
Volleyball

Equipment

A fully stocked first aid kit must be readily accessible.

A working communication device (e.g., cell phone) must be accessible.

Determine that all equipment is safe for use.

Poles must be safely stored when not in use.

Nets must have no frayed wires.

Ball must be appropriate for age and ability of athletes.

Protective padding must be placed around the poles, including cranks and support, from the floor up to the bottom of the net.

Antennae must be flush with the bottom of the net.

Clothing/Footwear

Appropriate clothing and footwear must be worn.

No jewelry.

Facilities

Determine that all facilities are safe for use.

Playing surface and surrounding area must be free of all obstacles (e.g., tables, chairs), and must provide sufficient traction.

When volleyball poles are removed, floor plugs must be replaced.

Special Rules/Instructions

Skills must be taught in proper progression.

Drills must be organized so as to minimize the risk of being hit with an errant ball.

Game activities must be based on skills that are taught.

Activities/rules must be modified to the age and ability level of the participants.

Student athletes must be instructed in the safe and correct method of setting up and taking down of nets (e.g., standing on chair).

When facilities do not allow for safe play (e.g., poles on sidelines, lines adjacent to walls), modify rules appropriately.

Parents/guardians must be made aware of any off-campus activity and the means of transportation used.

Be aware of athletes whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic device) may affect participation (see Generic Section).

A student athlete's fitness level must be commensurate with the level of competition.

Supervision

On-site supervision.

Constant visual supervision if athletes are setting up, adjusting, and putting away poles and nets.

Also see Generic Issues and Introduction to Activity Page Components Sections to view complete safety requirements.