

Coach Safety Training

Boaz Parks and Recreation Department

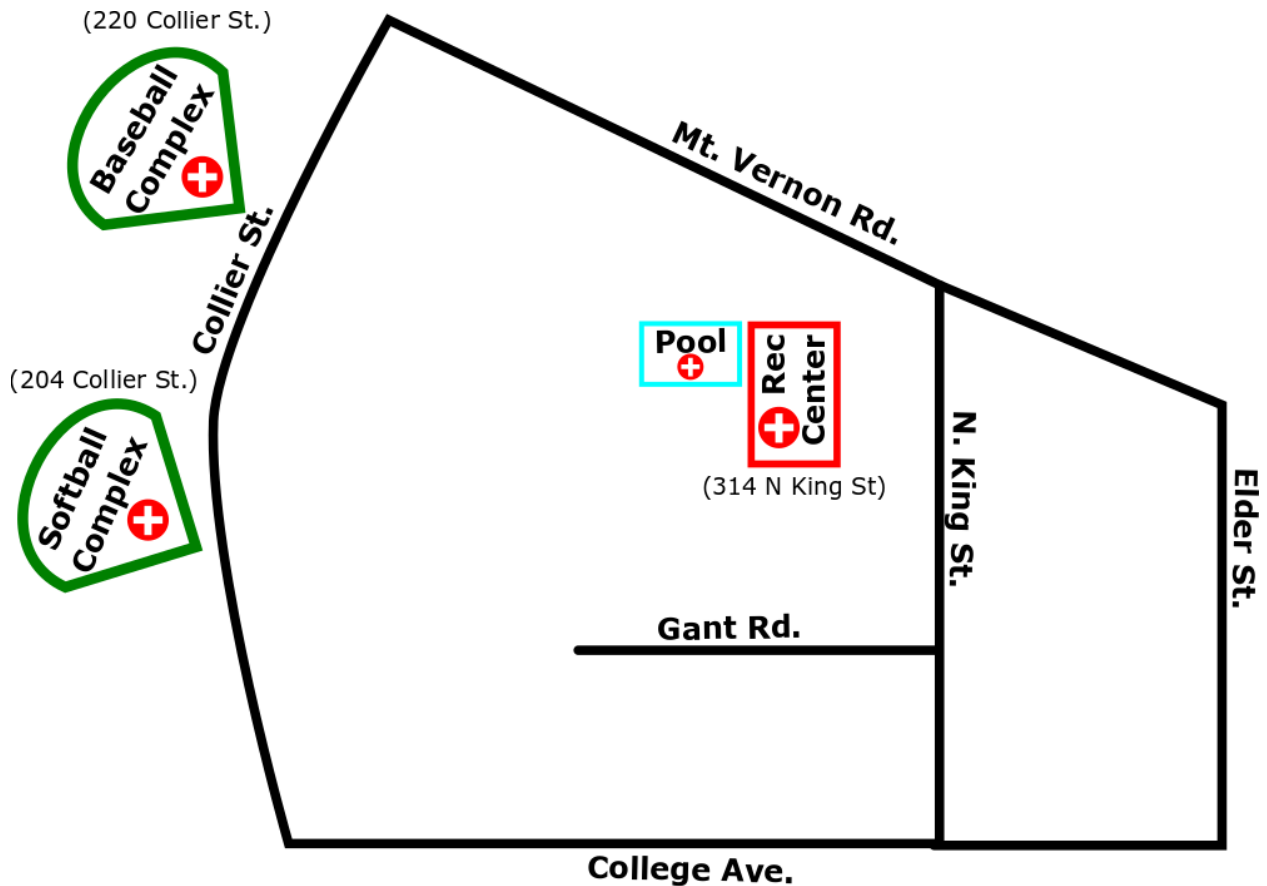
Boaz Parks and Recreation Department requires all potential coaches to read and understand the Coach Safety Training. Upon completion of the training, coaches must register for the "Request to Coach" program and pass the training test. We are grateful to our coaches for volunteering their time to make our programs the best they can be!



Emergency Action Plan

Boaz Parks and Recreation Department

- Street Address: 314 North King Street, Boaz, AL 35957
- Phone Number: 256-593-7862
- Fax Number: 256-593-7803
- Web Site: www.boaz.recdesk.com / www.cityofboaz.org
- Boaz Parks and Recreation Director: Sonja Hard
- Map of Boaz Parks and Recreation Department (not drawn to scale)



- I. Players' Medical Information
 - A. Rec staff has access to all players' medical information listed on registration forms.
 - B. Rec staff has access to all players' medical release forms signed by parents.
- II. In case of Injury to a Player
 - A. Head coach controls first aid:
 - 1. Head coach stays with player at all times
 - 2. Check airway, breathing, and circulation
 - 3. Send someone to contact parents
 - 4. Send Someone to Contact EMS (If necessary)
 - 5. Send someone to call rec staff (256-593-7862) and advise them to call for a supervisor
 - B. Coach from opposing team assists with:
 - 1. Contacting parents
 - 2. Contacting EMS (If necessary)
 - 3. Contacting rec staff (256-593-7862)
 - 4. Contacting a trainer/physician (If on hand)
 - 5. Find a cell phone nearby
 - 6. Crowd control
 - C. Rec Supervisor should:
 - 1. Assist with first aid
 - 2. Contact parents
 - 3. Contact EMS (If necessary)
 - 4. Open gate for EMS
 - 5. Meet with EMS and direct them to injured player
 - 6. Find medical release form in absence of parents



