

TENNIS SAFETY GUIDELINES

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. One should be aware that the information presented in these rules and procedures is to inform the young man or woman of proper techniques or the inherent dangers involved with this particular activity. Not all potential injury possibilities in this sport are listed, but athletes should be aware of the fundamentals, coaching, and proper-fitting equipment are important to the safety and enjoyment of the sport.

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 and advise the coach of any hazard.
6. Before swinging a racquet, make certain that the area around you is clear of others.
7. Familiarize yourself with court surface/obstacles on courts before beginning play.
8. Be conscious of your partner's position on the court in doubles play.
9. Travel to and from off-campus gyms for practice/contests should take place in coach approved transportation vehicles only.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using proper techniques while participating in the tennis program.

We agree that neither the school district, nor the staff of the school district, nor the student organization of the school district shall in any athletic way be held liable for any accident or injury in any way received on account of or while engaged in any athletic activity sponsored by the district. We further agree that neither the district nor any of their staff or student organizations shall be responsible for the payment of any bills rendered for medical services as a result of such accidents or injuries.

This information has been provided by the Interscholastic Activities Safety and Care Handbook.

Athlete's signature

Date

Print Name (ATHLETE) _____

Parent/ Guardian Signature

Date