

Sports Safety Checklist

Hey, youth coaches!

For a fun and safe season---do the check!

	YES	NO
My athletes learn the fundamentals of the sport.	<input type="checkbox"/>	<input type="checkbox"/>
Each athlete has a pre-season physical.	<input type="checkbox"/>	<input type="checkbox"/>
My athletes get physical and mental conditioning.	<input type="checkbox"/>	<input type="checkbox"/>
I stress a well-balanced diet, including plenty of water.	<input type="checkbox"/>	<input type="checkbox"/>
I insist on adult supervision at all times.	<input type="checkbox"/>	<input type="checkbox"/>
I always check the playing area to ensure safety conditions.	<input type="checkbox"/>	<input type="checkbox"/>
My athletes always wear the right protective gear for our sport.	<input type="checkbox"/>	<input type="checkbox"/>
My athletes are matched and grouped by skill level, weight and physical maturity.	<input type="checkbox"/>	<input type="checkbox"/>
My athletes know the rules of our sport and play fair.	<input type="checkbox"/>	<input type="checkbox"/>
I am certified in CPR and first aid and have an emergency medical plan.	<input type="checkbox"/>	<input type="checkbox"/>