



Coaching Safety Checklist

Before every training session or game, coaches and team staff should complete a quick safety review to ensure the playing environment is safe for all participants.

Field Inspection

- Walk the field before players begin and remove any hazards such as glass, rocks, garbage, or debris.
- Check the surface for uneven areas, holes, or raised turf that could cause players to trip or fall. If hazards cannot be removed, clearly mark the area with cones.
- Inspect sprinkler heads or other fixtures to ensure they are not sticking out of the ground.
- Keep bags, water bottles, equipment, and other items well away from the sidelines and goal lines.
- Confirm that all equipment being used is safe and in good condition. Do not use damaged balls, broken flags, or any equipment that could pose a risk.
- Players should not enter the field until safety concerns have been addressed.

Goal Post Safety

- Ensure all portable goals are properly anchored or secured before use.
- Inspect goal frames for sharp edges, loose parts, or structural damage.
- Goals should only be moved under adult supervision.
- Players should never climb, swing, or hang on goal posts.

Player Safety

- Players must be supervised at all scheduled activities.
- Shin guards are mandatory for all training sessions and games and must be fully covered by socks.
- Players should wear footwear appropriate for the playing surface and weather conditions.
- Encourage all players to bring a water bottle and provide regular hydration breaks.
- Jewelry of any kind must be removed before participation, including earrings, necklaces, bracelets, and rings.
- Hard hair accessories such as clips or pins should also be removed; soft elastics or headbands are recommended.
- Players wearing a hard cast from an injury are not permitted to participate.



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- If severe weather such as lightning or thunderstorms occurs, immediately clear the field and move players and spectators to a safe location.

Emergency Preparedness

- Know the location of the nearest hospital or emergency medical facility.
- Ensure someone on the coaching staff has a fully charged cell phone available.
- Have a first aid kit available at all practices and games.
- Maintain up-to-date medical information for each player, including allergies, asthma, concussion history, or other relevant conditions.
- Coaches, managers, or team officials should ideally have basic first aid training.

Player Welfare

- Ensure every player has a safe ride home after games and practices. No child should be left unattended at the field.
- Clearly communicate safety expectations to players and parents at the start of the season and reinforce them when necessary.
- When a player is returning from injury, follow a gradual return-to-play approach appropriate to their recovery.