



SAFETY • SERVICE • SAVINGS
A **TRUST** BUILT FOR **STUDENTS**

SPRING SPORTS BEST PRACTICES

QUICK REFERENCE GUIDE

With the spring sports season in full swing across the state, the safety of athletes and spectators is a concern for everyone.

School districts and community colleges must strive to protect each student athlete and spectator from possible injury while they are engaging in or watching an athletic event. Add the following list of best practices, compiled by PACE, to your current policies and procedures to help limit exposure to sports injuries. These best practices may not stop an injury from happening but may limit the extent of damages.

COACHES

Coaches need to follow your school district or community college policies and procedures and Oregon School Activities Association's rules and regulations. Coaches also are expected to:

- Provide a safe training and event environment.
- Plan activities appropriately.
- Evaluate athletes for injury and ability.
- Provide adequate equipment.
- Warn athletes of the risks to the sport.
- Instruct athletes on proper use of equipment and safe procedures for the activity.
- Know your school district or community college's emergency procedures and first aid
- Supervise activities **AT ALL TIMES** – lack of supervision is the number one cause of injuries and one of your biggest liabilities!

STUDENT ATHLETES

Student athletes also have some responsibility to make sure safe practices are followed. Students are expected to:

- Wear all equipment issued by the coach and advise the coach of any problems with the equipment.
- Advise the coach of any illness or injury.
- Warm-up before participating in any activity.
- Be aware of any hazards in the locker room or activity area that could injure or harm another student or spectator – notify the coach immediately of the hazard.
- Know the activity area you are participating in, be alert for any physical hazards and recognize the safety rules for that area (e.g., players warming up and throwing baseballs or softballs, batting practice, restricted areas for javelin, discus, shot put and pole vault, and swinging of golf clubs or tennis racquets).

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