

Catholic Mutual. . ."CARES"

SCHOOL SAFETY

ATHLETIC AND SPORTING EVENTS - RISK REDUCTION MEASURES

	YES	NO
1. Is a physician available at all events, as well as, at all practices? (May be difficult at practices, but have a physician that is willing to be called.)	_____	_____
2. Is the conditioning program scientifically evaluated with "exercise physiology" emphasized?	_____	_____
3. Is a member of the coaching staff always present in the Weight Room when it is being utilized?	_____	_____
4. Are the floor surfaces properly maintained in the Weight Room, Locker Room, and Shower Area, to minimize trip/slip/fall hazards?	_____	_____
5. If substitute teachers are utilized, do they fully understand and are they completely familiar with the sporting event or athletic endeavor?	_____	_____
6. Are keys to the Gymnasium, Locker Room, and Weight Room carefully controlled?	_____	_____
7. Are all electrical switches, plugs, outlets, and equipment units properly grounded?	_____	_____
8. Is it standard operating procedure to walk the field that will be utilized before the event begins, so as to detect any bottles, sprinkler heads, nails, glass, etc. that may be present, in order to remove this debris and is this process periodically conducted throughout the season?	_____	_____
9. Are maximum safety measures implemented for the following track and field events, i.e., pole vault, javelin, hammer, discus, high jump, etc.?	_____	_____
10. Is a yearly assessment made of all football equipment and are safety checklists utilized for this equipment?	_____	_____
11. Does all equipment meet the current safety standards?	_____	_____
12. Is all equipment properly stored?	_____	_____

13. Are all individuals properly measured for the equipment they will be using? _____
14. Is the equipment properly checked out and has it been signed for? _____
15. Are adequate equipment records maintained? _____
16. Are helmet checks completed before practice begins? _____
17. Is all equipment continually checked during calisthenics, practice, and the game? _____
18. Are all participants wearing proper shoes for the athletic endeavor in which they are participating? _____
19. Is it standard policy to report any type of injury, no matter how slight? _____
20. Is every effort made to ensure that all individuals will have clean towels, clean socks, and clean uniforms? _____
21. Are all members of the coaching staff trained in First Aid and CPR and currently certified in both? _____
22. Is there adequate planning and appropriate supervision for each athletic endeavor and sporting event? _____
23. Is proper/acceptable terminology used to describe a particular drill as opposed to jargon-like expression? _____
24. In planning practices, do you have a reason for the drill? _____
25. Are specific objectives set for the drills that are conducted? _____
26. Has the coaching staff been exposed to the scientific basis of conditioning? _____
27. Is a conscious effort made to avoid those drills that are being done only because “they were done when I was playing, so they still must be good”? _____
28. Are proper and sufficient amounts of fluids provided for all participants during the practices as well as during the games? _____
29. Is an emergency information card for all participants available in the coach’s office? _____
30. Is a meeting held with the parents of the participants prior to the start of the season? _____

- 31. During this meeting with the parents, is the equipment that the individuals will be wearing discussed and is it pointed out as to why they will be wearing certain items of equipment? (Explain to the parents what they should expect from their children, i.e., soreness - eating habits (especially during the first weeks of practice), proper handling of bruises, aches and pains, blisters, etc. [Example: A boy sprains his ankle, not seriously. He tells his folks - they start by applying a heat pad or soaking the foot in hot water. Of course, the ankle swells even more, and the boy is out of practice for three or more days because of incorrect handling of basic First Aid.])
- 32. Are all athletic programs and sporting events constantly evaluated to determine if further safety measures should be implemented?