

BASEBALL / SOFTBALL CAUTIONARY STATEMENT

Baseball and softball are sports enjoyed by large numbers of interscholastic and recreational players annually. Because of their popularity, and the high speed components of the game, it is important to observe and practice a number of procedures designed to enhance the safety and enjoyment of all participants.

The school has purchased protective helmets that are certified by the National Operating Commission for Safety of Athletic Equipment (NOCSAE). This certification indicates that research has been conducted to verify the protectiveness and shock absorption capabilities of the helmet. Each player will receive a demonstration on the proper wearing of a batting helmet. Proper wearing of these helmets is the responsibility of the player after the orientation has been completed.

Preparation for practice or contest:

1. Wear all protective equipment, pads, braces and supportive undergarments to every practice or contest unless otherwise indicated by the daily practice plan.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
6. Players needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
7. Remove all jewelry and metal hair fasteners.
8. 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.
9. No hazing or initiations.

In the locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
3. Keep floors free of litter. Place all belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, horseplay, and rough-house in the locker/shower areas.
8. Identify incidents of foot or other skin infections to coach(es) immediately.
9. Be especially careful not to injure a teammate with cleated shoes and do not wear cleated shoes in the building or locker room at any time.
10. No hazing or initiations.

Approach to the competitive/practice site or travel to contest/practice site:

1. Be alert to:
 - a. Variable surface textures (concrete, matting, turf)
 - b. Steps, ramps, dugout locations
 - c. Locations of bulk equipment or specific drills
 1. Ball throwing machines
 2. Hitting practice and "on deck circle"
 3. Pitching practice
2. Hazards specific to baseball/softball:
 - a. All protective equipment required by rule must be worn at practices and competition during those situations that require it.
 - b. Helmets are to be worn by batters, base runners, catchers and base coaches.
3. No horseplay, rough-housing, hazing or initiations.
 - c. "On deck" hitters are to take practice swings in a designated circle but with complete attention directed to the pitcher and batter. If no circle is designated, stand behind the backstop. Keep hands off the backstop.
 - d. Swing only one (1) bat when taking practice swings. Use a bat ring that will not slide off the thick end of the bat.
 - e. Batting practice, infield drills, outfield drills, and pitching practice is to be done in designated areas and at designated times. DO NOT begin these practices without direction of the coach.
 - f. Sliding technique is to be performed as a progression and approved by the coach before it is tried. Lower extremity injuries may still occur when players are experienced in sliding techniques.

BASKETBALL CAUTIONARY STATEMENT

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 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 player safety, the following considerations should be implemented.

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 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 padding or bracing should wear all pads, braces and protective undergarments to each practice and competition.
8. Remove all jewelry, metal hair clips and hats.
9. No horseplay, roughhousing, 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.
13. Mouthguards are highly recommended.

Locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between lockers and shower rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower area.
6. Use foot powder as needed.
7. Refrain from rapid movements, roughhouse or horseplay in locker/shower areas.
8. Identify incidents of foot or skin infection to coach(es) immediately.
9. No hazing or initiations.

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, roughhousing, 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)
 - a. Blisters
 - b. Calluses
 - c. Ingrown toe nails
 - d. Fungus infections or plantar warts

FOOTBALL CAUTIONARY STATEMENT

Football 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 designed to enhance player strength, endurance, quickness, and playing skills. Contact is a major part of the game. To enhance player safety, the following considerations should be implemented.

Preparation for activity:

1. Wear all pads, helmet, 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 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 padding or bracing should wear all pads, braces and protective undergarments to each practice and competition.
8. Remove all jewelry.
9. No horseplay, roughhousing, 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. The use of braces is recommended.
12. Mouthguards are required to be worn at all times.
13. Players should undertake a proper weight and speed training regimen so as to properly prepare for the football season.
14. Players must read the cautionary statement on their helmet. This reading will be videotaped for confirmation that this indeed occurred.

Locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between lockers and shower rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower area.
6. Use foot powder as needed.
7. Refrain from rapid movements, roughhouse or horseplay in locker/shower areas.
8. Identify incidents of foot or skin infection to coach(es) immediately.
9. No hazing or initiations.

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. Divots in playing surface
 - b. Footballs in flight, rolling, or bouncing
 - c. Proximity of bleachers and fences 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, yardage markers, chains, and any other miscellaneous peripheral equipment.
8. No horseplay, roughhousing, hazing or initiations.

