

VOLLEYBALL -- AGREEMENT TO PARTICIPATE

Volleyball is a relatively safe sport for student/athletes as long as certain guidelines are followed.

Volleyball involves fast starting and stopping, serving, receiving, setting, and spiking a volleyball, lateral movements, jumping, contact with teammates, possible contact with the floor, net, cables, referee's stand, bleachers, walls, or any other surrounding obstacles, diving, hand-eye coordination, and foot quickness.

As part of school policy, all athletes are required to obtain a physical prior to participation. If you have any physical limitations which the school and coaching staff should be aware of, please obtain a physician's consent for you to participate.

Serious injuries are relatively rare in volleyball. However, the possibility of injury does exist. The most common injuries associated with volleyball include broken bones, severe ankle sprains, muscle injuries, knee injuries, back and *arm* soreness, bruises and floor burns on the knees, hips, elbows, and arms. The dangers and risks involved on in practicing or participating in volleyball include, but are not limited to death, serious neck and spinal injuries which may result in partial or complete paralysis, concussions, serious injury to bones, joints, ligaments, muscles, tendons, and other areas of the muscular-skeletal system. In addition to serious injury, the risks and dangers may result in an impairment of future abilities or to earn a living and engage in business, social, and recreational activities. Other less serious risks include mild concussions, broken bones, sprains and strains (knee, ankle, lower back), floor burns and scrapes, muscle soreness and stiffness, bruised knees, arms, elbows, hips, and hands resulting from contact with teammates, the floor, net, and other surrounding obstacles.

Participants can help reduce the possibility of injury by wearing proper protective equipment. However, this is not an absolute guarantee against injury. Volleyball or basketball shoes are recommended for both jumping and lateral movement. Athletic socks should be worn by players. Running shoes are not recommended as they provide inadequate support for lateral movements. Knee pads are beneficial in protecting the knees should the participant contact the playing floor. Long sleeved shirts protect the elbows and arms from floor burns. Wearing of jewelry or earrings is prohibited in practice or in game competition. Jewelry is hazardous should it become entangled in the net or a teammate. Players should observe and follow the rules of the game.

If you have any questions concerning any of the risks, dangers, or equipment requirements above, please ask the coaching staff. If you wish to ask your questions confidentially, please write your questions on the back side of this form and the coaching staff will discuss them with you individually.

I have read the preceding and certify that I am physically fit to participate in volleyball. I further attest that I have sufficient experience to enable me to participate in high school volleyball. I FULLY KNOW, UNDERSTAND, AND APPRECIATE THE RISKS INHERENT IN THE SPORT OF VOLLEYBALL. I voluntarily participate in this activity.

Signature of Participant _____

Signature of Parent or Guardian _____

Date Signed _____