

RICHMOND HILL SOCCER CLUB



Coaching Safety Checklist:

Prior to each training session or game, coaches and their assistants should conduct the following safety check to promote a safe environment for participants:

Field Safety:

- Inspect the field for any foreign objects that could potentially cause injuries (glass, large rocks, debris, etc.).
- Check for pot holes, ruts/hills and mark those areas with cones if required
- Make sure sprinkler heads are not protruding; if there is a danger presented, mark with cone(s).
- Ensure bags, water bottles, bibs, equipment, etc. are cleared away from the touchline and end lines.
- Ensure equipment is in proper condition to play safely. Equipment that is broken or in disrepair should not be used. This includes, but is not limited to, balls that have missing or protruding patches, broken corner flags or any other item that could harm a player.
- Do not allow players to use the field until all hazards have been corrected.

Goal Post Safety:

- Make sure portable goal posts are properly secured and anchored to the ground.
- Inspect goal posts for sharp corners or other hazards.
- Portable goal posts should only be moved under supervision.
- Forbid any horseplay by players or members of the public on or around any goal posts.

Player Safety:

- Ensure players are properly supervised at all scheduled activities. Prohibit behaviours that do not promote a safe and healthy experience for players.
- Check that all players are wearing shin guards before training sessions and game. Make sure shin guards are covered.
- Require players to wear footwear that is appropriate for the field conditions or playing surface.
- Encourage players to bring water to all training sessions and games and ensure players are given breaks to hydrate. This is especially important in hot weather but should be given consideration at all times of the year with all ages of players.
- Ensure players remove all jewelry including earrings, rings, necklaces, and bracelets. Hair pieces such as hard clips or bobby pins should also be removed. Encourage players to use elastics and/or pro-wrap or soft head bands to secure hair.
- Players are not permitted to participate in training sessions or games while they are wearing a hard casts as part of their recovery from injury.
- Remove all players and spectators from the playing fields immediately in the event of severe weather such as thunderstorms.

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- Be aware of the location of the nearest emergency health care facility.
- Ensure someone on the coaching staff has a charged cell phone available in case of emergency.
- Maintain medical forms for each player documenting any medical issues (asthma, allergies, heat related issues, concussion history).
- Have a first aid kit available at all times as well parent/guardian and alternate emergency contact numbers for each player.
- Ensure a coach, assistant coach, manager or other official has basic first aid training.
- Ensure all players have a ride after games and practices. No child should be left behind after practices or games without supervision by a coach, assistant coach or team manager.
- Communicate to players and parents/guardians your expectations with respect to safety at the start of each season and follow up with reminders if needed.
- Ensure that any player returning from injury follows an appropriate return to play strategy. The timing, intensity and contact need to be appropriately planned based on their recovery.

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