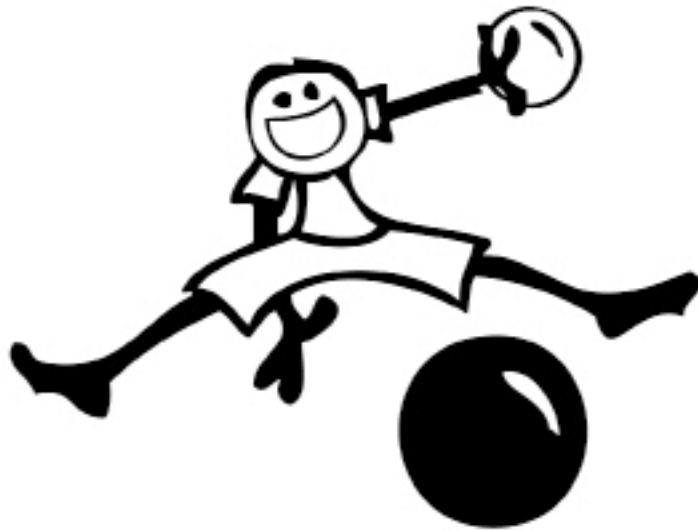


**SOUTH WHIDKBAY
PARKS & RECREATION
DISTRICT**



DODGEBALL

THANK YOU

This handbook has been compiled to provide essential information for the up-coming youth dodgeball league. Remember to enjoy the sport and make it a positive experience for all involved. Thank you for volunteering to participate; because of ongoing support such as this, our programs are made successful.

- **South Whidbey Park & Recreation Staff**

SWPRD PHILOSOPHY

To strive to provide a fun environment which realizes and challenges each participant's playing potential while maintaining the integrity of disciplined and fair "Team Play".

CONTACT INFORMATION

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INCLEMENT WEATHER & POWER OUTAGES

In the case of inclement weather or power outages there may be a need to cancel games or practices. If South Whidbey schools have officially closed, then basketball games or practices will also be canceled for that day. The South Whidbey Parks & Recreation District office will, if closed, leave a message on the voice messaging system indicating the status of basketball games for that day. Call 221-5484 to reach that message. Reasonable attempts will be made to re-schedule canceled games.

Participation in sports can be a great learning experience for players, coaches, and parents. The following code of conduct standards were established so all people can enjoy organized sports. As a coach, please help your players and their parents understand and adhere to the following respective standards.

The function of a coach is to properly educate students through participation in youth competition. Each child should be treated as though they were the coaches' own and their welfare shall be uppermost at all times. Coaches shall actively use their influence to enhance sportsmanship by their spectators. The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse and under no circumstances should authorize their use.

Officials shall have the respect and support of the coach at all times. The coach shall not indulge in conduct which will incite players or spectators against the officials. Public criticism of officials or players is unethical and will not be tolerated.

Coaches

- Strive to provide a safe environment which challenges each participant's playing potential while maintaining the integrity of disciplined "team play".
- Be a positive role model to your players. Be concerned with their overall development. Exit the season having left the sport and players better served than the year before.
- Care more about your players than winning the game. Remember, players are involved in the sport for fun and enjoyment.
- Be generous with your praise when it is deserved. Be consistent, honest, fair and just. Do not publicly criticize players. Do not yell at or verbally/physically abuse players or officials.
- Familiarize yourself with the rules, techniques and strategies of the sport. Encourage all of your players to be team players.
- Maintain an open line of communication with the parents.

Players

- Play for fun and enjoyment of the sport.
- Work hard to improve your skills.
- Be a team player- get along and cooperate with your teammates.
- Be on time for all games and practices.
- Learn the rules and play by them.
- Respect your coaches, teammates, parents, opponents and the officials.
- Respect the arena and its facilities. Without them you would not have a place to play.