- III. Weather Emergency
 - A. Rec Staff will be Weather Watcher
 - 1. T.V. Weather Radar
 - 2. Internet Weather Radar
 - 3. NOAA Weather Radio
 - B. Rec Staff will notify every one of any weather emergencies.
 - C. Rec Staff will give the "All Clear" when the severe weather has passed.
 - D. Rec Staff will evaluate playing conditions after the "All Clear."
 - E. Rec Staff will give the "Okay" to return to play or make cancellations as necessary.
- IV. Concussion: An injury to the brain that interferes with normal function of the brain
 - A. Causes

1. A bump, blow, or jolt to the head or body.
2. Any force transmitted to the head causes the brain to bounce around or twist inside the skull.
3. A player does not have to lose consciousness or be knocked out to have a concussion.
4. Less than 10% of concussions involve a loss of consciousness!

B. Concerns

1. A child's brain is vulnerable to sustaining a concussion and takes longer to heal.
2. Most recreation departments do not have access to an onsite team doctor or trainer, so the coach must be responsible for the health and safety of the team.
3. In the past, people have used the analogy that a concussion is a "bruise to the brain." Not true!
4. A concussion is a disruption of how the brain works. It is a problem with function, not structure. That is why most concussions do not show up on a CAT scan or an MRI.
5. When a concussion occurs, the brain sustains stretching and tearing of the brain cells, damaging the cells and creating chemical changes in the brain. After this, the brain is vulnerable to further injury and stress until it fully recovers. (About two or more weeks.)
6. A player who returns to activity before they fully heal from a concussion is at risk for a repeat concussion.
7. A repeat concussion can slow recovery, increase chances for long-term problems, bleeding in the brain, and even death!

C. Recognizing Signs and Symptoms

1. Signs are what coaches, parents, and teammates can see.
 - a) Player appears dazed or stunned.
 - b) Confused about assignments or forgets the play.
 - c) Is unsure of game, score, or opponent.
 - d) Moves clumsily.
 - e) Answers questions slowly.
 - f) Loses consciousness (this is rare).
 - g) Behavior or personality changes.
 - h) Memory problems.



2. Symptoms are what the injured player feels and should report.
 - a) Headache
 - b) Nausea
 - c) Balance problems or dizziness
 - d) Double or fuzzy vision
 - e) Sensitivity to light or noise
 - f) Feeling sluggish, foggy, or groggy
 - g) Concentration or memory problems
 - h) Confusion
- D. Actions to take if the player has any of the previous signs or symptoms
 1. Remove them from the game or practice immediately!
 2. When In Doubt...Sit Them Out!
 3. Notify their parents.
 4. Advise them to seek medical care that day.
- E. Call 911 (EMS) if player exhibits these symptoms
 1. Loss of consciousness.
 2. Decreased level of consciousness.
 3. Unusual drowsiness or inability to wake up.
 4. Difficulty getting attention.
 5. Breathing irregularity.
 6. Severe or worsening headache.
 7. Persistent vomiting.
 8. Seizures
- F. Steps to follow for suspected concussions
 1. Remove from play.
 2. Ensure they receive medical care.
 3. Inform the parents.
 4. Keep the player out of play until they are symptom free and have a written statement of approved play from a doctor.
- G. General information about concussions
 1. Most players recover in about 1 or 2 weeks.
 2. Prolonged symptoms include headaches, difficulty concentrating, poor memory and sleep problems.
 3. Up to 40% of players who died or have serious long-term problems were still having symptoms from a concussion at the time of their repeat injury.
 4. Many of these deaths or injuries may have been prevented if the athlete would have been given sufficient time to recover, followed return to play protocols or was educated on the dangers of playing with concussion symptoms.
- H. Recovery



1. Rest from physical activities.
 2. Rest from mental activities that require concentration.
 3. A player may return to activity when they: (All 3 elements are required)
 4. Return to school full time.
 5. No longer have symptoms.
 6. Receive written clearance from a doctor.
- I. Gradual return to activity
1. 5 – 10 minutes of light exercise.
 2. Running with no equipment.
 3. No contact drills. (Full motion)
 4. Full participation.
 5. This takes about 1 week.
 6. Progress 1 step each day.
 7. Discontinue steps and re-evaluate with a doctor if symptoms return.
- J. Prevention
1. There is no proven protection from concussions!
 2. We can reduce the risk!
 3. Everyone can educate others!
 4. **WHEN IN DOUBT...SIT THEM OUT!**
- K. Boaz Parks and Rec. Department Concussion Policy
1. Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion will be removed from the contest and will not return to play until a medical release is issued by a medical doctor.



