

# Ready, Set, Coach!

## Meet with Parents

- Encourage a pre-participation physical exam that can rule out any serious or potentially life-threatening conditions a young athlete may have.
- Ask about medical conditions and for emergency contact information. Store emergency contact information so that it's handy during practices and games.

## Warm-Up

- Set aside time before every practice and game to warm up.
- Start warm-ups with about 10 minutes of jogging or any light activity then stretch all major muscle groups, holding each stretch for 20 to 30 seconds.

## Hydration

- Ensure athletes have a water bottle for every practice and game.
- Encourage players to stay well hydrated by drinking plenty of water before, during and after play.
- Establish mandatory water breaks throughout practices and games.
- Know and look for the signs and symptoms of dehydration and other forms of heat illness.

## Appropriate Gear

- Ensure athletes have the right equipment and are wearing it for both practices and games.
- Ensure that all gear fits correctly and is worn appropriately.

## Concussion Awareness

- Know and look for the signs and symptoms of a concussion.
- Immediately sideline a player with a suspected concussion until evaluated and released by a medical professional.

## Rest and Recovery

- Avoid overuse injuries by giving all players adequate rest breaks during practices and games.
- Encourage players to tell a coach or another adult if they are hurt or not feeling well.

## Environmental Factors

- Check the weather to be aware of dangerous weather conditions, such as a high heat index or lightning during practices and games.
- Do a quick scan to make sure the playing surface is safe (no holes, big rocks or sharp objects) and that goals or nets are secured.

## Training

- Get certified in first aid and CPR.
- Have a stocked first aid kit handy at all practices and games.



American Trauma Society, Pennsylvania Division  
2 Flowers Drive  
Mechanicsburg, PA 17050  
www.atspa.org (717) 766-1616