Parents

- Encourage your child to play by the rules. Applaud the good plays of both teams.
- Emphasize the benefits of skill development and practices. De-emphasize competition.
- Know the rules of the game and support the officials.
- Applaud a good effort in both victory and defeat; enforce the positive points of the game. Never yell or physically abuse your child after a game or practice. It is destructive.
- Recognize the importance of volunteers. They are important to the development of your child and the sport. Communicate with them and support them.

TAUNTING & BAITING

Taunting and baiting of opponents or officials has no place whatsoever in community athletics at any level. Using “trash talk”, ridiculing motions, pointing fingers and gesturing are all forms of taunting and baiting. Such conduct is contrary to the basic concept of fair play and honorable competition which SWPR strives to provide for participants. It simply cannot be tolerated as part of an educational program and experience. Allowing players and their parents to commit acts of taunting or baiting without a reprimand or removal from the game is sending the message that it is acceptable behavior. Coaches must get directly involved in eliminating this type of conduct from the game. A responsible coach will use his best judgment and will react swiftly when it occurs. If everyone involved in the game does their job, these undesirable acts will no longer be a part of basketball.

DRUG, TOBACCO & ALCOHOL POLICY

The following rules represent SWPR’s policy concerning substance abuse. They will be enforced uniformly with respect to ALL participants. Anyone who wishes to participate in the SWPR Basketball program is prohibited from the using or being under the influence of illegal drugs, tobacco, or alcohol during SWPR activities in accordance with chapter 69.33 of the Revised Code of Washington. Any such action will be reported to the appropriate law enforcement officials, and that person will not be allowed to participate in any further program activities, for the current season.

SEATBELT RULE

Both coaches and spectators should mind our seatbelt rule: remain seated on the sidelines and refrain from abusive or excessively negative shouting. They should not be pacing the sidelines, screaming at the kids or officials. Officials shall have the respect and support of the coach at all times. The coach shall not indulge in conduct which will incite players or spectators against the officials. Public criticism of officials or players is unethical and will not be tolerated. If a spectator or coach is out of control, they should be warned by either a coach or official that this is unacceptable, and then asked to leave the gym if such behavior continues.

GYM USE & EQUIPMENT

The intent of these responsibilities is to show respect for our schools and the privilege of using them. The SWPR asks all participants to help carry out the following procedures.

EXPECTATIONS FOR USING ALL GYMNASIUMS

- Never allow persons into the facility that are not with the program or school district.
- NO FOOD OR DRINK (except water) IN THE GYM.
- Mechanical bleachers have a latch or locking feature. Know how they work before operating.
- Keep the balls locked in the ball box.
- Dodgeballs MAY NOT be used outside.
- Do not use emergency doors unless it is an emergency.
- Sweep the floors, pick up all trash and lost/found when leaving.
- Make sure all doors, including emergency doors, are shut before leaving.
- Parents have a responsibility to help in ensuring the above procedures are carried out. Remind them they can volunteer too!
- Please make sure all players help out.

Have a brief meeting with parents before the season begins. Use this time to discuss the details of the program and answer any questions they might already have. It is important that you begin each season with good communication between your players' parents and yourself. This will eliminate problems and help to keep your team running smoothly and having fun. Below are some ideas of topics you may want to discuss with parents during this meeting.

- SWPRD Philosophy
- Codes of Conduct for both players and parents
- Gym Use Responsibilities
- Practice schedules
- Game schedules
- Carpooling options
- Procedures you will follow in case of injuries (see below for concussion info)

Remind parents to emphasize to their players that the important thing is to enjoy playing and develop skills, not to win or be a "star". Communicate to parents that by placing excessive pressure on youngsters they can detract from the potential that sports can have for enjoyment and personal growth. Use this handbook as a reference for specific information to present at this meeting. Also note the references at the back of this handbook.

FIRE ALARMS

- Evacuate the building. Quickly check for fire while exiting. Make sure you have ALL of your players!
- If there is no fire and the school staff or SWPR coordinators are not at the school, call 911, tell them you are at the school and there appears to be no fire.
- Once the possibility of a fire is eliminated and the alarm is silenced, games may continue. Games should be rescheduled if the alarm can not be shut off quickly.

