

Playing It Safe Checklist

Preseason

- Be trained in CPR and sport first aid.
- Discuss risk of injury.
- Obtain participation agreement forms, signed by parents.
- Obtain release forms, signed by parents (allowing child to be treated in case of an emergency).
- Obtain medical release forms if required by your league.
- Prepare season plan and initial practice plans.
- Have blank injury report forms on hand to take to practice.
- Evaluate the area where you'll be practicing and report any safety concerns that need to be addressed before the first practice.

Before Practice

- Plan practices with athletes' physical condition, skill level, and tactical understanding in mind.
- Inspect the practice area for safety hazards; remove hazards and report conditions you can't remedy.
- Have a well-stocked first aid kit on hand.
- Have an emergency plan in place and be prepared to enact it.
- Be prepared to respond to minor injuries.

In Practice and Postpractice

- Use warm-ups and cool-downs.
- Use appropriate practice plans; adjust them as necessary, especially in terms of athletes' conditioning and high heat or humidity.
- Take drink breaks every 20 minutes.
- Match athletes appropriately.
- Supervise athletes closely.
- Keep adequate records.