

## **Top 10 Safety Guidelines (U.S. Soccer)**

1. Proper use of equipment (shin guards, no jewelry, uniforms designed for climate)
  - shinguards covered entirely by socks
  - exception for medical bracelets; must be securely taped w/ medical information visible
2. Always secure goals & check for stability
  - properly weigh down & secure goals
  - child's safety is #1 priority
  - check for stability
  - goals should be secured at all times during training
  - make the extra effort every time you move goals
3. Always have a second adult present
  - you should never leave a child alone
  - or be alone with a child
  - have a second adult present
  - make sure the designated adult picks up the child
4. Proper fitting shoes, proper type of shoe for the appropriate surface
  - physically active
  - all shoes fit properly (no slipping)
  - prevent blisters
5. Check field for glass, holes, or sharp objects
  - arrive early
  - scan the field
6. Weather protocols - lightning
  - first, get to a safe place
  - second, wait 30 minutes after the last lightning strike before returning to the field
7. Avoid scheduling training during the hottest periods of the day and when there is intense humidity
  - heat exhaustion: headache, nausea, vomiting
  - heat stroke: confused
  - train in the cooler parts of the day
8. Ice, ice bags and water supply; frequent water breaks
9. Exercises that decrease repetition of dangerous encounters
  - safety of the child is #1 priority
  - eliminate unnecessary actions
  - avoid tossing balls high into the air to start play
10. Always carry a first aid kit, emergency info, and a phone
  - emergency contact information for each child
  - cell phone for emergencies
  - head or neck injury: do not move the child
  - concussion: remove child immediately from all activity
  - do not let the child return to play until a physician releases a return to play
  - inform parent of injury