

Coach Safety Checklist

Preseason

- Update your CPR and first aid certifications
- Create and/or learn the emergency action plan
- Check first aid kits and AEDs
- Collect
 - [Health history forms](#)
 - [Liability waivers](#)
 - Pre-participation physical examinations
- Collect emergency contacts for each player
- Inspect equipment for defects, wear and tear and, remove defective equipment from use
- Program/lead pre-season conditioning workouts (as able)

Before Practices/In Season

- Check the weather (heat index, wind chill, thunderstorms, etc.)
- Walk the field/court/practice area for tripping hazards
- Remove/address hazards and on-field safety issues
- Lead dynamic warmups at the start of practice
- Include proper mechanics/techniques drills before intensity drills
- Include short recovery and hydration periods throughout practice
- Provide players with proper hydration, sleep, and recovery information
- Teach players about the signs and symptoms of common injuries, exhaustion, and overtraining
- Limit training volume for young athletes
- Stop any unsafe player behaviors

- Enforce the use of safety equipment
- Monitor players for signs of injury
 - Talk to players you suspect of developing an injury
 - Monitor players returning from injury
 - Provide modifications for players returning from injuries

Game Days

- Arrive early
- Check weather conditions (when relevant)
- Know/learn the game-day or new location's EAP
- Check first aid kit, keep first aid kit on hand
- Walk the field/court/play area to ensure the area is safe for play
- Walk locker rooms/sidelines to ensure area safety
- Lead warm-ups
- Ensure water/proper hydration is available
- Monitor players' performances for signs and symptoms of injuries, exhaustion, or overexertion (especially in extreme temperatures)
- Use substitutes
- Remind players post-game to follow proper recovery steps