must be alert to foul balls, over throws, or defensive players moving towards the area at high speed.
- j. Indoors - always look before taking practice swings during drills. If you are chasing balls into a hitter's area, get his/her attention before going near him/her.
- k. On a pitched ball that appears to be 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.
- m. Never catch without protective equipment.
- n. Never slide head first into a catcher at home plate.

3. No horseplay, rough-housing, hazing or initiations.

## **Emergencies**

Because of the nature of baseball and softball, 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, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity. Assist by:
  - a. Helping with the injured person
  - b. Calling for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Directing the rescue squad to the accident site
4. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building

c. Be prepared to implement the emergency procedures

## **BASKETBALL CAUTIONARY STATEMENT**

Basketball is a highly competitive, fast-action game that places great physical demands on the individual player. For this reason, coaches will implement conditioning regimens that are based on scientific principles, and 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 conditioning workouts may also be prescribed along with a regular practice activity. In addition, the following considerations and cautions will enhance player enjoyment and safety.

### **Preparation for activity:**

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. Clothing should not prevent heat dissipation, or restrict movement.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. If blisters are a chronic problem or begin to appear, coaches or trainers should be consulted for appropriate responses or preventive actions.
6. Players who require corrected vision must wear glasses or lenses. .
7. Remove all jewelry, metal hair clips and hats.
8. No horseplay, rough-housing, hazing or initiations.
9. 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.
10. High top basketball shoes are suggested and they should be properly laced up.
11. The use of braces is recommended.
12. Mouthguards are highly recommended.

### **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. Wind sprints or fast break drills
  - d. Proximity of bleachers and walls to playing surface
4. Stretch thoroughly and jog easy laps to warm up.
5. Do not accept rides home from strangers.

6. Be aware of and avoid contact with bleachers, curtains, and any other miscellaneous peripheral equipment.
8. No horseplay, rough-housing, hazing or initiations.

**Hazards specific to basketball:**

1. Be alert to dehydration symptoms. Dry mouth, inability to cool down, dizziness/lightheadedness. 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)
  - a. Blisters
  - b. Calluses
  - c. Ingrown toe nails
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, and 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 inhalers.
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 the 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. Taller players may need to be alert to their proximity to the lower surface of the backboard.
14. DO NOT take an intentional foul that might cause an injury to an opponent.
15. When taking a charge or screening an opponent, assume a weight-balanced, protected position.
16. If a backboard shatters, notify the coach and keep people away from the broken glass.
17. Notify the coach of any injury, 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:

1. Be alert to any injury that the coach may not see. He/she will manage the person in trouble. DO NOT move the victim!
2. Stop all practices, scrimmages.
3. After calling the coach to manage the situation, help with the injured person; telephone for additional assistance (phone numbers and information are posted on the telephone); obtain first aid supplies or equipment.
4. Sit or kneel in close proximity.
5. Direct rescue squad members to the site.
6. Fire or fire alarm:
  - a. evacuate and remain 150 feet from the building
  - b. be prepared to implement emergency procedures

## **CROSS COUNTRY CAUTIONARY STATEMENT**

The following recommendations have been designed specifically for the Memorial High School cross country teams. 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. Select the appropriate clothing to be worn in warm weather. It is important to be prepared for all kinds of weather and to dress accordingly.
2. Proper warm-up and warm down is very important before and after competition and practices.
3. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
4. Athletes who are ill, dizzy, or lightheaded should contact their coach. Do not practice.
5. Athletes 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.
6. Participants should ingest the equivalent of 4-6 glasses of water each day.
8. No horseplay, rough-housing, hazing or initiations.

### **Movement to the practice/contest site or travel to contest/practice site:**

1. Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial surfaces.
2. Stretch thoroughly and start your workout with easy running.
3. No horseplay, rough-housing, hazing or initiations.

### **Hazards specific to cross country:**

1. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
2. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Do not wear radio or tape player head phones.
3. Never cut across neighborhood lawns or through private property.
4. Avoid sudden stops on hard surfaces while sprinting. A gradual slow down will help prevent unnecessary leg stress.
5. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.

### **Emergencies**

Because of the nature of cross country, some injuries may 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:

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. Sit or kneel in close proximity
4. Assist by:
  - a. Helping with the injured person
  - b. Calling for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Directing the rescue squad to the accident site
5. Fire or Fire Alarm
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building



## **FLAG FOOTBALL CAUTIONARY STATEMENT**

Flag Football is a physical sport and injuries can occur. The coaches working in our program are well qualified, professional people. Fundamentals related to playing flag football will continually and repeatedly be emphasized on and off the field. The information contained within this list of rules and procedures is to inform the young men in our football program of the proper techniques to practice for maximum safety in the contact phase of the game.

