

THREE RIVERS CHRISTIAN HIGH SCHOOL

**TENNIS**

# Safety Guidelines

*(Prior to participating, BOTH the student and parent/guardian must read carefully and sign the backside of this form.)*

When a person is involved in any athletic activity, an injury can occur, especially with a sport as strenuous as tennis. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with tennis. There is a chance of broken bones, muscle and soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching, and proper safety equipment are important to the safety and enjoyment of the sport. Further preparation guidelines for practices/contests, locker room safety rules, and emergency situations are explained in the Athletic Handbook.

1. Be alert to steps, ramps, and changes in the texture of courts and sidewalks.
2. Be alert to the location of warm-up drills involving practice swings.
3. Be alert to ongoing games as you enter the court area.
4. Be alert to debris and glass on the courts as you arrive.
4. Be alert to the location of nets and net posts.
6. Throwing racquets and other horseplay is prohibited.
7. Doubles partners must face the net at all times.
8. Players must gather up loose tennis balls and call "BALL" if loose ball rolls onto another court.
9. Shatter-proof glasses or lenses must be worn if needed for perception and judgment. Eye protection specifically designed for racquet sports is strongly suggested.
10. Be under control when playing near nets, net posts, and fences.
11. Net-jumping prohibited.
12. Heat and humidity can be a serious problem. Drink water during the day and at practice or matches.
13. Players with sensitive skin are encouraged to use sun blockers or cover skin areas.

*(Signatures are REQUIRED on the backside of this form.)*

***(Prior to participating, BOTH the student and parent/guardian must read carefully and sign this form and return it to the Athletic Director.)***

**Athlete's Name (please print):** \_\_\_\_\_

I am aware that tennis is a high-risk sport and that practicing or competing in tennis can be a dangerous activity involving **MANY RISKS OF INJURY**. I understand the dangers and risks of practicing and competing in tennis, include but are not limited to death, serious neck and spinal injuries, which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health, and well being. I understand that the dangers and risks of practicing or competing in tennis may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life. I also understand that the sport in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed the Three Rivers Christian School District does not assume responsibility for the medical services required for these risks.

Because of the dangers of tennis, I recognize the importance of following the coaches' instructions regarding techniques, training, and other team rules, etc., and agree to obey such instructions.

In consideration of the Three Rivers Christian School District permitting me to try out for the high school tennis team and to engage in all activities related to the team, including but not limited to trying out, practicing, or competing in tennis, I have read the above warnings, and I understand their terms. I have also read and understand the preparation guidelines for practices/contests, locker room safety rules, and emergency situations, as explained in the Three Rivers Christian Athletic Handbook.

**Signature of Athlete:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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**Parent/Legal Guardian Name (please print):** \_\_\_\_\_

As the parent/legal guardian of the above-named student and in consideration of the Three Rivers Christian School District, I give permission for my child/ward to try out for the high school tennis team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in tennis. I have read the above warning, and I understand their terms. I have also read and understand the preparation guidelines for practices/contests, locker room safety rules, and emergency situations, as explained in the Three Rivers Christian Athletic Handbook.

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**TENNIS**