

THE DAILY DOZEN SAFETY CHECKLIST

Prior to every practice and game use this checklist. Keep it on your clipboard.

ITEM TO CHECK	OK	Not OK
CHECK YOUR PRACTICE PLAN - Have you planned a practice with safety considerations in mind? Did you plan for rest and water breaks?		
CHECK THE RULES - Have you familiarized yourself with the NFHS, WIAA and district rules, including this year's changes and all areas of safety?		
CHECK THE ENVIRONMENT - Is the place you are going to play or practice (field and/or facility) free of hazards? Have you walked and assessed the area?		
CHECK ALL EQUIPMENT – Is the stationery equipment and play/practice equipment used for the day in good condition?		
<i>CHECK THE INDIVIDUAL PLAYER'S EQUIPMENT – Does the protective equipment fit? Are your players in appropriate attire, especially footwear? Has jewelry been removed?</i>		
CHECK THE CONDITION OF THE PLAYERS – Are all players physically ready to participate? Do you include a warm up, stretching and cool down in the practice plan?		
CHECK COMPETITION MATCHING - Have you avoided the mismatching of players in regard to size, age and skill level?		
CHECK THE SUPERVISION – Are there an adequate number of qualified coaches? Are players always under the supervision of a coach? Do you know the best place to observe and scan the activity? Do you monitor the locker room?		
CHECK THE MEDICAL AND EMERGENCY PLAN – Do you have an emergency plan in case of an injury? Have you COMPLETED it with all concerned? Do you have the students' medical cards with you? Is there a game night security plan in place?		
CHECK THE RECORD KEEPING - Have you collected physical examination forms, informed consent forms, emergency cards, attendance records, insurance forms, and eligibility forms for any new player? Do you have a completed return to play form for any injured player?		
CHECK THE ATHLETE'S UNDERSTANDING OF HIS/HER RESPONSIBILITY – Have you recently warned and informed your players about the potential risks of participating? Have you reminded them of their own role in injury prevention to themselves and others? Have you reminded the athletes about proper fundamentals, and to take practice seriously?		
CHECK THAT IDENTIFIED PROBLEMS ARE ADDRESSED – Have you contacted the Athletic Director with problems or concerns? Have you adjusted your practice or game to the facility you are using?		