CALL 9-1-1 IMMEDIATELY WHEN:

- Player is unconscious for any reason.
- Player is having a seizure.
- Player is choking or gasping for air.
- Player has an obvious angular limb fracture.
- Player has been struck on the head and has an obvious deformity.
- Player has taken a hard fall or blow to the head and is incoherent.
- Player has been impaled by a sharp object. DO NOT REMOVE OBJECT!
- Player has an eye injury.
- Player has knocked out 2 or more teeth.
- Player is hyperventilating.
- Player has profuse bleeding that can not be stopped.

In the case of major bleeding do your best to control the bleeding by applying pressure to the wound with a large, clean dressing until help arrives. A first aid kit will be available at all game sites. Do your best to calm the player and reassure him/her that help is on the way.

COMMUNICABLE DISEASE PROCEDURES

Treat ALL body fluids as if they are contaminated, including but not limited to, blood, vomit, blister fluid and cerebrospinal fluid. Hepatitis B can be present in blood and can live even in dry blood. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

Protect yourself from all body fluids using gloves and other personal protection equipment. Immediately wash hands and other skin surfaces if contaminated with blood or other body fluids.

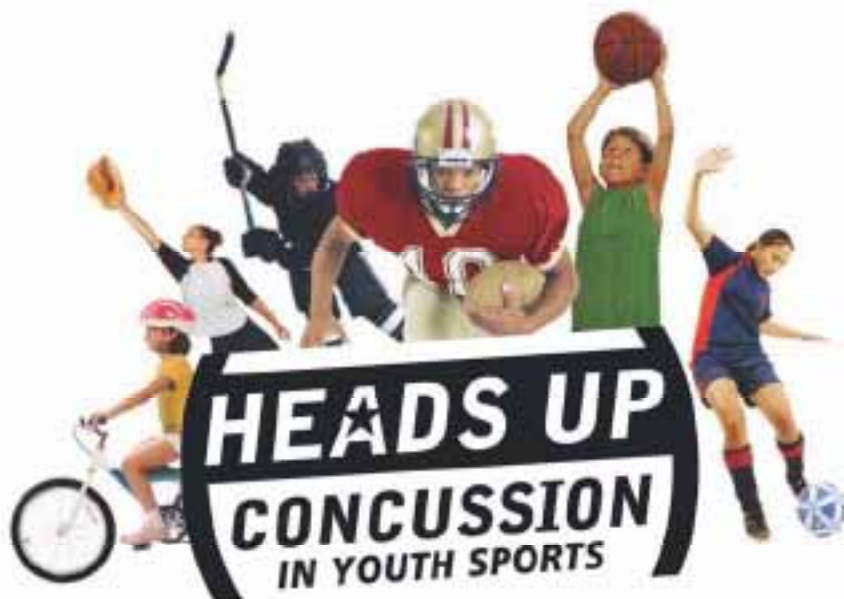
Stop the bleeding and cover any open wounds. If there is an excessive amount of blood on the uniform it must be changed before the athlete continues participation.

Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, resuscitation bags or other ventilation devices should be used.

Coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.

Contaminated towels, gloves etc... should be properly disposed in a biohazard bag & disinfected with bleach. Remember that body fluids should be handled cautiously. Always follow the guidelines on the "Blood Spill and Surface Clean-up Kit" when body fluid spills occur. Kits are located in the ball Box.

WHEN IN DOUBT - CALL 9-1-1



SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets sports plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right"

ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play **only** with permission from an appropriate health care professional.

IMPORTANT PHONE NUMBERS

FILL IN THE NAME AND NUMBER OF YOUR LOCAL HOSPITAL(S) BELOW:

Hospital Name: _____

Hospital Phone: _____

Hospital Name: _____

Hospital Phone: _____

For immediate attention, CALL 911

If you think your athlete has sustained a concussion... take him/her out of play, and seek the advice of a health care professional experienced in evaluating for concussion.

