

# DIAL-UP SAFETY

## DISTRICT INJURY, ACCIDENT, AND LIABILITY UNSAFE PRACTICES

### Spring Sports Best Practices

With the spring sports season in full swing across the state, the safety of athletes and spectators is an area of concern for everyone. School districts and community colleges strive to protect each student athlete and spectator from possible injury while they are engaging in or watching an athletic event. PACE has compiled a list of best practices that you can add to your current policies and practices to help limit the exposure for injury due to the sporting activities. These best practices may not stop an injury from happening but will help limit the damages as a result of one.

**Coaches** need to follow the policies and procedures of your school district or community college and the rules and regulations of the OSAA. Coaches also are expected to:

- Provide a safe training and event environment
- Plan the 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 the activities at all times - ***This can be the number one reason for injuries to happen and one of your biggest liabilities!***

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

- Wear all equipment that is issued by the coach and advise the coach of any problems with the equipment
- Advise the coach of any illness or injury that has occurred
- 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 (i.e., 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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