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?   _____   _____