



## **Rio Rapids Durango Soccer Club**

### **Player, Coach and Member Safety and Welfare**

Rio Rapids Durango Soccer Club (RRDSC) makes it a top priority to ensure that its players, coaches, parents and other members are able to participate in a safe and appropriate environment. For the protection and welfare of each of these groups, it is expected that all members of the Rio Rapids Durango Soccer Club coaching staff will abide by the following:

- 1) In any emergency situation – activate the **RRDSC Emergency Action Plan**.
- 2) If you are uncertain about the severity of a player injury: remove them from activity, require that they be seen by appropriate medical professionals, and require a written note from that professional that indicates when it is safe to return to activity. Do not move anyone with a suspected neck or back injury. When in doubt, implement the **RRDSC Emergency Action Plan**.
- 3) Before interacting with players in any capacity, all individuals must complete and be cleared through the CSA risk management/background check process.
- 4) All team activities must be supervised by at least one person who has CPR certification and a first aid kit.
- 5) Limit the care you personally administer to athletes to appropriate first aid and lifesaving activities. You should not provide care for which you are not qualified (taping, providing any medications, using heat, etc.)
- 6) Read, understand and implement the [Colorado Soccer Association Concussion Policy and Procedures](#) whenever any type of head injury is suspected.
- 7) Follow [U.S. Soccer Heading Guidelines](#) which prohibit all heading for 10 (U11) and younger players and limit heading outside of games for 11 & 12 year old (U12 & U13) players to the lesser of 30 minutes or 15-20 headers per week. Apply based on player age – not playing age group.
- 8) Complete and submit the **RRDSC Concussion Notice Form** whenever a player exhibits concussion symptoms, the **RRDSC Injury Report Form** whenever a player sustains an injury in any team activity that requires medical review/care, and report any incidents of concern via the **RRDSC Incident Report Form**.
- 9) All individuals working with the Club have been legally designated as mandatory reporters of Child and Sexual Abuse by federal legislation. Be sure to report to the appropriate authorities any instances of child abuse within 24 hours and to understand and abide by the **RRDSC Abuse, Bullying, Harassment and Hazing Policy**.

- 10) Make sure that you have reviewed each player's medical history (including allergies, asthma, diabetes and other pre-existing conditions) prior to the start of your season.
- 11) Be sure that the medical release forms and emergency contact information for each player on your team as well as the [RRDSC Emergency Action Plan](#) is in your possession at every team activity.
- 12) Abide by the [RRDSC Lightning Policy](#) during inclement weather conditions.
- 13) Avoid training during times of extreme heat or cold – abide by the [U.S. Soccer Heat Guidelines](#) and [U.S. Soccer Cold Weather Guidelines](#) and provide adequate hydration breaks throughout activity as recommended.
- 14) Make sure that players are wearing appropriate clothing for the activity and weather conditions.
- 15) Be sure to drive safely in and around the facilities and parking areas utilized by the club. Encourage and reinforce safe driving among all club constituents. If you witness players, parents or other coaches driving irresponsibly, please remind those involved that the presence of young players at our parks requires drivers to reduce speeds and watch closely for pedestrians.
- 16) Before any practice activity, the coach should survey the area to be used to ensure its safety (looking for holes, broken glass, needles, metal objects, rocks, fences or other items that could injure someone)
- 17) Properly anchor all goals prior to use in training, and avoid the use of flat back or other portable goals during high wind conditions. Please review: [Safe Goal Handling](#)
- 18) Do not allow children to climb or swing on soccer goals, their nets or fences.
- 19) Make sure that players wear appropriate shin guards during any activity that includes the potential for contact.
- 20) Have players remove all jewelry prior to participation in any activity that includes the potential for contact between athletes (earrings, watches, piercings, necklaces, bracelets, etc.)
- 21) Ensure that athletes are properly warmed up prior to activity.
- 22) Make sure that at no time are you alone with a child (the presence of your child does not fulfill this requirement). Consider requiring the parent(s) who are next to last to pick up their child at the end of training to wait with you for the arrival of the last parent. Never meet with an individual player behind closed doors.
- 23) Do not allow someone outside of the child's immediate family to pick them up from an activity unless you have received advance written permission from the parents with a photo of the person.
- 24) Never depart any team activity until you have ensured that each child on your team has been picked up by an appropriate family member.