



SOCCKER SAFETY GUIDELINES

Soccer is a highly competitive, fast-action game in which physical conditioning plays a major role. Because of the speed and ability with which the game is played, participants, their families and the coaching staff should accept and share certain responsibilities to enhance safety, learning, overall success and enjoyment of the sport.

PREPARATION FOR PRACTICE OR CONTEST

1. Wear all protective equipment including shin guards to every practice or contest unless otherwise indicated by the daily practice plan.
2. Wear outer and undergarments that are appropriate for humidity and temperature.
3. Participants with visual impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
4. Participants needing preventive or rehabilitative taping, padding or bracing must arrive early to complete needed procedures.
5. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption thirty minutes prior to competition.
6. Remove all jewelry and metal hair fasteners.
7. Prospective participants with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases or medically controlled allergies need physician's approval to participate.
8. If ill or dizzy, notify your coach. Do not practice.
9. Report all injuries to the coach immediately.

LOCKER ROOM

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker door when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough-housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

MOVEMENT TO CONTEST OR PRACTICE SITE

1. Be alert to ramps, stairs and changes in the texture and levels of concrete, fields and sidewalks.
2. Be alert to the location of the goalmouth, goal posts and shooting drills.
3. Be alert to fast action dribbling or passing drills.

CAUTIONS SPECIFIC TO SOCCER

1. Play the ball when on defense – NO NOT attack the offensive opponent with illegal contact.
2. When involved in shooting drills, shoot in specified sequences and in designated areas and directions. Be sure the goalkeeper is ready for all shots.
3. High kicks are prohibited.
4. Intentional pushing and tripping are prohibited.
5. Charging or contacting the goalkeeper is prohibited.
6. Participants must brace the neck and strike the ball with the upper portion of their foreheads

STUDENT NAME

- when heading the ball.
- 7. Participants should keep their mouths closed when heading the ball.
- 8. Out of control runs, jumps or high kicks are prohibited.
- 9. The coach must approve slide tackles.
- 10. All participants must wear shin guards.
- 11. Water will be available at practice and contests. Participants should consume 4-6 glasses of water during the day and drink water frequently at practice.
- 12. Do not climb or hang on the goals.

EMERGENCIES

Because of the nature of soccer, some injuries may occur. Most will be minor and can be managed with basic first aid, but the possibility of a serious injury is always present. All injuries must be called to a coach's attention. An occasional situation may require more intense management and may also necessitate involvement of participants as follows:

- 1. Stop all practices.
- 2. Call the coach to manage the situation if the coach is not already at the site.
- 3. Sit or kneel in close proximity.
- 4. Assist by:
 - a. Calling for additional assistance
 - b. Bring the first aid equipment or supplies to the site
 - c. Keeping onlookers away
 - d. Directing rescue team members to the site
- 5. Fire or fire alarm:
 - a. Evacuate or remain outside the building
 - b. Move 100 yards from the building
 - c. Be prepared to implement the emergency procedures outlined in #4 above.

I understand the rules and procedures and the necessity of using the proper techniques while participating in soccer activities.

Student Signature _____ Date _____

Parent/Guardian Signature _____ Date _____