Hazards specific to Football:

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)
 - a. Blisters
 - b. Calluses
 - c. Ingrown toe nails
 - d. Fungus infections or plantar warts

GOLF CAUTIONARY STATEMENT

Golf is a great sport and one of the most enjoyable of the lifetime sports. Enjoyment, improved play and competition safety can be ensured by paying attention and adhering to the following considerations and procedures.

Preparing for practice:

1. High school golfers may practice or play competitive rounds of golf under sponsorship of Newman High School ONLY when authorized and supervised by a school district coach or supervisor. During all practice or competitive sessions and while preparing for practice or preparing to depart the golf course, participants are expected to observe and follow all policies contained in this document, all USGA playing rules, and display proper golf etiquette. Any practice or competitive golf rounds played without school district authorization or supervision will be at the player's own expense and own personal liability for damage, loss or injury.
2. Choose clothing or footwear that fits properly, and doesn't restrict movement. Wear all protective and supportive undergarments to practices and competition.
3. Select clothing appropriate for precipitation, humidity and temperature.
4. Players should ingest the equivalent of 4-6 glasses of water each day.
5. Players needing protective tape, first aid, or rehabilitative treatments should arrive early to receive necessary treatment.
6. Avoid horseplay with clubs and equipment.
7. 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.
8. If ill or dizzy, notify the coach or trainer. Do not practice.
9. Check clubs regularly for metal stress or other signs of deterioration.
10. Replace or repair damaged clubs.

Movement to practice site or travel to contest/practice site:

1. High school players and parents may transport golf team members to practices or matches played on local courses and practice ranges in the immediate Wausau area. Transportation provided in private vehicles must be indemnified by the personal accident and injury insurance of the owner or the driver. Newman Catholic Schools are not liable for injury, loss, or damage incurred by drivers or passengers in private vehicles. Travel to matches or practices outside the immediate Wausau area will be scheduled and provided by high school coaches or designated adult supervisors and players must use the mode of transportation provided by the school.
2. Exercise caution in driving to courses or practice areas.
3. Be cautious in parking lots when unloading clubs and/or carts or when changing shoes.
4. Be alert to ramps, stairs, artificial turf surfaces, carpets, concrete surfaces, and other changes in footing textures.
5. Be alert to locations of driving, practice swing, chipping, and sand trap areas.
6. Be alert to cart pathways, golf carts, and traffic patterns.
7. Be alert to weather conditions - especially stormy weather. Check with the coach before playing if there are any safety questions.
8. Adjust for temperature and humidity. A cap, sunglasses and sun block can be helpful in avoiding discomfort or overheating. Players with sensitive skin should avoid prolonged sun exposure.
9. No horseplay, rough-housing, hazing or initiations.

Cautions specific to golf:

1. When involved in club control/club swing drills LOOK in all directions BEFORE taking your first practice swing. Be sure there is room for the club to be swung safely.
2. No horseplay with clubs or equipment. No club throwing.
3. Be alert to players on adjacent tees or fairways.
4. Be alert to players in front and behind you. On short holes, signal players behind when it is safe to hit their tee shots. Do not hit tee or fairway shots if close to players ahead.
5. Call "FORE" if any shot moves into an adjacent fairway, or near any other players.
6. Drink water frequently on the course. If uncomfortable, stop in a shady area or sun shelter and consume water. Call for assistance if dizzy, ill or light headed.
7. If severe weather occurs while on the course:
 - a. Remove spikes, get away from clubs
 - b. Avoid isolated trees, shelters, hilltops, open spaces, or metal objects.
 - c. Move to a wood building, low, protected area, or heavily wooded area.

Emergencies

All injuries must be called to the coaches attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

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 supervisor to manage the situation, help with the injured person; telephone for additional assistance (phone numbers and information are posted on the telephone); 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. be prepared to implement emergency procedures
8. Bomb Threat: evacuate building and remain 200 yards from building
9. Tornado - go to a designated school shelter room, sit on floor next to and facing the wall or lockers.

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations, and responsibilities required for participation on the Newman Catholic High School Golf Team.

_____/_____
Athlete Signature Date

_____/_____
Parent/Guardian Signature Date

SOCGER CAUTIONARY STATEMENT

Soccer is a highly competitive, fast-action game in which physical conditioning plays a major role. Because of the speed and agility with which the game is played, squad members, their families, and the coaching staff must accept and share certain responsibilities designed to enhance the safety and enjoyment of the sport.

