



## 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](mailto: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](mailto: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](mailto:amy@nhmi.net).
- Check Sports Facilities for Safety Issues**
  - Fields must be clear of debris, harmful objects, divots in turf.
- 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](mailto: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](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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