

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

**VOLLEYBALL  
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 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 \_\_\_\_\_  
Sign \_\_\_\_\_ Date \_\_\_\_\_  
Sign \_\_\_\_\_ Date \_\_\_\_\_

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

Sign \_\_\_\_\_ Date \_\_\_\_\_

- E. Review procedures on environmental hazards including heat illness recognition and prevention.
- F. Explain procedures for dealing with injury and illness including exposure to blood and/or other body fluids.
- G. Review policies on “Supportive Undergarments” and “Sport participation with Jewelry.”
- H. Explain proper hitting and blocking techniques for tight sets.
- I. Explain the importance of keeping the floor clear of loose balls and equipment.
- J. 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.