

## **BASKETBALL SAFETY GUIDELINES**

Basketball is a highly competitive, fast action game that places great physical demands on the participants. For this reason, coaches will implement conditioning regimens that are based on scientific principles and designed to enhance the participant's endurance, quickness and playing skills. While contact and rough play are prohibited by rules, a certain amount of inadvertent physical contact is predictable. To enhance stability and strength, certain weight room workouts may also be prescribed along with regular practice activity.

### **PREPARATION FOR PRACTICE OR CONTEST**

1. Clothing and shoes should fit properly, be comfortable and allow maximum physical effort.
2. Clothing should not prevent heat dissipation or restrict movement.
3. Feet should be covered with thin cotton socks followed by a pair of heavier wool socks. If blisters are a chronic problem or begin to appear, coaches should be consulted regarding appropriate response or preventive measures.
4. Participants with visual impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. Participants should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption thirty minutes prior to competition.
6. Participants needing protective taping, padding or bracing should arrive early to receive necessary treatment and be able to participate in specialty work.
7. All jewelry, metal hair clips and hats should be removed.
8. Prospective participants with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases or medically controlled allergies need physician's approval to participate.
9. If ill or dizzy, notify your coach. Do not practice.
10. Report all injuries to the coach immediately.

### **LOCKER ROOM**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker door when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough-housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

### **MOVEMENT TO CONTEST OR PRACTICE SITE**

1. Be alert to ramps leading to practice or contest areas.
2. Be alert to variations in the surface of ramps, locker rooms, stairways or playing floors.
3. Be alert to the following:
  - a. Ball carts
  - b. Basketballs in flight, rolling, rebounding or bouncing
  - c. Wind springs or fast break drills
  - d. Proximity of bleachers and walls to playing surface
4. Stretch thoroughly and start your workout with easy running.

STUDENT NAME (please print)

**CAUTIONS SPECIFIC TO BASKETBALL**

1. Be alert to dehydration symptoms (dry mouth, inability to cool down, dizzy, light headed). Drink 4-6 glasses of water during the day and additional amounts at practice. Frequent drink breaks will be built into the practice plan.
2. Foot problems - refer to coach(es) or team physician
  - a. Blisters
  - b. Calluses
  - c. Ingrown toenails
  - d. Fungus infections or plantar warts
3. Other skin problems – refer to coach(es)
  - a. Boils
  - b. Rashes
  - c. Floor burns, cuts
4. Ankles and other orthopedic problems
  - a. New sprains – ice compression, elevate, rest
  - b. Old sprains – taping, easy workouts, rehabilitative exercise
5. Weight training regimens will have separate standards and progressions designed to enhance safety.
6. Respiratory diseases can be a major concern. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health.
7. Check your weight and record it on the participant’s chart each week. 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.
8. DO NOT hand on the rims or nets.
9. DO NOT engage in rough, thoughtless play.
10. DO NOT run under a participant who is in the air to shoot or receive a pass.
11. DO NOT swing elbows excessively when clearing a rebound.
12. Taller participants may need to be alert to their proximity to the lower surface of the backboard.

**EMERGENCIES**

Because of the nature of basketball, some injuries may occur. Most will be minor and can be managed with basic first aid, but the possibility of a serious injury is always present. All injuries must be called to a coach’s attention. An occasional situation may require more intense management and may also necessitate involvement of participants as follows:

1. Stop all practices.
2. Call the coach to manage the situation if the coach is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Calling for additional assistance
  - b. Bring the first aid equipment or supplies to the site
  - c. Keeping onlookers away
  - d. Directing rescue team members to the site
5. Fire or fire alarm:
  - a. Evacuate or remain outside the building
  - b. Move 100 feet from the building
  - c. Be prepared to implement the emergency procedures outlined in #4 above.

I understand these rules and procedures and the necessity of using the proper techniques while participating in basketball activities.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_