

## **SOCCER**

### **CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE THE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC SOCCER**

Bainbridge High School

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

#### **PREPARATION FOR PRACTICE OR CONTEST**

1. Wear all protective equipment, including shin guards, to every practice or contest unless otherwise indicated by the daily practice plan.
2. Wear outer/undergarments that are appropriate for humidity and temperature.
3. Any player with a visual impairment must wear corrective shatterproof glasses or contact lenses if the impairment affects judgment or perception.
4. Players needing preventive or rehabilitative taping, padding or bracing must arrive early to complete needed procedures.
5. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption at least 30 minutes prior to practice or competition.
6. Remove all jewelry and metal hair fasteners.
7. Students with seizure or other neuromuscular disorders or diseases, chronic skeletal problems, cardiac or renal problems, insulin/diabetic problems, or medically controlled allergies need a physician's approval to participate.
8. If ill or dizzy, notify your coach. Do not practice.

#### **LOCKER ROOM**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker door when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough-housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

#### **MOVEMENT TO CONTEST/PRACTICE 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 goalmouth, goal posts and shooting drills.

### **3. Be alert to fast action dribbling or passing drills.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 direction. Be sure the goalkeeper is ready for all shots.
3. High kicks are prohibited.
4. Intentional pushing and tripping are prohibited.
5. Charging or contacting the goalkeeper is prohibited.
6. Players must brace the neck and strike the ball with the upper portion of their foreheads when heading the ball.
7. Players must keep their mouths closed when heading the ball.
8. Out of control runs, jumps or high kicks are prohibited.
9. The coach must approve slide tackles.
10. All players must wear shin guards.
11. Water will be available at practices and contests. Players should consume 4-6 glasses of water during the day and drink water frequently at practice.
12. Do not climb or hang on the goals.

### **EMERGENCIES**

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

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he is not already at the site.
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 rescue team members to the site
5. Fire or fire alarm:
  - a. Evacuate or remain outside the building
  - b. Move 100 yards from the building
  - c. Be prepared to implement the emergency procedures outlined in #4.

### **ACKNOWLEDGMENT**

We certify that we have read and understand the cautions, considerations, and responsibilities required for participation on the \_\_\_\_\_ High School soccer team.

\_\_\_\_\_  
Athlete Signature/Date

\_\_\_\_\_  
Parent/Guardian Signature/Date