

SAFETY TIPS FOR VOLUNTEERS



Required Equipment

Shin guards must be worn at all practices and games. No exceptions. If a player is not wearing shin guards, they may not participate in any fashion.

Players may not wear jewelry during practices or games. The only exception to the rule would be a medical alert bracelet or necklace if it absolutely cannot be removed. If it is worn then it must be taped down so that other players cannot catch a finger or hand in it during play.

During any team activity, player's emergency release forms ("White Sheets") must be available. **For 8U and below**, please print a copy and keep in your equipment bag. **For 10U and above**, please print a copy, have the player's parent / guardian sign (wet signature) and keep in your equipment bag. Printing a set for the team parent and the Asst. Coach is advised including signatures for 10U and above. If forms are not available, on-site, then practice **MUST** be cancelled.

Fields and Goals

Please ensure that the field is safe for players before practices and games. This includes walking the field to look for holes, glass, rocks, other debris or standing water.

Prior to games and practices it is imperative that goals are properly anchored so they do not tip over.

- At Campus 2 sandbags anchors must be used on each large goal and 1 sandbag on small goals.
- At Brett Field metal stake anchors must be used.
- At Richmond Field metal stake anchors must be used.

Players may not climb or hang on the goals. The number one reason for severe injuries in AYSO are a result of goal related accidents.

Incident Reports

Incident Reports must be completed for injuries, illness, violence, threats, property damage, incidents where the police are summoned, altercations, lawsuits and any other event where you as a volunteer believe it is in the best interest of the child to document an event for the Region to review.

If there are any injuries that require a player to sit out a game/practice, visit a doctor, go to the hospital, or go to physical therapy / rehab then you **MUST** fill out an AYSO incident Report. Prior to returning to play, an **AYSO Participant Release Form** will be required as well. The report and form are available at:

[Incident Report Form](#)

Incident forms must be filed immediately. The individual could be eligible for **Soccer Accident Insurance (SAI)**. The forms, once completed, are to be submitted to the Regional Commissioner or the Safety Director for the Region.

Coach Authorization

Region 92 Badges will be issued to Head / Assistant Coaches who have completed required training and have been authorized by the Region to act in such a capacity. Coaches must wear badges during all games.

Under **NO** circumstances shall a coach share their badge with another individual (even if they are authorized and lost their badge). If your badge has been lost, contact your Division Commissioner immediately.

During games, each team will only be allowed 2 coaches in the Technical Area. If you have a 3rd coach, that person may not coach during play but may coach during water breaks and halftime.

Coaches are **NOT** to participate in any scrimmage or drill that has contact with players.

Concussion Awareness

Most concussions occur without loss of consciousness. Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults.

Warning signs of a concussion include:

- One pupil larger than the other
- Drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Demonstrates unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating concussions, says s/he is symptom-free and is cleared to return to play. An **AYSO Concussion Release Form** must be given to the Safety Director before they player can return to either practice or a game. Forms are available at: [Participation Release Form](#) (NOTE: Use 2nd Page for concussions).

Additional information is available at: www.AYSO.org

Sideline Behavior / Zero Tolerance

“Players play, coaches coach and parents cheer.” It is the responsibility of the coaches to control their sideline at all times. This includes spectators, players and even the coach or assistant coach.

Region 92 has expanded our Zero Tolerance Policy to include comments made to adults as well as youth volunteers. Dissent from the sidelines (coaches or parents) will not be tolerated.

Please set the example for others to follow.

Returning from Injury / Concussion / General Release

If a player is injured and goes to a doctor, the player’s parent must sign an **AYSO Participation Release Form** acknowledging that the player is allowed to return to practices and games. The Release Forms (Participation and Concussion) are available at: [Participation Release Form](#)

If a player will be traveling home alone (bicycling, walking, skateboarding, etc.) from practices and games a **Player General Release Form** must be signed by the player’s parents giving permission for their child to get home on their own. The Player General Release Form is available at: [AYSO Player General Release](#)

Heading the Ball

Heading the ball is **NOT** allowed in 12U and below. Heading is **ONLY** allowed in 14U and above under the following conditions: Limited heading during practices (15-20 times per week) and unlimited during games.

Weather

In the event of weather issues (in our region that typically involves excessive heat), the Regional Commissioner will determine if games will be played. In most cases, additional water breaks will be provided and teams are encouraged to utilize tents for shade as well as stress hydration for players.

If there is rain, typically games at Campus will be played as scheduled. Other fields may be closed and notices will be sent by the Regional Commissioner or a designated representative.

Pets

As we play at schools and other facilities, pets are **NOT** allowed at AYSO practices or games under any circumstances.

Contact Info

Please contact me with any questions or concerns:

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