

Key Safety Measures for Responsible Coaches

■ **CONDITIONING**

Make sure your players check with their family doctors to assess player fitness before they begin any sport programs.

■ **HYDRATION**

As you may have seen in the news recently, 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.

■ **NUTRITION**

We all know nutrition is important. It becomes even more important for our youth athletes who are burning lots of calories during practice and competition. 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 practice and games is safe. Make sure your players wear adequate protective gear and examine all training and field equipment for safety. Also, teach players to use equipment only for its intended purpose.

■ **INJURY PREVENTION AND TREATMENT**

Partner with your players' parents to ensure greater safety. For example, ask parents to keep a first aid kit in their cars to supplement your own first aid kit. Encourage parents to get certified in first-aid and CPR. You can never have enough qualified hands in case of an emergency. A first-aid kit and at least one adult trained and certified in first-aid and CPR should be present at all practices and games.

■ **DRIVING**

We take driving safety seriously – and we know you do, too! Anyone responsible for driving youth athletes to and from practices or games should be licensed and insured. Consider updating your own insurance policy to reflect carpooling care of passengers.



For more valuable Responsible Coaching resources and information on how to earn a \$2,500 Community Grant or Responsible Coaching Award, visit Liberty Mutual's Responsible Sports™ program at ResponsibleSports.com.