Preparation for practice or contests:

1. Wear all protective equipment, pad, braces and supportive undergarments including shin guards, to every practice or contest unless otherwise indicated by the daily practice plan.
2. Wear outer and under garments that are appropriate for humidity and temperature.
3. Players should ingest the equivalent of 4-6 glasses of water each day.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
6. Remove all jewelry and metal hair fasteners.
7. 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.
8. Goalkeeper must wear proper pads (Mouthguard is suggested).
9. Field players may also choose to wear a mouthguard.
10. No horseplay, rough-housing, hazing or initiations.

In the locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Refrain from rapid movements, horseplay, and rough house in the locker/shower areas.
6. Do not wear soccer shoes in the building or locker room at any time.
7. Remove mud outside and away from the building.
8. No horseplay, rough-housing, hazing or initiations.

Approach to the practice or contest site:

1. Be alert to ramps, stairs, and changes in the texture and levels of concrete, fields, and sidewalks.
2. Be alert to the location of the goal mouth, goal posts, and shooting drills.
3. Be alert to fast action dribbling or passing drills.
4. If ill or dizzy, notify the coach. Do not practice.
5. Do not hang on goal posts at any time.
6. Soccer is played and practiced in all types of weather. Players should have proper clothing and footwear.
7. If lightning is in the area, the practice or game will be suspended until the storm passes. (15 minutes without lightning)
8. Soccer players will be responsible for their own transportation to nearby games (i.e. Wausau West). A list will be provided. When playing "away" within the city, players or parents will, on occasion, be required to provide their own transportation and will travel in "car pools". The team car pools will attempt to leave the school together. All cars will follow the coach's vehicle and drive with the utmost care. Following the contest, car pools will return to school. The same policies will be used when car-pooling to practice sites within the city.
9. Soccer players will follow all other posted or published team rules.
10. Middle School soccer players practicing at St. Anne should purchase bus tickets to get from NCMS to NCHS and should look both ways before crossing any streets.

Cautions Specific to Soccer:

1. Play the ball when on defense. **DO NOT** attack the offensive opponent with illegal contact.
2. When involved in shooting drills, shoot in specified sequences and in designated areas and directions. Be sure the goalkeeper is ready for all shots.
3. High kicks are prohibited.
4. Intentional pushing and tripping is prohibited.
5. Charging or contacting the goalkeeper is prohibited.
6. Players must brace the neck and keep the mouth closed while striking the ball with the upper portion of the forehead when heading the ball.
7. Out of control runs and jumps are prohibited.
8. Slide tackles must be approved by a coach.
9. Shin pads must be worn by all players.
10. Water will be available at practices and contests.

Emergencies

Because of the nature of Soccer, some injuries may occur. All injuries must be called to the coaches attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

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 supervisor to manage the situation, help with the injured person; telephone for additional assistance (phone numbers and information are posted on the telephone); 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. be prepared to implement emergency procedures
8. Bomb Threat: evacuate building and remain 200 yards from building
9. Tornado - go to a designated school shelter room, sit on floor next to and facing the wall or lockers.

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations, and responsibilities required for participation on the Newman Catholic Schools' Soccer Teams.

_____/_____
Athlete Signature Date Parent/Guardian Signature Date

TENNIS CAUTIONARY STATEMENT

Tennis is a highly competitive, fast-action activity in which physical conditioning plays a major role. Because of the speed and finesse with which the game is played, squad members and their families must accept and share certain responsibilities with the coaching staff to enhance the safety and enjoyment of participants.

Preparation for practice or contest:

1. Wear protective socks and well fitting footwear to practice and contests.
2. Wear outer and undergarments that are appropriate for humidity, temperature, bracing and support.
3. Players should ingest the equivalent of 4-6 glasses of water each day.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
5. Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
6. Remove all jewelry and metal hair fasteners.
7. 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.
8. No horseplay, rough-housing, hazing or initiations.

In the locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. No horseplay, rough-housing, hazing or initiations.
7. Identify incidents of foot or other skin infections to coach(es) immediately.

Approach to the practice or contest site or travel to contest/practice site:

1. Be alert to steps, ramps, and changes in the texture of courts and sidewalks.
2. Be alert to bounding board activity.
3. Be alert to the location of warm-up drills involving practice swings.
4. Be alert to ongoing games as you enter the court area.
5. Be alert to debris and glass on the courts as you arrive.
6. Be alert to the location of nets and net posts.
7. No horseplay, rough-housing, hazing or initiations.

