

SAFETY POLICY

Purpose: The purpose of this document is to provide safety guidance and procedures to protect the welfare of our athletes.

Scope: This document will cover an overview of safety procedures, our medical evacuation process, lightning policy, heat exhaustion plan, and incident reports

Discussion: Safety is everyone's responsibility. The Head Coach is responsible for running a safe and efficient practice. Team Mom's will be the keepers of this policy and will be the facilitators.

A couple of points:

1.) **First Aid.** Follow the first aid motto of "First, do no harm." It may be human nature, and most certainly Dad nature, to tell a kid to get up and walk it off. Or better yet, try to help a kid up by grabbing his hand and pulling him up, but two things can happen. One is that you can aggravate an injury by forcing them into action and two, you can cause an injury to a young shoulder by jerking them back to their feet. After a couple of weeks, maybe sooner, coaches quickly learn and determine which players are going to lay on the ground after every hit and which ones bounce back up after getting their heads practically knocked off. At that point, we react differently when one or the other type is still on the ground after a few seconds. In the meantime, we need to check them out slowly.

The ideal scenario is to find out who on our staffs have a medical background, or who of our sideline parents have a medical or first aid background. Of course everyone has to be cognoscente of the liability risk associated with administering any first aid or secondary attention to an injury, but it's great when you have someone who can at least make a preliminary judgment as to whether professional medical attention is necessary at the scene.

2.) **The face mask is not a steering wheel.** Never grab it and never allow players to grab their teammate's facemask when horsing around. You can generate a lot more torque than you think on those young necks with a little tug.

3.) **Traffic in the Park(s):** Drive slowly through the Park and double and triple check when you are backing out of parking spaces. It has always been a concern when people are late getting to practice or want to get home quickly that they practically race through the Park and parking lots, but the risks have increased with the addition of practice space on the Linder property since now kids have to cross the street to get to the path. Only park in designated areas.

4.) **Ride Sharing:** Encourage all of the families to work through a contingency plan for picking up their children after practice in case they get delayed or severe weather pops up and they can't get back in time. First of all, it's not fair to

the coaches to have to wait around for everyone's kids when they themselves have kids that they need to get home.

Second, we sometimes have good Samaritans who think, "Hey, I kind of know Johnny's/Lauren's parents and sort of live close to them, so I'll take him home.". Then, along the way home, they decide, "Ah, wouldn't it be nice to buy the boys/girls ice cream as treat since practice got canceled?". And finally, they get home and the house is locked so they leave a note at the front door that the child is at their house. Meanwhile, the parents get to the field, no one is there, they call home, no one answers, they pull into their garage and don't see the note on the front door, and everyone is in a justifiable panic.