

**NATRONA COUNTY SCHOOL DISTRICT
SPORTS SAFETY AND RISK MANAGEMENT PROGRAM**

**TENNIS
CHECKLIST OF PROCEDURES**

A. Film – “Sports and Activities: Know the Risks” to be viewed by all coaches and athletes. All athletes must see film and sign sheet.

Sign _____ Date _____

B. Emergency Action Plan is outlined, on file in the Athletic Director’s/Junior High/Middle School Event Coordinator’s office and reviewed by all coaches. Emergency Action Plan should include the following information:

1. Separate plans should be developed for each facility.
 - a. Outline personnel and role.
 - b. Identify necessary equipment.
2. Availability of phones and access to 911.
3. Keys to gates/locks must be easily accessible.
4. Individual should be assigned to accompany athletes to hospital.

Sign _____ Date _____
Sign _____ Date _____
Sign _____ Date _____

C. Emergency procedure sheet – coaches must review. Coaches have read and understand procedures, including viewing the film “When the Cheering Stops.” Each coach has read and understands.

Sign _____ Date _____

D. Review procedures on environmental hazards including: heat illness recognition and prevention, lightning, cold etc. Review charts on lightning and cold hazards as well as review use of lightning detectors.

E. Explain procedures for dealing with injury and illness, including exposure to blood and/or other body fluids.

F. Review policies on “Supportive Undergarments” and “Sport Participation with Jewelry.”

G. Explain all drills and their purpose (conditioning, improving skills, safety).

H. To avoid blisters wear only well-fitting tennis shoes with a high lacing pattern.

I. To avoid dehydration, take plenty of water on the playing court with you and drink often.

J. Bring adequate clothing for the match and shifting weather as well as sun protection.

K. Stretch the shoulders, back, hips and arms adequately before you play the match.

L. Avoid making distracting sounds or actions as someone may get hurt as a result of the distraction.

M. Remove any distracting equipment that may be on the court and could be in your way, such as tennis balls.

N. Do not jump over the net.

O. Do not throw the tennis racquet or hit any balls after the play is over as they may strike an unsuspecting player or spectator.

P. All athletes have the right to leave an athletic site or activity, without fear of repercussion or penalty if they feel they are in danger.