



Hesperia Heat Team Manager Safety Reminders

Safety First!

- Fields should be checked for dangerous hazards, rocks, glass, sprinkler holes, etc. prior to each practice or game.
- Be aware that it is Hesperia AYSO policy that if a parent is later than 10 minutes in picking up their child, the child is to be taken to an agreed upon location and the parent can pick the child up there. This location should be discussed at the first parent/team meeting.
- Players are **NEVER** left alone to wait for their parents after practice or a game, regardless of age.
- Players should not be allowed to walk home from practice without an adult.
- At the end of practice and/or games, players should be gathered together so that the coach is able to see when a player is picked up. This is especially important in the younger divisions.
- Players are not allowed to go out of the sight line of the coach especially when being picked up. This means that if the coach can see the parent in the car that is picking up the player, it is OK to excuse the player. However, if the coach cannot see the parent, the player stays with the coach.
- Players are **NEVER** to go to the restrooms without a partner and an adult.

Hesperia AYSO Heat Reminder!

Hot weather during soccer season is always a possibility. The Regional Board members of Hesperia AYSO want to assure everyone that the safety of the players is of paramount importance. As a region, we will strive for a fun and SAFE youth activity and will adapt the daily activities in response to the weather in order to attain those goals. By taking proper precautionary measures the Players, Coaches, Referees, and Parents of AYSO all have responsibilities that will ensure the youth of AYSO can enjoy the excitement of a game or practice while maintaining physical safety.

PLAYER'S RESPONSIBILITY: Players need to remember to drink fluids BEFORE they are thirsty. Heat exhaustion and heat stroke are serious conditions that should be prevented. Players need to inform their coach as to how the heat is affecting them.

COACH'S RESPONSIBILITY: Coaches must ensure that all participants remain well hydrated and should carefully monitor players for signs of heat related distress. During practices the coach can modify exercises to limit physical exertion. During games the coach can request additional substitutions, encourage players to drink fluids during the game (not just at quarter breaks), modify the game plan & positional assignments so that players do not succumb to the heat. In the case of younger players, coaches need to remember that players are not always aware of the effects of the heat.

REFEREE'S RESPONSIBILITY: Referees, while maintaining compliance with both the spirit and the Laws of the Game, can work to control the flow of a game in such a manner to ease the exertion levels required in an active physical activity. At the discretion of the referee or at the discretion of the Regional Commissioner (or his/her representative), game times can be shortened and/or quarter breaks increased. Referees can remind players to get drinks from sidelines while continuing to play. Referees can use inspection period before the game to discuss with players the importance of adequate hydration and the consequences of exertion in extreme heat. Referees should also monitor the condition of players and bring any concerns to the attention of the appropriate coach.

PARENT'S RESPONSIBILITY: Parents are reminded that they are ultimately responsible for the safety of their children. If, at any time or for any reason, a parent feels that their child is endangered by participation in an AYSO activity, then the parent should remove the child from that activity.

DEHYDRATION PREVENTION – Hydration begins the night before a game. Your player should drink 6-8 glasses of water per day. Drinks containing caffeine (including some orange sodas) act as a diuretic. Before bed drink 16oz of water. 1-2 hours before the game drink 16oz of plain cold water. Just before the game drink 16-20oz of water. During the game drink 4-6oz of plain cold water every 10-15 mins. After the game, drink fluids beyond feeling that thirst is quenched.



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