

# COACHES SAFETY CHECKLIST



Prior to all practices and games all coaches should adopt the habit of making sure the field and goals provide for a safe environment for the players and spectators

## FIELD SAFETY

Walk the field:

- ◊ Inspect for any foreign object
- ◊ Check for pot holes
- ◊ Make sure sprinkler heads are sealed
- ◊ Notify your club and field owners of unsafe field conditions (in writing)
- ◊ Do not allow anyone to use the field until all hazards have been corrected

## GOAL POST SAFETY

- ◊ Make sure goals are properly fastened and anchored to the ground
- ◊ Inspect goal post for sharp corners and unsafe rusting
- ◊ Portable goal posts should only be moved by authorized personnel or under proper supervision
- ◊ Forbid any horseplay by players or members of the public on or around any goal post
- ◊ Anchor or chain one portable goal to another or to a nearby fence when not being used
- ◊ Remove nets (if possible) when goals are not in use

## PLAYER SAFETY

- ◊ Communicate the law of the game to all players and parents
- ◊ Position yourself to provide proper supervision at all times
- ◊ Make sure jewelry and hair pieces are removed and shoe laces tied
- ◊ If severe weather approaches, remove all players from the playing fields immediately.
- ◊ Know the location or nearest emergency health care facility. Also you must know of any health issues your players may have.
- ◊ Keep a first aid kit handy at all times, phone numbers of parents/emergency contacts, cell phone
- ◊ Arrange for supervision of players without rides at conclusion of every practice
- ◊ Make sure you or an official on the field has basic first aid training.
- ◊ Don't hesitate to involve the parents with maintaining the safety of your players

## INJURY CLAIMS

- ◊ Maintain a supply of player medical claim forms
- ◊ Obtain and record relevant information about an injury to a player and/or spectator-at time of incident
- ◊ Keep a first aid kit handy at all times, phone numbers of parents/emergency contacts, cell phone

