

Everett School District No. 2

## BASKETBALL SAFETY GUIDELINES

High/Middle School

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:***

- 1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.**
- 2. Advise the coach if you are ill or have any prolonged symptoms of illness.**
- 3. Advise the coach if you have been injured.**
- 4. Engage in warm-up activities prior to strenuous participation.**
- 5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.**
- 6. Recognize the possible danger from such actions as "undercutting" a player, hanging on the basket, and throwing a "wild" pass.**

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.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date:

\_\_\_\_\_  
Parent or Guardian's Signature

\_\_\_\_\_  
Date:

**High/Middle School**  
Revised 7/26/02

Please Print Name: \_\_\_\_\_ Student ID \_\_\_\_\_

Office use only:

Emergency/Physical:

Yes ☐ No ☐

Academics: Yes ☐ No ☐

Eligibility/Parent Permission/Athl Code:

Yes ☐ No ☐

ASB Card: Yes ☐ No ☐