

# ATHLETE SAFETY GUIDELINES

**(Prior to participating, both athlete and parent must read carefully and sign)**

When a person is involved in any athletic activity, an injury can occur. The purpose of the information presented in these safety guidelines is to inform the athlete about proper techniques and inherent dangers of playing volleyball. There is a chance of broken bones, torn muscle and soft tissue, and back injuries, which could lead to some form of paralysis. Not all potential injuries from the sport are listed, but athletes should be aware that learning fundamentals, having proper coaching, and having proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before doing any strenuous activities. Be aware of the potentially serious injuries that can occur if proper stretching and conditioning procedures are not followed.
2. Wear kneepads and all other protective equipment as directed by the coach. If you wear eyeglasses, contact your eye doctor for properly fitting safety lenses and appropriate frames that are suitable for playing volleyball.
3. Perform only those skills and techniques instructed and/or supervised by your coach.
4. Travel to and from competition sites must be in accordance with club procedures. No athlete is allowed to leave the competition site/facility without permission from the coach or team chaperone.
5. Remove all jewelry, metal hair fasteners, and all other body adornments as required by USA Volleyball Domestic Regulations or GEVA Regulations.
6. Be aware of objects in your surroundings both at home and away. This includes but is not limited to: surface conditions, obstructions in the proximity to the volleyball court such as nets, cables, base of the poles, supporting beams, and official's stands, out-of-play areas, and emergency entrances/exits to/from the court.
7. In order to protect the safety of all teammates, team members with physically limiting injuries and/or health conditions must inform their coach of their limiting conditions prior to each practice and participate only to the extent allowed by the coach.
8. Athletes should hydrate themselves frequently during practice and meets, and follow the coach's directions for hydrating before, during, and after practices and meets.
9. Athletes must notify the coach immediately if they are injured and report any safety hazards in the practice facility.
10. Practice only when your coach is present or when instructed to.
11. Collect all loose volleyballs and return them to the proper container or location so they do not create safety hazards (i.e., trip and fall hazards).
12. Jumping vertically helps avoid collisions with opponents, teammates, and the net system.
13. Play the ball with the proper techniques taught by your coach.
14. Do not use any other equipment (for example, backboards and rims intended for basketball) in the gym, except equipment intended for volleyball practice. If you break anything, you will pay for it. The NYC Impact Sports, Inc./GEVA & USA volleyball are not responsible for these damages.
15. A physician or parent authorization letter is required before returning to practice from an injury.
16. Parents will be contacted and will come pick up an athlete who is found using controlled substances, tobacco products, e-cigarettes, or alcohol products.
17. Respect your teammates, coaches, club staff, tournament personnel and spectators. Your actions reflect the image of the club. Please think before you talk – words matter.

The above information has been explained to me and I understand the list of rules, safety regulations/warnings and procedures. I also understand the necessity of using the proper techniques while participating in the volleyball program.

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Athlete's Name (Print)

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Athlete's Signature

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Date Signed

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Parent/Legal Guardian Name(Print)

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Signature of Parent/Legal Guardian

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Date Signed