Hazards specific to tennis:

1. Throwing racquets and other horseplay is prohibited.
2. Doubles partners should face the net and be aware of each other's court position at all times so as to avoid physical or racquet contact with each other.
3. Players must gather up loose tennis balls and call "BALL" if loose ball rolls onto another court.
4. Shatterproof glasses or lenses must be worn if needed for perception and judgment. Eye protection specifically designed for racquet sports is strongly suggested.
5. Be under control when playing near nets, net posts and fences.
6. Net jumping is prohibited.
7. Heat and humidity can be a serious problem. Ingest water during the day, and at practice or matches.
8. Players with sensitive skin are encouraged to use sun block or cover skin areas.

Emergencies

Because of the nature of Tennis, some injuries may occur. All injuries must be called to the coaches attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

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 supervisor to manage the situation, help with the injured person; telephone for additional assistance (phone numbers and information are posted on the telephone); 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.

TRACK AND FIELD CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the NCMS and NCHS Track and Field Teams. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of track and field.

Preparation for practice or contests:

1. Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly. Wear ace bracing and supportive undergarments to practices and competitions.
2. Participants should ingest the equivalent of 4-6 glasses of water each day.
3. Proper warmup and warmdown is very important before and after competition and practices.
4. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
5. Athletes who are ill, dizzy, or light headed should contact their coach and should not practice.
6. Athletes 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.
7. Athletes needing preventive taping or bracing should arrive early to receive treatment. Any injury problem or concern should be discussed with a coach or athletic trainer.
8. Athletes with visual impairments must wear shatterproof glasses or lenses where judgment or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.
9. No horseplay, rough-housing, hazing or initiations.

In the locker room:

1. Be alert to slippery floors and use caution.
2. Keep floors free of litter. Place all personal belongings in assigned locker.
3. Close and lock locker doors when away from your assigned locker.
4. Keep soap and shampoo in the shower room.
5. No horseplay, rough-housing, hazing or initiations.
6. If spiked shoes are worn, they are to be put on and taken off outside the building.

Movement to the practice/contest site or travel to contest/practice site:

1. Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial tracks.
2. In approaching the track, be alert to location of:
 - a. Sprint/hurdle straightaways
 - b. Relay/exchange areas
 - c. Jump/Vault runways and landing pits
 - d. Shot and discus throwing and landing areas
3. When jogging for warmup/warmdown, or during practice, run in the outer lanes.
4. Stretch thoroughly and start your workout with easy running.
5. No horseplay, rough-housing, hazing or initiations.

Hazards specific to track and field:

1. Jumpers, throwers, and hurdlers must check equipment to see that it is safe and in proper condition before using. Athletes must notify the event coach in case of any equipment failure.
2. Shot/discus thrower(s) must check the throwing sector and the immediate areas alongside the circle or runway for people in the area. They must also refrain from horseplay with the shot and discus.
3. Hurdlers must be sure hurdles are facing a direction that allows the hurdle to tip if struck by the hurdler.
4. Distance runners and relay teams engaged in speed work and time trials should run the inside lanes unless passing a runner. Slower work should be done in the outer lanes.
5. When passing other runners during practice, always call "track."
6. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
7. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Do not wear radio or tape player head phones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.
8. Never cut across neighborhood lawns or through private property.
9. Avoid sudden stops on hard surfaces while sprinting. A gradual slow down will help prevent unnecessary leg stress.
10. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
11. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.
12. NCMS athletes will be required to purchase bus tickets to get to practice at Newman Catholic High School.

Emergencies

Because of the nature of Track and Field, some injuries may occur. All injuries must be called to the coaches attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

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 supervisor to manage the situation, help with the injured person; telephone for additional assistance (phone numbers and information are posted on the telephone); 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. be prepared to implement emergency procedures
8. Bomb Threat: evacuate building and remain 200 yards from building
9. Tornado - go to a designated school shelter room, sit on floor next to and facing the wall or lockers.

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations, and responsibilities required for participation on the Newman Catholic Schools' Track and Field Teams.