### **Season Preparation:**

Because of the physical demands of flag football, athletes must condition to prepare themselves for the season. This includes both strength training as well as aerobic training. It is also important that athletes continue to train throughout their season to help prevent injuries.

### **Running the Ball:**

Agility exercises are completed on a daily basis to improve agility skills and off and on the ball movements. Speed training as well as conditioning is utilized to improve performance on the field during game play. Athletes may be required to jump, cut, shuffle, and perform multi directional movements that are all improved by practicing and training for these scenarios during practice. We encourage athletes on the flag football team to be proactive during the summer months and engage in physical activities and exercise that promote for health and fitness to prepare themselves for the quick start in the fall season of flag football. The safety of our athletes is a primary concern and off season training can help prevent injury when the season begins.

### **Fitting and Use of Equipment:**

All flag football players are required to wear mouthguards. These mouthguards will protect the mouth and teeth of the players as well as a preventative measure against concussion in the event of a collision. We highly recommend purchasing a mouthpiece that can be boiled and molded to fit the mouth of your student athlete to offer the best protection as possible. Proper footing is also important in trying to prevent injury in our athletes. We will play on a variety of surfaces and quality spikes/cleats are recommended to maintain footing, increase speed, and prevent injury.

### **Preparation for practice or contest:**

1. Wear all protective and supportive equipment including mouth guards to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened.

3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
6. Remove all jewelry and metal hair fasteners.
8. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present physician's approval to the coach prior to participation in any practice session.

### **Movement to the practice/contest site or travel to contest/practice site:**

1. Be alert to:
  - a. Goal posts
  - b. Blocking sleds
  - c. Kicking/Kick return drills
  - d. Passer/Receiver drills
  - e. Agility, sprinting, or other fast action drills
  - f. No horseplay, rough-housing, hazing or initiations

### **Cautions specific to football:**

1. General
  - a. GET UP! When on the ground you are vulnerable to being stepped on or receiving a leg, shoulder or knee injury.
  - b. When falling - TUCK - Leave no extremity extended either to absorb the fall, or while on the ground.
  - c. Participate fully in all strengthening exercises.
2. Water Frequent drink breaks will be scheduled during practices, and players should hydrate themselves frequently before and during practice and games.
3. Be aware of your surroundings and the other players within your vicinity.

### **Emergencies**

Because of the nature of football, some injuries will 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, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Helping with the injured person

- b. Calling for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Directing the rescue squad to the accident site
5. Fire or Fire Alarm
- a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building

## **SOCCER CAUTIONARY STATEMENT**

Soccer is a highly competitive, fast-action game in which physical conditioning plays a major role. Because of the speed and agility with which the game is played, squad members, their families, and the coaching staff must accept and share certain responsibilities designed to enhance the safety and enjoyment of the sport.

### **Preparation for practice or contests:**

1. Wear all protective equipment, pad, braces and supportive undergarments including shin guards, to every practice or contest unless otherwise indicated by the daily practice plan.
2. Wear outer and under garments that are appropriate for humidity and temperature.
3. Players should ingest the equivalent of 4-6 glasses of water each day.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. Remove all jewelry and metal hair fasteners.
7. 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.
8. Goalkeeper must wear proper pads (Mouthguard is suggested).
9. Field players may also choose to wear a mouthguard.
10. No horseplay, rough-housing, hazing or initiations.

### **Approach to the practice or contest site:**

1. Be alert to ramps, stairs, and changes in the texture and levels of concrete, fields, and sidewalks.
2. Be alert to the location of the goal mouth, goal posts, and shooting drills.
3. Be alert to fast action dribbling or passing drills.
4. If ill or dizzy, notify the coach. Do not practice.
5. Do not hang on goal posts at any time.
6. Soccer is played and practiced in all types of weather. Players should have proper clothing and footwear.
7. If lightning is in the area, the practice or game will be suspended until the storm passes. (15 minutes without lightning) \*

### **Cautions 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 specific 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. Players must brace the neck and keep the mouth closed while striking the ball with the upper portion of the forehead when heading the ball.
7. Out of control runs, jumps, or high kicks are prohibited.
8. Slide tackles must be approved by a coach.
9. Shin pads must be worn by all players.
10. Water will be available at practices and contests.

### **Emergencies:**

Because of the nature of soccer, some injuries will 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, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages or drills. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Helping with the injured person
  - b. Calling for additional assistance
  - c. Bringing first aid equipment or supplies to the site
  - d. Directing the rescue squad to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building