V. Heat Illness (Heat Exhaustion / Heat Stroke)

A. Signs and Symptoms

1. Confusion
2. Hot, flushed, dry skin.
3. Deep rapid breathing.
4. Seizures

B. Treatment

1. Call 911 (EMS)
2. Make sure victim is breathing.
3. Move victim to cooler area immediately.
4. The cooler the better. Shade or indoors to AC.
5. Remove clothing to encourage heat loss.
6. Put ice on victim's armpits, groin, neck and wrists.
7. Cover victim with a towel soaked with water.



VI. Physical Conditioning

A. Warm Up

1. Avoid static stretching. (Stretching that is held for 10 or more seconds)
2. Instead, incorporate dynamic stretching and plyometric activity.
3. Dynamic stretches facilitate movements similar to those during play and target muscle groups as they relate to specific sports movements.
4. Plyometric is a system of exercise in which muscle groups are rapidly and repeatedly stretched and contracted for optimal function.
5. Examples of dynamic and plyometric exercises:
 - a) Warm up: $\frac{1}{2}$ speed jog, $\frac{3}{4}$ speed jog, backwards jog and karaoke.
 - b) Mild jog with high knees, skipping, butt kicks and reaching to toes.
 - c) Lunges with twist and walking quad stretch.
 - d) Crawling calf stretch.
 - e) Simulating $\frac{3}{4}$ speed sport – specific activities (plyometric), such as bounding, hopping and diagonal cutting.
 - f) Constantly adapt and research dynamic warm – up routines that will be most effective for their sport.

B. Cool Down

1. Take an extra 15 minutes after play for static stretching.
- 2.
3. This helps the recovery process, lengthens muscles and improves muscular range of motion.
- 4.
5. Dynamic stretching helps prior to play and static stretching is best for cool down.

C. Benefits of Physical Conditioning

1. Encourage athletes to hydrate (with water and sports drinks) before, during and after play. This helps the body recover and recharge as well as avoiding potential heat illness.
2. Effectively warming up and cooling down helps prevent injury and improves performance during play.

VII. Sudden Cardiac Arrest: (The # 1 Cause of Death in Student Athletes)

A. 2 Causes

1. Electrical Problem
2. Structural Problem

B. Warning Signs

1. Fainting / Seizures during exercise.
2. Shortness of breath.
3. Racing heart.
4. Dizziness
5. Chest pains
6. Extreme fatigue.

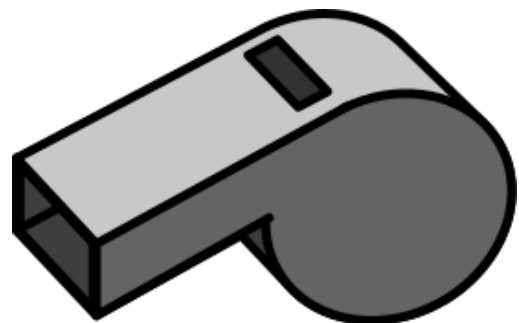
C. What happens if a player collapses?

1. Call 911 (EMS)
2. Send for an AED
3. Start chest compressions (CPR)

VIII. Interaction with Officials

A. Coaches Responsibilities

1. Teach skills and fundamentals to players.
2. Teach players the rules of the game.
3. Learn the rules of the game for themselves.
4. Teach players about sportsmanship



5. Organize practices and games.
6. Communicate with players and parents.
7. Discipline players.
8. Keep players safe.
9. Ensure players have fun.
10. Lead by example.
11. Be a positive role model.



B. Officials Responsibilities

1. Study and know the rules of the game.
2. Study and know the mechanics of the game.
3. Be fair and unbiased.
4. Work with fellow officials in a spirit of harmony.
5. Uphold the honor and dignity of the avocation.
6. Be prepared both physically and mentally.

C. General Information

1. Berating of officials is NEVER acceptable!
2. Officials should never be blamed for a team's loss!
3. Officials assigned to youth sports will usually be young and or inexperienced...
4. (THEY WILL MAKE MISTAKES!)
5. Mistakes by officials should never be misinterpreted as bias.
6. The head coach may ask permission to talk with an official. This should be done calmly and during a dead ball situation or time out.
7. The official may decline your request for discussion.

IX. Positive Coaching Traits: We believe all youth sport coaches should have two primary goals, winning and to help the players develop positive character traits to be successful in life. Winning is important, but the second goal; helping players learn "life lessons", is more important. A positive coach puts players first.

A. Redefine Winning

1. Focus on mastering individual skills instead of the score.
2. Focus on player's effort instead of the outcome.
3. Focus on individual learning and not comparison to others.
4. Do not fear mistakes...Mistakes = Learning!

B. Fill Players Emotional Tanks

1. Do not motivate by fear, intimidation or shame.
2. Instead, motivate with compliments, praise and positive recognition.
3. Correct mistakes calmly with direct eye contact.
4. Praise success excitedly for all to hear.

C. Respect the Game

1. Respect the rules of the game.
2. Respect your opponents.
3. Respect the officials.
4. Respect your teammates.
5. Respect yourself.
6. A positive coach should follow the above rules and in turn, will lead their players by example.