

## Medical Insurance and Safety Precautions

I understand that my child cannot participate in interscholastic athletics unless he or she is covered by a medical insurance plan. I have insurance coverage for my child and will continue to keep it in force throughout the sports season.

The name of the company providing my coverage is: \_\_\_\_\_

Subscriber number: \_\_\_\_\_ Group number: \_\_\_\_\_

I recognize that playing sports involves risk of injury. I will discuss the following safety precautions with my child, and I understand that coaches will do so as well.

**With All Sports:** Stay well hydrated. Remove metal hair fasteners and jewelry. Take time to warm up and stretch. Wear athletic shoes with proper fit, strong ankle and arch support and good shock absorption. If joints or muscles feel injured, come out of the game. Do not continue to play through pain, or the injury could become more serious. Do not move an athlete if they have a possible spine or neck injury. Do not chew gum or eat food while playing a sport. Don't get offended by other players and start taunting, pushing or fighting. Concerned parents may consider protective glasses, or a mouth guard for any sport. If a student has had a prior knee, ankle or wrist injury, they may want to consider wearing a supportive brace.

**Cross Country:** Run only on the course prescribed by the coach. Run in pairs. No headphones allowed. Approach dogs with caution. Do not talk to strangers. Face oncoming traffic when running on roads. Be cautious at intersections. Be aware of erratic drivers and the location of vehicles at all times.

**Volleyball:** Wear knee pads and follow coach's techniques for diving. Communicate and listen to teammates to avoid colliding with each other. Keep some distance from other players when jumping to avoid landing on someone's foot and rolling an ankle. Follow coach's technique for protecting the face from a hard spike. Be aware of the net to avoid getting knocked over or tangled in it. Be alert when running to avoid hitting a pole or bleachers. Set up poles with pads. Dry the floor before playing if it becomes wet. Be careful not to land on stray balls when jumping.

**Soccer:** Wear properly fitting shin guards, soccer socks, and cleats or shoes with ribbed soles for traction on slippery grass. Goalies should wear long-sleeved shirts, pants or shorts with padding, and goalie gloves. Check the field for uneven ground, obstacles, or debris. Never climb on a goal or hang from the crossbar. Pay attention to players and surrounding objects when running. Follow the coach's techniques for heading a ball, such as: close your mouth so you don't bite your tongue, and watch out for head-to-head collisions with other players.

**Basketball:** Pay attention to the location of the ball to avoid being hit. Recognize the possible danger of undercutting a player and throwing a wild pass. Shoving, holding, tripping, and throwing elbows should not be tolerated by coaches or referees.

**Track and Field:** Wear sunscreen when outdoors on sunny days. Look both directions before crossing the track. Be extremely careful around the shot, discus, or javelin areas. Do not walk onto an area where field events are being thrown. Do not treat field implements as toys; be careful with them, recognizing they can be dangerous. Check that people are off the field before throwing an implement. Carry javelins vertically with the point down, and never run with a javelin. Do not cut in front of people while they are running. Warm up on the outer lanes of the track. Watch for slippery areas on wet days. Only jump a hurdle facing the proper direction.

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Parent Signature

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