_____/_____
Athlete Signature Date _____/_____
Parent/Guardian Signature Date

VOLLEYBALL CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the NCMS and NCHS volleyball programs. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

Preparing for Activity:

1. Wear protective kneepads, braces and supportive equipment or garments to all practices and games.
2. Clothing and shoes should fit properly, be comfortable and allow for maximal physical efforts.
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 thick cotton sock. If blisters are a chronic problem or begin to appear, coaches should be consulted for appropriate responses or preventive actions.
6. Players who require corrected vision must wear shatterproof glasses or contact lenses. Glasses must be mounted in break resistant frames, and be held in place by an elastic strap.
7. Remove all jewelry and metal hair fasteners.
8. No horseplay, roughhousing, hazing or initiations.
9. Players with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present physician's approval to the coach prior to participation in any practice session.

In the locker room:

1. Locker room floors are often slippery.
2. Open locker doors can have sharp edges. Close and lock your locker when away from it.
3. Secure all personal items in your assigned locker.
4. Use soap and shampoo only in the shower area.
5. Be alert to raised thresholds at shower rooms.
6. No horseplay, roughhousing, hazing or initiations.

Entry to contest or practice site or travel to contest/practice site:

1. Be alert to ramps/steps leading to practice/contest area.
2. Be alert to variations in surfaces of locker rooms, ramps, stairways or playing floors.
3. Be alert to the following:
 - a. ball carts
 - b. volleyballs in flight, rolling, rebounding, or bouncing
 - c. spiking or serving drills
 - a. nets, support poles, cables, chairs, bleachers, and official's stand
 - b. Serving and spiking drills
4. No horseplay, roughhousing, hazing or initiations.

Preparing to play:

Do all stretching exercises as directed by the coaches. Jog easy laps to warm up. When stretching or playing, keep body in proper alignment to prevent undue stress on joints, ligaments, and muscles.

Hazards specific to volleyball:

1. Be alert to dehydration symptoms; i.e., dry mouth, inability to cool down, dizzy/light-headed. 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 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) or athletic trainer:
 - a. Boils
 - b. Rashes
 - c. Floor burns, cuts
5. Ankles and other orthopedic problems:
 - a. Sprains--new--ice, compression, elevate, rest
 - b. Sprains--old--taping, easy workouts, rehabilitative exercise.
6. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and dress contribute to the maintenance of health.

WEIGHT ROOM CAUTIONARY STATEMENT

Weight training is a very beneficial tool to ALL student-athletes. Weight training is essential for injury reduction and enhancement of physical skills necessary to compete in high school athletics. To enhance participant safety, the following considerations should be implemented.

Preparation for activity:

1. Wear all braces and supportive undergarments to all training sessions.
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. Participants 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 should be consulted for appropriate responses or preventive actions.
6. Participants 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. Remove all jewelry.
8. No horseplay, roughhousing, hazing or initiations.
9. Participants 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 training session.
10. The use of braces is recommended.
11. Stretch thoroughly
12. Be alert for possible hazards when conditioning in the halls.

Locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between lockers and shower rooms.
3. Keep floors free of litter. Place all personal belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower area.
6. Use foot powder as needed.
7. Refrain from rapid movements, roughhouse or horseplay in locker/shower areas.
8. Identify incidents of foot or skin infection to coach(es) immediately.
9. No hazing or initiations.

Hazards specific to weight training:

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. Foot Problems - Refer to coach(es)
 - 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. New Sprains - ice, compression, elevation, rest
 - b. Old Sprains - taping, easy workouts, rehabilitative exercise prescribed by a physician or rehabilitation specialist.
6. Respiratory diseases can be a major problem. A vitamin supplement, fluids, regular rest, proper nutrition and proper 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** share water bottles, towels, or anything else that might transmit body fluids or pathogens.
10. If you are unsure about the proper technique used for a particular lift, ASK the weight room supervisor
11. **NEVER ATTEMPT A FREE WEIGHT LIFT WITHOUT A SPOTTER!**

Emergencies

All injuries must be called to the weight room supervisors attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

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 supervisor to manage the situation, help with the injured person; telephone for additional assistance (phone numbers and information are posted on the telephone); 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. be prepared to implement emergency procedures
8. Bomb Threat: evacuate building and remain 200 yards from building
9. Tornado - go to a designated school shelter room, sit on floor next to and facing the wall or lockers.

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation in the Newman Catholic High School weight lifting program. We also understand that all costs associated with medical response or rehabilitation of injuries is the responsibility of the family, parent or guardian of the athlete.

_____/_____
Athlete Signature Date

_____/_____
Parent/Guardian Signature Date