



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.
- 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 priority!
https://sportssafety.org/wpcontent/uploads/2017/02/NCSS_Sports_Safety_Pledge.pdf



- **Have Parent/Athlete Educational Nights**
 - **Contact us** for classes on:
 - Concussions
 - Nutrition and Hydration
 - Proper pre and post-game routines
- **Check your Compliance with NH Concussion Laws**
 - Ensure a Health Care Professional is evaluating/managing concussions
 - Proper protocols in place for return to play
 - Parent education and consent
 - **For more information, visit:** <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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