

"Home of the Golden Knights"



Union School District

UNION HIGH SCHOOL

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UNION JR/SR HIGH SCHOOL INJURY WARNING

VOLLEYBALL

Volleyball is one of the most popular participant sports in the world today. It is played at all levels of organization and by people in all walks of life. The game is best known by the bullet-like spikes and great diving saves made by the Olympic teams of Japan, China, the Soviet Union, and the United States, but it is more often enjoyed by friends and neighbors on a Sunday afternoon picnic.

Fortunately, volleyball is a relatively safe sport. The probability of a catastrophic injury occurring in volleyball is almost too small to calculate. Yet, serious injuries and death have occurred. Coaches, teachers, and participants need to be aware of the potential hazards of the game.

Possible Catastrophic Injuries

Catastrophic injuries related to volleyball include:

1. Loss of eye caused by collision with volleyball net equipment or with other players.
2. Severe brain damage or spinal cord damage caused by collision with net support equipment, the floor, the wall or other players.

Activity	Possible Injury	Cause	Prevention
Collision with net equipment	Eye, brain, spinal column	Uncontrolled pursuit of the ball	Reminders to players of danger. Teaching of rules.
Opposing players colliding at net	Brain damage, death	Uncontrolled jump by blocker or spiker	Teach blocker to jump with control, no broad-jump. Spikers must never jump into net or over centerline.
Player landing on floor	Cervical neck damage	Improper techniques for landing on the floor	Follow sound teaching progressions. Learn proper landing techniques. Use arms to cushion landing and prevent head from hitting floor.
Player-to-player collisions	Eye, brain, spinal column	Unclear defensive strategies or uncontrolled player activity	Defensive areas of responsibility must be understood. Good judgement must be reinforced.
Sustained vigorous action	Cardiorespiratory failure, falling on head	C-V medical problem, fatigue	Physical exam by physician. Proper cardiovascular conditioning. Stopping play when fatigued.
Impact with net equipment	Eye, brain	Unsafe equipment, unsafe storage	Well designed and safe equipment.

Warnings

There are five types of situations which create serious hazards to volleyball players. These are:

1. Player collisions with the net and net support equipment.
2. Uncontrolled player-to-player collisions at the net between players on opposite teams.
3. Player collisions with the floor while attempting to play balls that are difficult to retrieve.
4. Uncontrolled player-to-player collisions between players on the same team.
5. Players who have exceeded their cardiovascular health and fitness levels.

This warning does not cover all the potential injury possibilities in playing volleyball, but it is an attempt to make the players and parents aware that fundamentals, coaching, and proper conduct are important to their safety and enjoyment in playing volleyball at Union Jr./Sr. High School.

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

ATHLETE'S SIGNATURE _____

DATE _____

PARENT'S SIGNATURE _____

DATE _____