For more information and to order additional materials **free-of-charge**, visit:
www.cdc.gov/ConcussionInYouthSports

SPRAIN: Injury to the ligaments characterized by sudden loss of function, localized and persistent pain in the joint.

Causes: More tension is applied to the ligament than it can bear. So it tears resulting in the loss of function, pain and swelling.

Treatment: Immediate treatment utilizing RICE. Contrast bath OK; heat-ice-heat-ice; 2 minutes heat, 1 minute ice. End with ice.

When to exercise again: See a doctor or other health care professional. Stretch slowly and rest. If it hurts to exercise.

Prevention: Good warm-ups, do not over train, build endurance, and develop good work techniques and fundamentals. Strengthen the joint, wear braces or tape to support.

STRAINS: An injury where muscle fibers are stretched and/or partially torn.

Causes: Over exertion, over stretching, lifting an object improperly, & lifting heavy objects.

Treatment: RICES: Rest, Ice, Compression, Elevation, Support

Prevention: Do not over exert, or overstretch or lift overly heavy objects. Lift properly.

NOSE BLEED: Bleeding from the nose. An injury to the soft tissue of the nose.

Treatment: Coach must use safety precautions. Keep victims quiet and place them in a sitting position, head in normal position. Have player pinch nose or insert a small, clean pad or gauze into one or both nostrils and apply pressure. A free end of the pad must extend outside the nostril so it can be easily removed. Pinch nose for 6-10 minutes. Clean up player & uniform. Be sure they are not hurting any-where else and rule out a concussion! If bleeding persists, seek immediate medical assistance.

TENDON RUPTURE: A tear, resulting in complete lack of function of an area.

Causes: Tight tendons, poor flexibility, and sudden violent contractions.

Treatment: Refer to a doctor. Apply ice immediately. Splint area to protect from further injury.

Prevention: Stretch tendons daily, strengthening programs and warm up properly.

FRACTURES: This injury can be open or closed. Some are not obvious but most hurt in a small area.

Treatment: Splint the area to support it. Always x-ray if a fracture is suspected.

TENDONITIS: Inflammation of tendons that causes fibers to swell.

Causes: Overuse

Treatment: Stretch and ice (these are the only successful treatment for Tendonitis). Stretch slowly and gently. Hold for 30 seconds. Ice the area 3-5 times a day.

Prevention: Improve flexibility by stretching daily. Strengthening programs help.

HEAT ILLNESS: Characterized by fatigue, weakness, and inadequate intake of water to compensate for loss of fluids through sweating.

Causes: Non-acclimation, out of shape or overweight, some medication, dehydration, temperature of the body increasing, lack of air circulation around the body to cool properly, humidity, and the kind of clothing worn.

Treatment: Give the victim sips of cool water (half a glass every 15 minutes over a period of one hour). Apply cool, wet cloths and fan or move to an air-conditioned room. Rest for a while (few days). Prevention: Do not exercise in extreme heat. Get in shape gradually and drink plenty of fluids. Wear proper clothing.

Stage 1: Cramps: Muscle cramps are painful sustained contractions of all the fibers in a muscle.

Treatment: Stretch and massage muscle. With the calf, squeeze the muscle with one hand and stretch it by pushing the front part of foot down with your other hand. For the biceps, squeeze the muscle with one hand and have a colleague straighten the elbow.

Prevention: Eat more fruits and vegetables. Drink lots of water. Do not rely on thirst. Bring water bottles to games.

Stage 2: Exhaustion Symptoms: Weakness, dizzy, headache, nausea, diffuse sweating, vomiting. Skin- cool & clammy, Vital Signs-normal.

Treatment: Rest, provide fluids and get out of heat.

Prevention: Eat more fruits and vegetables. Drink lots of water. Do not rely on thirst. Bring water bottles to games.

Stage 3: Heat Stroke: ****MEDICAL EMERGENCY**** Symptoms: Irritability, aggressiveness, unsteadiness. Skin- hot & dry with body temperature very high.

Treatment: Call 911.

Prevention: Eat more fruits and vegetables. Drink lots of water. Do not rely on thirst. Bring water bottles to games.

