

# BASKETBALL

## WARNING/LIABILITY WAIVER

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 weight room 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. Feet should be covered with a thin cotton sock followed by a heavier wool sock.

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 shatterproof glasses or lenses. Glasses must be mounted in break resistant frames, and be held in place by an elastic strap.
7. Players requiring preventive taping, padding, or bracing should arrive early enough to receive treatment and be able to participate in specialty work.
8. Remove all jewelry, metal hair clips and hats.
9. No horseplay, rough-housing, hazing or initiations.
10. 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.
11. High top basketball shoes are suggested and they should be properly laced up.
12. The use of braces is 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 alert for possible hazards when conditioning in the halls.
7. 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/light-headedness. 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, 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 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 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. **BROKEN BACKBOARDS ARE THE FINANCIAL RESPONSIBILITY OF THOSE WHO BREAK THEM!**
17. Notify the coach or trainer of any injury, no matter how slight it may seem.
18. DO NOT share water bottles, towels, or anything else that might transmit body fluids or pathogens.

**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.

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; obtain first aid supplies or equipment.
4. Keep onlookers away.
5. Sit or kneel in close proximity.
6. Direct rescue squad members to the site.
7. Fire or fire alarm: a. evacuate and remain 150 feet from the building b. implement emergency procedures
8. Bomb Threat: evacuate building and remain 200 yards from building

**ACKNOWLEDGMENT**

**We certify that we have read, understand, and agree to adhere to the cautions, considerations, and responsibilities required for participation on the Rancho Christian Schools Basketball Team.**

\_\_\_\_\_ / \_\_\_\_\_  
**Athlete Signature Date**

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