



Preseason Checklist for Safety: Coaches & Organizations

- Establish and Practice Emergency Action Plans**
 - Have venue-specific plans for each sports facility.
 - Delineate roles of medical staff, coaches, and athletic directors.
 - Contact us (amy@nhmi.net) for help creating Emergency Action Plans.
- Collect Emergency & Medical Info from all Athletes**
 - Be sure an appropriate medical person (e.g., team physician, athletic trainer, nurse) reviews forms and advises coaches and others on what they need to know. Safe Sports Network can help! Contact amy@nhmi.net.
 - Follow up with athletes and their parents as needed to ensure appropriate preparation.
- Make Sure Sporting Equipment Fits and is Well-Maintained**
 - Be sure required annual maintenance is performed on helmets and other equipment.
 - Coaches should be trained on fitting athletes and making appropriate recommendations if equipment does not fit properly.
 - Safe Sports Network can help! Contact amy@nhmi.net.
- Check Sports Facilities for Safety Issues**
 - Fields must be clear of debris, harmful objects, divots in turf, etc.
- Have a Well-Stocked First Aid Kit for Team(s)**
 - Gauze, Band-Aids, rinse for wounds, scissors, protective barrier for rescue breathing, non-latex gloves, emergency action plan, medical release forms
 - **For more info, visit:**
<http://www.momsteam.com/health-safety/general-safety/first-aid/what-should-a-sports-first-aid-kit-contain>
- Have the Training You Need to Keep Kids Safe**
 - CPR, AED, First Aid, Concussion Recognition
 - Contact us for classes! (amy@nhmi.net)
- Sign the National Sports Safety Pledge!**
 - Let everybody know that the health and safety of your athletes is your first priority!
http://sportssafety.org/Content/Documents/NCSS_Sports_Safety_Pledge.pdf
- Have Parent/Athlete Educational Nights**
 - Contact us for classes on:
 - Concussion
 - Nutrition and Hydration
 - Proper pre and post-game routines



- **Check your Compliance with NH Concussion Laws**
 - Health Care Professional evaluating/managing injuries
 - Proper protocols in place for return to play Parent education and consent
 - <http://www.nhmi.net/pdf/Compliance-Checklist-NH-Concussion-Law.pdf>
- **Have Plans/Guidelines for:**
 - Concussion Management
 - Heat-related illnesses
 - Hydration Procedures
 - Warm up/Cool down routines
 - On-site Medical Coverage for games

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