

Jones County Tennis Cautionary Statement

Tennis is a sport and as in any sport injuries can occur. The coaches working in our program are well qualified and professionally trained to teach and coach the game, and deal with injuries. By teaching proper technique, an athlete's risk for injury is reduced and the opportunity for success is greatly enhanced.

Off Season practice and participation in tennis, or other organized sports, will increase the skill components of wellness and better prepare an athlete for in season participation. The risk of injury is reduced by being in better physical condition, as is the opportunity for success and improvement increased through off season participation in organized sport.

Risks involved with tennis include the following:

- 1) Blunt contact by a racket or tennis ball to the head, face, body, and/or extremities can occur. Our athletes are expected to remain aware of their environment and those swinging rackets around them whenever a racket is involved with any aspect of a practice or game. By practicing proper fundamentals of strokes, our athletes reduce the risk of injury from contact by equipment. Practices and drills are set up to reduce the occurrence of accidental injury. Miss hits and other unexpected situations cannot be helped in some cases and are an inherent risk to any tennis player at all times.
- 2) Straining and spraining ligaments, tendons and muscles and broken bones are a risk associated with tennis by either contact with another player, foreign object such as fence, net, or racquet, or transition of weight through movement. Physical conditioning and proper warm-up will be used by our staff to help reduce the risk of these types of injuries.
- 3) Rotator cuff, and other shoulder muscle strain, sprains and tears can occur in tennis. Our staff will teach proper throwing mechanics, place emphasis on proper warm-up when hitting ground strokes, serves, overheads, and volleys, and use best intent judgment when dealing with injuries to the shoulder.

Equipment rules and regulations are set up by GHSA are expected to be adhered to by our athletes at both games and practices. Proper tennis shoes, racquets, and seasonally appropriate clothing must be used when participating in tennis.

Locker room procedures of safety concurrent with school wide hallway and classroom procedures should be followed by the athletes using the locker room. Slippery floors, foreign objects, or unforeseen circumstances can cause a person to slip and fall causing various types of injury. Keeping the locker room and personal space in and around a player's locker will be the responsibility of all persons using the locker room. Locker rooms will only be used when changing clothing for participation in tennis and a personal/ assigned locker will not be provided.

Transportation to contests, practices, and other tennis related functions include risks involved with normal travel. Players will be expected to travel with the team and under the direct supervision of school personnel whenever transportation is required. Players may travel to and from school with the team when transportation is needed for an event. Practices will be held at Jones County High School whenever possible to alleviate transportation issues. Student/athletes who participate in tennis are to adhere to traffic laws and accepted common practice when walking across parking lots, streets, or anywhere a softball function occurs. When traveling to or from an away contest, the team will stop for a meal; however, players will be responsible for purchasing their own meals. Any food allergies should made aware to the coaches and the player should know their limitations in this matter.

Injuries are a part of all sports. An injured player should follow these steps to avoid further damage after injury:

- 1) Get up as soon as possible so as not to be stepped on or tripped over by another.
- 2) Stay hydrated by bringing a water bottle or personal cooler to practice or games in case fluids are not available.
- 3) If an injury occurs and is serious enough to warrant non-participation or limited participation, the player should tell a coach immediately so as not to cause further harm.
- 4) Participate fully in all warm up, conditioning, and post practice activities.
- 5) Maintain proper nutrition, sleep habits, and physical shape for prevention of injury and participation enhancement. An athlete should condition their body and mind in their spare time and in the off season.
- 6) In case of serious injury or concern of serious injury follow 1st aid approved procedures.
- 7) Call 911 if there is any doubt to the seriousness of an injury that a coach or player does not feel comfortable treating.
- 8) Be sure not to move a victim if there is possible injury to the neck or back.
- 9) Control any open wounds and bleeding as soon as possible.
- 10) Provide CPR or Rescue breathing techniques as needed.
- 11) Treat the injured for shock if needed.
- 12) Athletes should contact the school trainer about any injury to help with treatment, care, and rehabilitation. This is to help the athlete get back to full range of motion and full strength as soon as possible.
- 13) R.I.C.E. should be used as an immediate response to injury for the 1st 24 hours. R – Rest. I – Ice. C – Compression. E – Elevation.

Communication after an injury is the part of the athlete and parent or guardian. Keep the coaching staff and trainer aware of rehabilitation and injuries that effect performance. Participation is secondary to a healthy child.

Tennis is a privilege and should be treated as such. With proper training, conditioning, fundamentals, and safety awareness, injuries will be kept to a minimum. Full season participation and success both on and off the court should be a goal of all active participants.

I have read and understand the above information.

Player _____ Date _____

Parent _____ Date _____