STITCHES IN THE SIDE: Sudden sharp cramping pains in the upper abdomen muscles.

Causes: Eating just before exercising or intolerance to milk or wheat and lack of conditioning.

Treatment: Stretch side away from pain. Breathe rhythmically.

Prevention: Do not eat for three hours before exercising. Eat more fruits and vegetables.

CONCUSSION

Causes: Any blow to the head resulting in a headache, loss of consciousness or any mental difficulties.

Treatment: IMPORTANT: Doctor clearance note required to return to play. Do not let players play for 1 week after headache subsides, due to second impact syndrome.

LACERATIONS: Cuts.

Treatment: Large cuts need stitches right away. Send them to local emergency room.

HYPERVENTILATION: Fast breathing.

Treatment: Keep calm. No need to use paper bags. Have them breathe slowly.

DODGEBALL OFFICIAL RULES

THE TEAM

Teams will be made up of 6-10 players. Six (6) players will compete on a side; others will be available as substitutes. If necessary, a team may begin with fewer than 6 players. Maximum 6 on the court at any time.

THE FIELD

The game may be played indoors or outdoors. The playing field shall be a rectangle at least 50 ft long and at least 30 ft wide, divided into two (2) equal sections by a center-line and attack-lines 3m from, and parallel to the centerline. Measurements: 60' x 30' – Identical to a volleyball court.

THE EQUIPMENT

The official ball used will be an 8" rubber-coated foam ball for grades 6/7/8; the smaller balls are for grades 4/5.

THE GAME

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

1. Hitting an opposing player with a LIVE thrown ball below the shoulders.
2. Catching a LIVE ball thrown by your opponent before it touches the ground.
3. Throwers will be "out" if they make a "head shot".

Definition: LIVE: A ball that has been thrown and has not touched anything, including the floor/ground, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc)

BOUNDARIES

During play, all players must remain within the boundary lines. Players may leave the boundaries through their back end-line only to retrieve stray balls. They must also return through the end-line.

THE OPENING RUSH

Game begins by placing the dodgeballs along the center line – three (3) on one side of the center hash and three (3) on the other. Players then take a position behind their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest. Teams may only retrieve the three (3) balls to their right of the center hash. Once a ball is retrieved it must be taken behind the attack-line before it can be legally thrown. Players must throw from behind the attack line to avoid injuries.

TIMING AND WINNING A GAME

The first team to legally eliminate all opposing players will be declared the winner. A 5-minute time limit has been established for each contest. If neither team has been eliminated at the end of the 5 minutes, the team with the greater number of players remaining will be declared the winner.

5-SECOND VIOLATION

In order to reduce stalling, a violation will be called if a team in the lead controls all six (6) balls on their side of the court for more than 5 seconds. This also applies to individuals holding a ball for more than 5 seconds – in which case they will be “out”.

RULE ENFORCEMENT

Rules will be enforced primarily by the “honor system”. Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. All contests will be supervised by a court monitor*. The court monitor’s responsibility will be to rule on any situation in which teams cannot agree. **THE COURT MONITOR’S DECISION IS FINAL – NO EXCEPTIONS.**

SWPRD AMENDMENTS TO THE RULES

1. Players who are “out” will be permitted to re-enter the game if an active player on their team catches a live ball. Players will re-enter, one per catch, in the order in which they were taken out, through the end line. There may still only be a maximum of 6 players on the court at any time. First out = first back in.
2. If a player uses a ball to deflect a ball, and his/her teammate catches that ball, the opponent who originally threw the ball is out. Likewise, the deflected ball could also take out a teammate.

CONCLUSION

Remember to make the sport fun and a positive experience for all involved. You can make a lasting impact on those you work with and their future interest in this sport. Thank you for all your help and support. Enjoy the season!!

THANK YOU

...for volunteering to participate as a coach in the South Whidbey Park & Recreation youth dodgeball league. Because of ongoing support such as this, our programs are made successful.

- South Whidbey Parks & Recreation Staff



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