



## **Volleyball Safety Guidelines**

Volleyball programs have risks that place participants in physical harm. The ankle and knee are the most common sites of injury to tennis players, followed by the lower back, hand, and wrist. The key to reducing these types of injuries is proper conditioning. Eye and face injuries also occur as a result of being hit with another player's body or ball.

The following guidelines should be followed when participating in the sport of volleyball.

### **Facility & Equipment**

- Court dimensions need to meet WIAA regulations for play/safety.
- Pad standards. Have extra padding available to pad other potential hazards.
- Keep playing area free from trip and fall hazards.
- Insure first aid, and safety equipment is available.
- Dry body sweat on floor immediately. Check the floor for slip hazards and wipeup as needed.
- Place team bench as far back as possible from sidelines.
- Check bleachers, including locking system.

### **Supervision & Instruction**

- Make sure athletes wear all the required safety gear every time he or she plays and practices including elbow pads, knee pads and palm guards.
- Insure students wear shoes appropriate for the playing surface. Running shoes should not be worn as the soles are not designed for quick turning, stopping and jumping.
- Don't tolerate horseplay or unsportsman like conduct. Avoid purposeful pushing and tripping.
- Never allow students to play on or tamper with the net, poles and mechanisms.
- Teach players to pay attention to the game at all times.
- Instruct players to call the ball to avoid collisions.
- Review proper landing and position when diving for the ball.
- Make sure all players warm up and cool down.
- Stretching exercises are important.
- Instruct athletes to use their legs like springs and land on both feet to absorb shock.
- Remind players to always be alert to other players' positions so they can land safely.
- Insure athletes do not wear chains, rings, and metal wristbands or earrings. If they wear glasses, they should be secured and have shatterproof lenses.
- Use a whistle.
- Ensure proper hydration of athletes.