



CENTRAL KITSAP SCHOOL DISTRICT NO. 401
Silverdale, Washington

VOLLEYBALL

INSURANCE INFORMATION, SAFETY GUIDELINES, WARNING and AGREEMENT TO OBEY **INSTRUCTIONS FOR VOLLEYBALL**

Prior to participating, both the student and parent must read carefully and acknowledge by signing the last page of this document.

Insurance Information

It is not a legal requirement that a participant in school activities have insurance coverage; however, the Central Kitsap School District and the Washington Interscholastic Activities Association (WIAA) strongly encourage participants to have adequate student athletic insurance.

Accident and dental insurance information provided by a private carrier may be obtained in the school office or the district website at <http://www.cksd.wednet.edu/Athletics/ActForms.htm>.

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach. Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach. Guidelines are as follows:

Safety Guidelines

When a person is involved in any athletic activity, an injury can occur. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with volleyball. There is a chance of broken bones, muscle and soft tissue 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 safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place. Be aware of the potentially serious injuries if you do not follow correct procedures in stretching, and conditioning.
2. Wear kneepads and all protective equipment as directed by the coach.
3. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, appropriate frames that are compatible with volleyball. If you have a bi or tri-focal lens, contact your doctor to provide the best len(s) combination for playing in a game requiring quick reaction to an object (ball) traveling at a very rapid speed.
4. Perform only those skills and techniques as instructed and/or supervised by your coach.
5. Make certain that you wear all equipment that is issued, required, or recommended by the coach. Be sure all equipment, especially shoes, is fitting properly before each day's activity. Advise the coach of any poorly-fitted or defective equipment.
6. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
7. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for volleyball.
8. Be aware of your surroundings both home and away including but not limited to surface conditions, obstructions in the proximity to the volleyball court including nets, cables, supports official's stands, out-of-play areas and safe entrance/egress to/from the court. Advise coach of any hazard.
9. Wear outer and under garments appropriate for humidity and temperature.
10. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity of limiting conditions and participate only to the extent allowed by the coach.
11. Players should hydrate themselves frequently during practice and meets and follow the coaches' direction on hydration prior to and following practices and meets.

12. Advise the coach if you are ill or have any prolonged symptoms of illness.
13. Notify the coach immediately if injured.
14. Practice only when your coach is present.
15. Collect all loose volleyballs and return them to the proper container or location so they do not create a trip and fall hazard.
16. Jumping vertically helps avoid collisions with opponents, teammates and nets.
17. Spike the ball with the correct techniques taught by your coach.

WARNING and AGREEMENT TO OBEY INSTRUCTIONS

I am aware that volleyball is a high-risk sport and that practicing or competing in volleyball will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand the dangers and risks of practicing and competing in volleyball 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 the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health and well being. I understand that the dangers and risks of practicing or competing in volleyball may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, 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 the District does not assume the responsibility for the medical services required for these risks.

Because of the dangers of volleyball, I recognize the importance of following the coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

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I have read the Insurance Information, Safety Guidelines, Warnings and Agreement to Obey Instructions information and it has been explained to me. 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

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

Date	Signature of Athlete	Print Name
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I, _____, am the parent/legal guardian of _____.(student athlete)

In consideration of the Central Kitsap School District permitting my child/ward to try out for the school volleyball team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in volleyball. I have read the above warnings and I understand their terms.

Date	Signature of Parent/Legal Guardian	Print Name
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