

Student's Name (please print) _____

**CAUTIONS, CONSIDERATIONS, AND RESPONSIBILITIES TO INCREASE SAFETY AND
ENJOYMENT OF INTERSCHOLASTIC TENNIS
WORTHINGTON SCHOOLS**

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

PREPARATION FOR PRACTICE OR CONTEST

1. Wear proper footwear and socks to all practices and competitions.
2. Wear outer and under garments that are appropriate for humidity and weather conditions.
3. In hot, humid weather, players should consume 4-6 glasses of water between 10 AM and 3 P.M., with the last consumption at least 30 minutes prior to practice or competition.
4. Remove all jewelry and metal hair fasteners.
5. **ALL STUDENTS MUST HAVE THE APPROPRIATE PHYSICAL EXAMINATION CARD ON FILE BEFORE PRACTICING.**

LOCKER ROOM

1. Secure all personal belongings in your locker. Leave no valuables in locker.
2. Be alert to slippery floors.
3. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
4. Keep floors free of litter. Remember to close locker doors.
5. Refrain from rapid movements, horseplay and rough house in the locker/shower areas.
6. Identify incidents of foot or other skin infections to coach(es) or trainer immediately.
7. Players with sensitive skin are encouraged to use sun block or to cover skin areas.

MOVEMENT TO THE PRACTICE/CONTEST SITE

1. Be alert to ramps, stairs, and changes in the texture of courts and sidewalks.
2. Be alert to bounding board activity.
3. Be alert to location of warm-up drills involving practice swings.

INSURANCE

Student accident insurance is not provided by the Worthington Schools. All medical expenses incurred by an athlete must be paid by the parent and/or their insurance policy. I, the undersigned, understand that I must either use my own accident insurance or enroll my child in a school insurance program which has been made available for me to purchase. Otherwise, I realize that my son/daughter will not be covered by accident insurance.

ACKNOWLEDGEMENT

We certify that we have read and understand the cautions, considerations, and responsibilities required for participation in a Worthington Schools Tennis Program.

4. Be alert to ongoing games as you enter the court area.
5. Be alert to debris, glass, or other hazardous material on courts as you arrive.
6. Be alert to location of nets and net posts.
7. Observe safety regulations on vans/busses to and from contests.

CAUTIONS SPECIFIC TO TENNIS

1. Throwing rackets and other horseplay is prohibited.
2. Players must gather up loose tennis balls and call "LET" if a loose ball rolls onto the court.
3. Shatterproof glasses or lenses must be worn if needed for perception and judgment.
4. Be under control when playing near the net, net posts, and fences.
5. Net jumping is prohibited.
6. Heat and humidity can be serious problems. Ingest water during the day, at practices and matches.
7. If weight training is part of your conditioning program, observe all weight room safety procedures.

EMERGENCIES

Because of the nature of tennis, some injuries will occur. Most will be minor and can be managed with first aid. All injuries must be called to a coach's or trainer's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills.
2. Call a coach or trainer to manage the situation.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance.
 - b. Bringing first aid equipment or supplies to the site.
 - c. Keeping onlookers away.
 - d. Directing the rescue squad to the site.
5. Fire or fire alarm:
 - a. Evacuate or remain outside building.
 - b. Move 100 yds. from the building.
 - c. Be prepared to implement emergency procedures outlined in #4.

PARENT SIGNATURE

DATE

STUDENT SIGNATURE

DATE