

COACH'S SAFETY CHECKLIST

Attend a first aid class, if possible.

Teach players about injury prevention and safety around the goalposts.

Inspect game and practice areas for unsafe conditions such as glass, rocks, metal, holes, mud, sprinkler heads, sticks, bicycles parked near the edge of the field or any other dangerous object which might lead to injury (Referees will do this, too).

Check goalposts. There should be no hooks or protruding fastening devices on the uprights or crossbar. Check nets for holes or loose tie-downs.

Check for loose panels on soccer balls.

Make sure players are allowed rest and fluids at practices and games.

Ensure proper warm-ups prior to practices and games.

Enforce the policy of NO jewelry and NO casts or splints. Shin guards are required.

Instruct players on the rules of the game.

Maintain a simple first-aid kit and have it at all games and practices. Know where the nearest telephone is and know the emergency number to call, if needed. Have change for the phone.

Have medical release (registration) forms at all games and practices.

Seek medical help for all but minor injuries.

Do not allow non-AYSO players to participate in your practices or games.

Please report any unsafe field conditions to the referee.

Do not hesitate to report any injuries, no matter how minor to you Division Representative or any Board Member available.

If an injury does occur, call the safety coordinator. Report any unsafe condition that could cause an injury.

Be positive, supportive and enthusiastic.

Preventing injuries to the players must be one of the coach's chief concerns. Injury prevention can be increased by:

- Proper warm-up

- Sufficient physical conditioning
- Correct soccer techniques
- Knowledge and application to the Laws of the Game
- Sufficient rest and fluids
- Safe equipment

Field first aid is an important aspect of physical preparation, and one with which a coach should be familiar. The level of first aid that we are concerned with is primarily proper treatment at the field to reduce the severity of the injury. This includes the treatment of sprains, strains, and bruises. The coach should remain calm in any injury situation so the injured player and teammates are not unduly upset. The coach should use what he saw about the player's accident to guide his treatment. Ask the player to move the injured area; if the injury is serious the player will be reluctant to move the area. If there is doubt, assume the more severe possibility. Do not try to diagnose a serious injury. Get medical help! Some of the more common injuries and their treatment are shown on the next page.

Do not rush any injured player back into the game. The player's long-term welfare is much more important than any game. Before allowing a player to return to play (or practice) answer the following questions:

- Can the player walk without limping?
- Can the player run a straight line?
- Can the player cut from side to side?
- Can the player dribble the ball in a figure eight around two cones?
- Is the player safe from further injury?

If the answer to any of the above is no, do not allow the player to continue. If the player was seriously injured, he/she must have a doctor's release before participating in practices or games.

