

# BASKETBALL

## OLYMPIA SCHOOL DISTRICT

### SAFETY GUIDELINES

**Prior to participating, both the student and parent must read this carefully and sign.**

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. Basketball is a highly competitive, fast-action game that places great physical demands on the players. One should be aware that the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with this particular activity. There is a chance of broken bones, severe concussions and back injuries which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed but athletes should be aware that fundamentals, coaching and proper-fitting equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place
2. Clothing and shoes should fit properly, be comfortable and allow maximum physical effort and allow dissipation of heat.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
5. Be aware of thrown basketballs from other parts of the gym.
6. Be aware of your surroundings both home and away including but not limited to proximity of bleachers and courtside obstructions such as basket supports, lighting, access to and from courts and court surfacing.
7. Be especially aware of the danger of illegal actions such as undercutting another play or grasping/hanging on the rim.
8. Players whose vision requires correction must wear shatterproof glasses or lenses. Glasses must be mounted in break resistant frames and must be held in place by an elastic strap.
9. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for basketball.
10. Make sure you drink adequate water to prevent dehydration. Ask your coach for consumption guidelines based on the day's activity.
11. Notify your coach immediately if injured.



The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the basketball program.

Student Name (Print) \_\_\_\_\_

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

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

OLYMPIA SCHOOL DISTRICT  
**WARNING/AGREEMENT TO OBEY INSTRUCTIONS**  
**BASKETBALL**

**Prior to participating in any sport, both the student and parent/guardian must carefully read and sign the following.**

I am aware that basketball is a high-risk sport and that participating or competing in basketball will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand the dangers and risks of practicing and competing in basketball include but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of my body, general health and well being. I understand that the dangers and risks of practicing or competing in basketball may result not only in serious injury, but in serious impairment of my future abilities to earn a living, to engage in other business, to continue my education, social and recreational activities and generally to enjoy life. I also understand that the sport in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed that the Olympia School District does not assume the responsibility for the medical services required for these risks.

In consideration of the Olympia School District permitting me to try out for the Reeves Middle School basketball team and to engage in all activities related to the team, including but not limited to trying out, practicing or competing in basketball I have read the above warnings and I understand and agree to their terms.

Name of Student (print) \_\_\_\_\_

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



I, \_\_\_\_\_(print), am the parent/legal guardian of \_\_\_\_\_(print). In consideration of the Olympia School District permitting my child/ward to try out for the Reeves Middle School basketball team and to engage in all activities related to the team, including, but not limited to trying out, practicing and/or competing in basketball, I have read the above warnings and I understand and agree to their terms.

Name of Parent/Guardian (print) \_\_\_\_\_

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

