

Safety Measures

We cannot stress enough the importance of safety. Driving to and from games and practices, overexposure to sun, dehydration, exhaustion, faulty equipment, overuse injuries and those that result from accidents on the field all present potential hazards. That is why the number one characteristic of a Responsible Coach is ensuring player safety.

Ask parents to report any illness or condition a player may have to the Coaches before practice or a game begins. The players are covered by the league's insurance at practices and games. If a player is injured, the insurance claim forms are located on the CDA Jr Tackle website at www.cdajrtackle.org

The major areas of safety are:

- **Conditioning:**

Have your players warm-up properly with stretching and calisthenics before they start any physical conditioning. Make sure your players check with their family doctors to assess player fitness before they begin any physical activities. A player's Physical is good for 2 yrs

- **Hydration:**

Hydration is a big issue in sports. Teach your athletes the importance of hydration – ask parents to send their children to practice with water bottles; and as a Coach, remind players they should drink water throughout the day. You may want to bring additional water to practice in case a player forgets to bring some.....which happens often!

- **Nutrition:**

We all know nutrition is important. It becomes even more important for our youth athletes who are burning lots of calories during practices and games. Do your best to ensure your players are eating a balanced diet and touch base with parents to make sure they're aware of special nutritional needs before practices and games.

- **Equipment:**

Make sure the equipment used in practices and games is safe. Make sure players wear adequate protective gear and examine all training and field equipment. Emphasize the importance of mouth piece. Also, teach players to use equipment only for its intended purpose.

- **Injury Prevention and Treatment:**

A first-aid kit and a cell phone should be present at all practices and games in case of an emergency. Make sure players are properly warmed-up before a practice or a game.